

Growing Through Gratitude

By Meghan Davis, Director of Lifestyle Enrichment

As harvest season comes to a close, we can begin to think about cultivating gratitude within ourselves for our own growing season.

Robert A. Emmons, Ph.D., is the world's leading scientific expert on gratitude. He is a professor of psychology at the University of California, Davis, and the founding editor-in-chief of *The Journal of Positive Psychology*. He found that expressing gratitude improves mental, physical, and relational well-being. Furthermore, being grateful impacts the overall experience of happiness and these effects tend to be

long-lasting. Research shows that just two weeks of recording experiences for which one is grateful has lasting positive effects sustained for up to six months.

Here are some gratitude exercises that you can try to help you grow your gratitude.

- Keep a gratitude journal by your bedside and list 3-5 positive experiences from the day. Elaborate on one of these ideas.
- Make a ritual of 2-5 minute "gratitude meditations."
- Linger on thoughts of positive moments from the day.

- Say thank you often - particularly to those who serve you!
- Practice not gossiping, complaining, or judging for a day.

This month we are especially appreciative of our veterans. Operation Gratitude is on a mission to thank every American who serves. From writing letters to a Halloween candy drive or making scarves and hats, there are ways for everyone to show appreciation and thanks.

How will you grow your gratitude this month?

Cause for Gratitude

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Thank you to everyone who participated in the Walk to End Alzheimer's! Residents, staff, and family members have been busy throughout our communities, raising funds and awareness for the Alzheimer's Association. From hosting an on-site walk at Heritage Place to Summit Woods' residents baking cookies for the Waukesha Walk, we've covered a lot of ground! The Ozaukee County Walk was highlighted with the National Anthem sung by Village Pointe Commons Community Relations Manger Kathy Rassel and Casetta resident Linda R. representing those who have lost a loved one to the disease in the Promise Garden ceremony.

Capri Communities was recently honored for our contribution as the corporate team to raise the largest funds in Waukesha County. Fundraising totals are still rolling in, but collectively Capri Communities has raised over \$26,731 this year! Congratulations to Harbor Campus (pictured here) for being the community to raise the most funds!



What's the next cause you would like to help support? Talk to your Lifestyle Enrichment department to share your ideas!



Lessons from



Did you know there are significant benefits in spending time outdoors and getting fresh air?

Fresh air is good for your digestive system. It increases the flow of oxygen, helping you digest food more effectively. This will particularly help if you are trying to lose weight.

Fresh air helps improve blood pressure and heart rate. Being outside can be relaxing.

Fresh air makes you happier. The more fresh air you get, the

more oxygen you will breathe in which will increase your serotonin (the happy hormone), consequently making you happier.

Fresh air strengthens your immune system. Increasing the amount of oxygen through fresh air helps our white blood cells function properly by fighting and killing bacteria and germs.

Fresh air cleans your lungs. Your lungs dilate more from having an increase of oxygen. You release airborne toxins from your body when deeply exhaling.

Laugh Out Loud

What do you get when you cross a turkey with a centipede?

Drumsticks for everyone on Thanksgiving Day!

What's New At Capri?

Capri Centenarian Club

Happy birthday to Casa del Maré resident **Joe B** (pictured)! Joe turned 100 on October 14th. He was drafted during World War II and served in the Army Infantry and then in the Air Force. "I did basic training in Kansas and two years at Texas A&M for Air Force training," he said, reminiscing. He has traveled to almost all parts of the globe and has seen some impactful changes in his 100 years. "We all know the computer is the best invention, though."



Hyland Park resident **Connie D** turned 100 on October 21st! She has been married to her husband Ken, who turned 100 earlier this

year, for 76 happy years. She worked as a teacher for 43 years and volunteered to teach English as a second language. "People ask me what my secret is for a long, happy life. I always tell them it's heredity and good luck," said Connie, laughing. "A good marriage with equality and respect

along with making other people happy helps, too."

Blue Ribbon Brush Strokes

Congratulations to **Village Pointe Commons** resident **Evelyn S.** Her Cherry Blossom painting received first

place and Best in Show at the Wisconsin Representatives of Activity Professionals juried Cultural Arts show last month!

Wilson Celebrates 15 Years

Join us as we celebrate Wilson Commons' 15th anniversary! Maly Polski Fest (Little Polish Fest) will take place on Thursday, November 8th from 4-6pm.

'Tis the Season

Looking to get a jump start on your holiday shopping? Stop by one of our upcoming holiday markets. All are taking place on Saturday, November 3rd.

- Village Pointe Commons | 9:30am-2:00pm
- The Landmark | 9:00am-3:00pm
- Palazzo del Maré | 9:00am-2:00pm

This month in

Celebration

Veterans Day

Sunday, November 11th

National Pizza Day

Monday, November 12th

Great American Smokeout

Thursday, November 15th

Thanksgiving Day

Thursday, November 22nd

Cranium Crunches

Change the First Letter. Make a word into a new word by changing the first letter.

1. Change head locks _____ to two of a kind _____.
2. Change the opposite of night _____ to straw _____.
3. Change a flurry _____ to be aware of _____.
4. Change complimentary _____ to an oak or birch _____.
5. Change a grizzly _____ to not far _____.
6. Change precipitation _____ to discomfort _____.
7. Change noise _____ to a great tracking dog _____.
8. Change a pathway in the woods _____ to fragile _____.
9. Change move to music _____ to a spear _____.
10. Change a partial refund _____ to political argument _____.
11. Change fifty percent _____ to a baby cow _____.
12. Change nibble _____ to a feeling based on intuition _____.

1. hair, pair 2. day, hay 3. snow, know 4. free, tree 5. bear, near 6. rain, pain 7. sound, hound 8. trail, frail 9. dance, lance 10. rebate, debate 11. half, calf 12. munch, hunch

Community Corner

at The Landmark & Carnegie

Craft & Bake Sale. Join us on Saturday, November 3rd for our annual Craft & Bake sale! Stay tuned for more details.

Toy Drive. Bring new, unwrapped toys or a monetary donation to the office by Monday, December 10th to help underprivileged children this holiday season.



Pickle-Lovers Dill Cheeseball

Ingredients

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|------------------------------------|-------------------------------------|
| 8oz cream cheese, room temperature | 1 1/2 cups grated Colby jack cheese |
| 1 cup dill pickle relish, drained | Dill weed |
| 1 tablespoon Worcestershire | Crackers for serving |

Directions

Combine cream cheese, relish, Worcestershire, onion powder, and cheese in a medium bowl. Form mixture into a ball shape and place on a serving platter. Sprinkle evenly with dill weed. Cover and chill until ready to serve.

