

# THE SENTINEL

OCTOBER 2019

## Active Aging at Capri

By Meghan Davis, Director of Lifestyle Enrichment

Active Aging Week was initiated in 2003 by the International Council on Active Aging®. This week-long campaign, taking place October 1-7, 2019, sets to challenge existing stigmas of aging. According to the Active Aging Week website, the objective of the annual health-promotion event is to give as many older adults as possible the means to experience wellness activities and exercise in a safe, supportive environment.

This year's theme for Active Aging Week is *Redefining Active* because being active can mean so many things! It's about a broader engagement: being socially active with friends, maintaining a religious or spiritual life, learning and trying new things, and leading a healthy lifestyle.

Our Gain and Retain Overall Wellness

(GROW) program focuses on six components of wellness – intellectual, social, spiritual, emotional, physical, and vocational – as a means to provide the opportunity to engage in a well-balanced life. We're taking an opportunity this month to provide some new fun and engaging options.

Throughout October, look for new ways to get involved at your community! You can check out Summit Woods' popular weekly evening trivia, Casa del Maré's new Tai Chi class, or try one of the new programs offered at your community this month.



## Hard Hat Happenings

By Wayne Wiertzema, Senior Vice President of Development

Construction is well underway for our two latest developments. Located in Milwaukee's Lower East Side, St. Rita Square is projected for completion in spring 2020. St. Rita Square is a six-story building with 102 independent living, assisted living, dementia support apartments. The community features a trattoria with wood-fired pizza oven and an outdoor piazza. The site also includes the construction of St. Rita Church, which is projected for completion in late 2019.

Grace Commons in Menomonee Falls

is situated on over 30 acres of land. The independent living, assisted living, and dementia support community is nestled among natural features of wetlands, mature tree lines, and rolling topography. With an emphasis on wellness and healthy living, the campus will feature nature trails and a large wellness suite. The independent living and common areas of Grace Commons are projected for completion in spring 2020 with assisted living and dementia support to follow shortly after.

Check out their Facebook pages for photos!

## 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, 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. According to researchers, this 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. Smells get routed through your olfactory bulb, which is the smell-analyzing region in your brain. It's closely connected to your amygdala and hippocampus, brain regions that handle memory and emotion. The close connection may explain why a scent might be tied to vivid memories in your brain.

## Laugh Out Loud

Thank goodness for Halloween.  
Now all the cobwebs in my house are considered decorations!

## What's New at Capri

### My Two Elanes

**Mulberry Campus** in Whitewater and **Hyland Campus** in Sun Prairie are hosting former Wisconsin Governor Martin J. Schreiber as he shares lessons from his decade-plus journey as a caregiver for his wife Elaine, who lives with Alzheimer's disease. Governor Schreiber will candidly describe his challenges and missteps, and highlight how compassion and humor provide comfort to both caregiver and the person with dementia.

Join either community on October 24<sup>th</sup> for this event. Mulberry Campus will host



from 1:30-3:30pm at St. Patrick Catholic Church and Hyland Campus will host from 6-7:30pm at the Colonial Club.

Governor Schreiber will also present at **St. Catherine Commons** on November 12<sup>th</sup>.

### Eagle Scout Project

Tyler from Boy Scout troop 109 in Menomonee Falls (pictured left) made bird houses, bean bag toss games, and giant Jenga for residents of **Grace Commons** and **Gables of Germantown** to enjoy! Tyler sourced materials and built these fun outdoor games and crafts for his Eagle Scout Project.

### Honor Flier

Evelyn S., a resident of **Village Pointe Commons**, took her honor flight on September 7<sup>th</sup>. Evelyn worked as a secretary for the US Navy in Washington, D.C., following her high school graduation. Evelyn's boss, Admiral Richard E. Byrd, was present at the signing of the Japanese surrender on the USS Missouri. "It was an amazing experience," she said, beaming. Photo courtesy of Stars & Stripes Honor Flight.



## Cranium Crunches

**Decades Quiz** Read each question and circle the correct answer.

**1950's** What 1957 craze was invented by Arthur Melin and Richard Knerr which gave kids and adults alike hours of fun and exercise?

- A. Hopscotch    B. French Skipping    C. Hula Hoop    D. Swingball

**1960's** *Lost In Space* featured the Robinson family and a stowaway doctor, an enemy agent out to sabotage the family's mission. What was the evil doctor's name?

- A. Maximilian Smith    B. Zechariah Smith    C. Zachary Smith    D. Xavier Smith

**1970's** This fad was introduced to the public in 1975. It came in a box with straw on the bottom and a training manual. What was it called?

- A. Rubik's Cube    B. Commodore 64    C. Nintendo    D. Pet Rock

**1980's** Pac-Man is known as one of the major video game icons in the 80's. Of the following choices, which is not a name of one of the four ghosts?

- A. Bonnie    B. Inky    C. Pinky    D. Clyde

Answers 1950's: C 1960's: C 1970's: D 1980's: A Quiz Questions from FunTrivia.com

## Nutella Cocoa Bites

### Ingredients

- 1 cup old fashioned oats
- 1/2 cup unsweetened toasted coconut flakes
- 1/2 cup almond butter
- 1/4 cup Nutella
- 1/2 cup mini semi-sweet chocolate chips
- 1/3 cup honey
- 1/2 teaspoon vanilla extract

### Directions

Place all ingredients into a large bowl. Cover and chill 10 minutes. Roll dough into 1-2 inch balls. Cover and chill until ready to serve.



## Community Corner

*at The Gables of Germantown*

**Beat the Flu.** Our Flu Clinic will be held in the 1<sup>st</sup> floor health office between Engel Haus & Mätterhaus on 10/1 from 9:30am-3:30pm. Walgreens' Flu Clinic will be at Himmel Haus on Monday, October 7<sup>th</sup> at 1:00pm. Come to the office to pick up a form.

**Fall Fest.** Fall fun for the whole family! Join Gables on October 24<sup>th</sup> from 6-8pm for hay rides, music, a decorated pumpkin display, snacks, apple cider, and more!