

THE SENTINEL

SEPTEMBER 2019

Laughter & Aging: How to Make Sure the Joke Isn't on You!

By Meghan Davis, Director of Lifestyle Enrichment

We're sharing some wisdom on wit this month for September's *Wit and Wisdom* GROW theme. Here are the top five reasons why laughter is good for you.

- It boosts your immune system by decreasing stress hormones and increasing antibodies.
- It may help you live longer. A Norwegian study found that those with a strong sense of humor outlived those who don't laugh as much.
- It burns calories. One study found 15 minutes of laughter could burn up to 40 calories depending on a person's weight and the intensity of the laughter.
- It's contagious (in a good way)! You're more likely to laugh around others than when you're alone, which is why many sitcoms use laugh tracks.

- It's free! There are no copays or deductibles for this medicine!

It's true, laughter really is the best medicine. This month, refill your laughter prescription. Whether it's sharing a good joke, watching your favorite comedy series, or getting together with others and just being silly, like Jean and Grace below from **Village Pointe Commons**, find ways to laugh every day.



Resident Satisfaction Survey Update

By Amy Fouts, Senior Director of Operations

Thank you again for participating in our annual resident satisfaction survey process. Overall, Capri had 72% participation which exceeded our goal of 60% participation.

The average score across the organization was 4.0 out of 5.0, which shows we are doing a lot of great things but continue to have opportunities to improve your resident experience.

Results were reviewed at all levels of

the organization and shared with each of our community leadership teams. Each community team was tasked with creating SMART (specific, measurable, attainable, relevant, and time-based) goals for their lowest-scoring areas in an effort to continually improve based on your feedback.

Please don't feel the need to wait until the next survey to give us your feedback. We welcome ongoing feedback all year long!

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*

We'd like to shed some wisdom on some physical, occupational, and speech therapy myths.

Therapy is too painful; no pain, no gain. Actually, therapists are trained to work within a patient's pain threshold. While therapy is not always easy, the therapist will work with you to make therapy a positive experience. Ultimately, therapy is to reduce a patient's pain.

Therapy is only needed if you have had an injury or accident. Here's some wisdom: therapy is very effective in *preventing* injury and pain and promotes mobility, health, and wellness. If you feel less steady on your feet or perhaps tasks that were easy to do are more difficult, it may benefit you to see a PT and OT to improve strength, balance, and endurance.

My loved one has dementia, therapy cannot help. Occupational and speech therapists are trained in cognitive assessments and interventions. They are instrumental in assisting a person with dementia acclimate safely into a new environment and can provide caregiver and family member training.

Insurance will not cover therapy and I can't afford it. Medicare and most commercial insurances cover the majority of the cost of therapy services. The Lessila office is happy to answer any questions you have about therapy costs and coverage!

Laugh Out Loud

When life shuts a door, open it again.
It's a door. That's how they work!

What's New at Capri

Dog Days of Summer Gables of

Germantown hosted a Dog Days of Summer Celebration last month with local trainers, groomers, service organizations, and, of course, dogs! Proceeds from this event benefited the Germantown Police Department's K9 Unit.



Grandparents Day Festivities

We love celebrating all grandparents! Engel Haus (Gables of Germantown) and Casa del Maré (St. Catherine Commons) have a root beer float social planned

for families. Glenwood (Mulberry Campus) will host their traditional Grandparents Day Brunch.

The Fairest Art

Angie R., pictured with her husband Gunther, both residents of Village Pointe Commons, was surprised by her daughter Angela who entered her painting into the Ozaukee County Fair Open Art Division! Angela said, "Surprised mom and entered her painting. She got 2nd!"

Jodi T. of Harbor Campus also entered pieces to the Ozaukee County Fair. Her



quilt won first place and her cross-stitch won third. Other talented Harbor Campus residents submitted pieces as well.



Congratulations, Angie, Jodi, and all of our talented artists from all communities who submitted artwork to local fairs!

Cranium Crunches

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

1. Change a sewer _____ to a locomotive _____.
2. Change the top of a mountain _____ to a bird's mouth _____.
3. Change the color of the ocean _____ to a hint _____.
4. Change a hunting dog _____ to the opposite of *lost* _____.
5. Change a place where an animal sleeps _____ to a person's mane _____.
6. Change a baby dog _____ to a small fish _____.
7. Change a part of a skeleton _____ to a holder for ice cream _____.
8. Change a hard covering at the end of a toe _____ to a part of a ship _____.
9. Change a garment that keeps you warm _____ to a horned animal _____.

Answers 1. drain, train 2. peak, beak 3. blue, clue 4. hound, found 5. lair, hair 6. puppy, guppy 7. bone, cone 8. nail, sail 9. coat, goat

Refreshing Raspberry Mousse

Ingredients

- 1 (8oz) package cream cheese, room temperature
- 1/2 cup sugar or sugar substitute like Stevia or Swerve
- 1 cup raspberries
- 1 cup heavy cream
- 1 teaspoon vanilla extract

Directions

Place cream cheese and sugar or sugar substitute in the bowl of a stand mixer and whip until smooth. Add raspberries and blend until combined. Add cream and vanilla extract. Whip until light and fluffy.



Community Corner at Capri Senior Communities

#EndAlz. Every 65 seconds someone in the United States develops Alzheimer's disease. Join Capri Communities and help raise funds and awareness to fight Alzheimer's Disease. The Waukesha County Walk to End Alzheimer's is on Saturday, September 7th at Frame Park. Sign up and donate at act.alz.org/goto/capri.

