

JULY 2019

Flying High After the Fourth of July!

By Meghan Davis, Director of Lifestyle Enrichment

Seventeen Capri residents have been selected to receive Dream Flights from the Ageless Aviation Dream Foundation (AADF). This is the sixth year Capri residents have been given the opportunity to fly in a fully-restored Boeing Stearman biplane. Capri is a proud sponsor of *The Spirit of Wisconsin*, a newly restored plane embarking on its Dedication Tour. *The Spirit of Wisconsin* will be used for the flights this summer.

Eight Capri veterans will fly at Dane County Regional Airport on Thursday, July 11th and an additional eight will fly at Waukesha County Airport on Friday, July 12th. Finally, **Michael S of The Chopin at Wilson Commons** has been given the honor of taking his Dream Flight during the opening ceremony of the air show at the EAA AirVenture in Oshkosh on Friday, July 26th!

Congratulations to all of our 2019 flyers!

- Byron T, Joe F, and Terry S of **Hyland Campus**
- James C of **Hedwig House**
- Omer B of **The Gables of Germantown**
- Howard M, Rod R, and Pete K of **Heritage Place**
- George H, Jerry F, Bill D, Evelyn S, and Les L of **Village Pointe Commons**
- Milen F and Dick F of **Harbor Campus**
- Jim H of **St. Catherine Commons**

All are welcome to come support our veterans during these flights.



Table Tennis Talent

By Meghan Davis, Director of Lifestyle Enrichment

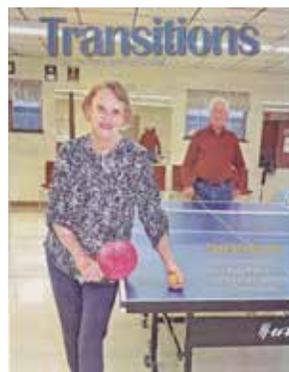
Village Pointe Commons resident Dawn K recently qualified for the National Senior Games. This year's games were held in Albuquerque, New Mexico. This is Dawn's second trip in a row to the Games, which are like the US Olympics for seniors.

She had a top-three finish in table tennis at the Wisconsin Senior Games to qualify her for the National level. She also qualified in bowling, but opted to play table tennis.

Last year she was the only woman in her age group to compete, so she automatically

was awarded a gold medal.

Dawn plays at local senior centers weekly and was recently featured in Ozaukee Press' *Transitions* magazine. We're so proud of you, Dawn!



Our Mission

Enriching the lives of our residents through service and commitment to family and community.

Our Values

Committed to the resident experience
Attentive to individual needs
Respectful to all
Engaged in our local community
Serve with integrity

Capri CARES!

If you see someone demonstrating one or more of our values at your community, please take time to fill out a card letting them know how much their efforts are appreciated. See the office for more information.

Lessons from *Lessila Therapy*

Don't get in a jam: use these time management tips to make each day count.

- Make a "To Do List" each day. Decide what is the most important thing you need to accomplish each day.
- Do the hardest task or least desired task first so the rest of your day feels like a breeze.
- Choose your most productive time of day to get things accomplished. For example, if you are a morning person tackle your To Do List in the beginning of your day.
- Create routines in your day to form a habit. For example, if you know you would like to get more exercise commit to doing a 15 minute walk each day before lunch.

Laugh Out Loud

What is blue, round, and goes up and down?

A blueberry in an elevator!

What's New At Capri?

Mallards Fundraising

Hyland Park raised over \$1,500 for the Alzheimer's Association at their Madison Mallards game fundraiser. The Alzheimer's Association has recognized them as a continued valued partner and will be featuring the team on a billboard (top photo)! Way to go!

Flag Day Celebrations

Harbor Campus celebrated Flag Day in style! A local Eagle Scout installed a flag pole in the courtyard along with a beautiful wooden bench. A celebration was held on Flag Day including a dedication to the veterans at Harbor Campus and a flag raising ceremony.

Lifestyle Enrichment Specialist **Val Cutting** said, "We're fortunate to have a supportive Eagle Scout program who continue to donate their time, effort, and great things to Harbor Campus." **Northgate Senior Living** residents got together with friends and neighbors to celebrate Flag Day with a fun craft (middle photo)!

Alte Kameraden Band

Residents at **Village Pointe Commons** had a great time dancing the night away with the Alte Kameraden Band last month. Resident **Franklin E** (bottom photo) has been a drummer in the band for 50 years!



Resident Spotlight

Meet Carla W., Mätterhaus



Carla was born in Elmhurst, Illinois, but grew up in Barrington. She bought her first home in Cody, Wyoming. She was the first woman manager at Corral West, a Western and work wear store, in Cody and was a photographer at Yellowstone National Park. Her photographs are even displayed at The Buffalo Bill Center of the West museum!

Carla enjoys hiking, photography, gardening (she's pictured above with gardening supplies she won and shared with Mätterhaus this spring), and she loves animals. "I love horses and bison, but my favorite are the wolves," she said. Carla showed off her beautiful photographs taken in Yellowstone at our talent show last January! She makes cards with them to send to loved ones.



When asked about her favorite places to visit, Carla mentioned Canada, Alaska, and Hawaii. All beautiful places for an amazing photographer like her!

Thank you for sharing your talent and stories with us, Carla. We're so glad you're here with us!

Doing it Right is Our Jam

By Cindy Robinson, Vice President of Sales & Marketing

Our annual Resident Satisfaction Survey took place across all Capri communities in May. The theme to draw attention to this important campaign was "Our Goal is to Delight. Are We Doing it Right?" which tied in with May's *Sweet Delights* GROW theme. We hope you enjoyed and took part in this process. We are pleased to report that, overall, our return rate was 72% with an average rating of 4.0 out of 5.0.

Improvement opportunities will be established based on the results of the survey. In the upcoming weeks, your Executive Director or Community Manager will be sharing your community's specific results along with improvement opportunities. We hope you will be able to attend that meeting and continue to provide feedback to ensure we are indeed "doing it right!"



Community Corner

at The Gables of Germantown

Ways of Wellness. Join us at Himmel Haus on July 11th at 11:00am for our next Ways of Wellness & Happiness workshop. This month's workshop will focus on maintaining brain health, normal aging vs. dementia, and strategies for caring for a loved one with dementia.

Play Ball. Sign up for our August 28th Brewers Outing to Ann or Carol by August 7th! Cost includes ticket plus a tailgate.

Spread the Love. Help us collect peanut butter and jelly to donate to local food banks throughout July. Your donation will help benefit the Germantown Food Pantry.