

THE SENTINEL

MARCH 2019

Attentive to Individual Needs

By Steve Kassens, Director of Asset Management

The teams at Capri Communities work hard to make sure our residents are proud to call their community “home.” They take time to meet the individual needs of each resident. In our maintenance team’s case, this could mean helping with a cable connection to hanging a picture on the wall. The little things make a big difference. It is always nice when families assist with the special touches, but we are always there when needed.

Residents of our communities are always able to share what they want, and we hope we can achieve what is needed. As the Director of Asset Management, it is my responsibility to ensure the buildings and grounds are safe and kept up for you.

The maintenance team members of the communities spend hours to meet the needs of our residents – they treat every resident or team member’s issue as the highest priority. This approach results in

a seemingly instantaneous response no matter how small or large the challenge. From painting to appliance issues to general troubleshooting, the maintenance team members are not only highly responsive but also flawless with follow-through.

The positive attitude of our maintenance team is certain to ripple through the community and is an important part of the culture. No matter how busy they may be, each resident should feel like they are the only person in the building based on the maintenance team’s personalized approach.



Steve E., maintenance at Hyland Campus, makes sure each resident and team member’s concerns are addressed and completed promptly.

Vocare Volunteers

By Meghan Davis, Director of Lifestyle Enrichment

A big thank you to the student volunteers from Divine Savior Holy Angels that volunteered in many of our communities as part of their Vocare Service Immersion Program. Students spent two weeks at The Gables of Germantown, Heritage Place, The Landmark, Summit Woods, Village Pointe Commons, and Wilson Commons leading group activities with residents and spending one-on-one time getting to know and learning from residents. Some planned larger events such as a talent

show at The Gables. The students gained a deeper understanding of the challenges of life as a senior, especially those with Alzheimer’s or dementia. Nada Rodriguez, Mütterhaus Memory Care Manager, noted that this experience will help students in the future. “Alzheimer’s is an epidemic and it’s just going to get worse. The younger generation that actually takes time to volunteer with this older generation... can still learn so much.”

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

Lessons from *Lessila Therapy*

You catch a whiff of apple pie, school glue, newspaper, or fresh-cut grass and suddenly you’re immersed in a flurry of vivid memories, often from your childhood. What is it about smells that can trigger memories so strong and real it feels like you’ve been transported back in time?

Research shows that odors are especially effective as reminders of past experience, much more so than cues from other senses like sight and sound. Separate research also revealed that both young and old adults were able to recall more than twice as many memories when they were associated with an odor, which, according to researchers, provides “evidence for substantial olfactory cuing that is remarkably intact in old age.”

One reason this might be has to do with the way your brain processes odors and memories. Smell gets routed through your olfactory bulb, the smell-analyzing region in your brain. It’s closely connected to your amygdala and hippocampus, brain regions that handle memory and emotion.

Laugh Out Loud

Why did St. Patrick drive all the snakes out of Ireland?

He couldn’t afford the plane fare.

What's New At Capri?

Capri Centenarian Club



Elvira P. (pictured left), resident at Harbor Campus, celebrates her 100th birthday on March 6th. She says her secret to living a long life is by always doing good and taking care of her family. Wilson

Commons resident Stella D. (pictured right) celebrated her second year in the Centenarian Club - she turned 102 on February 28th. Happy birthday, ladies!



Emerging Leader Award

Congratulations to Amy Fouts, Regional Director of Operations, on being selected as an Emerging Leader in Waukesha County by the Waukesha County Business Alliance. She will be honored by the Alliance at a luncheon in late April to celebrate her accomplishments.

Employee Appreciation Day

March 1st is Employee Appreciation Day. Thank you to all of our hardworking staff for

helping us enrich the lives of our residents every day!



Care team staff at Wilson Commons pose with residents Audrey and Gordon who celebrated their 51st anniversary on Valentine's Day.

Cranium Crunches

Pass it On After each clue, use the last letter of the answer for the first letter of the next answer. The first answer is given.

- | | | | |
|------------------------------|-------|---------------------------|-------|
| 1. Marching band instrument | tuba | 10. Garden soil | _____ |
| 2. _____, vegetable, mineral | _____ | 11. Paycheck deduction | _____ |
| 3. Flock member | _____ | 12. Percussion instrument | _____ |
| 4. LeBron's sport | _____ | 13. Our planet | _____ |
| 5. Colorful beetle | _____ | 14. Word of welcome | _____ |
| 6. Hand covering | _____ | 15. Church instrument | _____ |
| 7. Arm joint | _____ | 16. Telephone-book item | _____ |
| 8. No-cal drink | _____ | 17. Musical beat | _____ |
| 9. Street | _____ | 18. Spring month | _____ |

ANSWERS 1. tuba 2. animal 3. lamb 4. basketball 5. ladybug 6. glove 7. elbow 8. water 9. road 10. dirt 11. tax 12. xylophone 13. Earth 14. hello 15. organ 16. number 17. rhythm 18. March or May

Pot o' Gold Cauliflower Bacon Cheese Bites

Ingredients

12 oz. frozen riced cauliflower, cooked according to package instructions

6 oz. bacon, cooked until crispy

1 egg

1 teaspoon baking powder

1/4 teaspoon salt

1/3 cup chopped scallions

1/2 cup coconut flour

1 cup shredded cheddar cheese



Directions

Preheat oven to 400°F. Spray a mini muffin pan with cooking spray. Combine all ingredients in a large bowl. Spoon mixture by equal heaping tablespoonful into each muffin cup, pressing slightly to firm. Bake 15 minutes, allowing to cool before serving.

Community Corner

at The Landmark & Carnegie

Life Line Screening. Landmark is hosting a Life Line Screening event on Friday, March 29th. These screenings use ultrasounds to view plaque buildup in your carotid arteries, the main arteries that carry blood to the brain. Please call 1-800-653-6441 to schedule your screening.

Pull Together. We are collecting soda can tabs for the Ronald McDonald House. Revenue from recycling these little bits of aluminum helps keep families close to their children who are undergoing medical treatment. Please put your tabs in the container in the lobby.