

## Be a Super Ager!

By Mari Pat McAuliff, Director of Memory Care Services

Brain power is a hot topic for all ages, but there has been a particular focus on elder brain health and the power of “Super Agers.” Super agers are a group of older adults who have cognitive abilities on par with people decades younger than them. From what to eat, how to exercise, and who you spend your time with, these things super agers are doing on a regular basis. Here are the health-driven areas they have in common.

**Physical Activity.** Make it a point to exercise 3-4 times a week for 30 minutes. Go for a walk or do chair aerobics while you watch television. Keep some 1-pound weights around if you feel extra motivated.

Exercise increases the volume of the hippocampus which can reduce memory issues. Always ask your doctor before you start.

**Nutrition.** Eat more fish, chicken, and berries. The Mediterranean Diet has some proven value for brain health - give it a try! Oh, and minimize alcohol.

**Sleep.** To get good sleep you need to establish a set wake and sleep routine. In addition, there is benefit in being physically and mentally fatigued before bedtime. Balance both for a good night's rest.

**Stress Reduction.** Emotional health

contributes to the reduction of stress, which is toxic for the brain. Keep a positive perspective and surround yourself with positive people. Emotional health also helps super agers move past stressful situations.

**Brain Sparks.** No doubt crossword puzzles and word searches can help to keep the mind sharp, but focusing on challenging thought. We need “mind scratching moments” to push our brains to grow connections.

**Socialize.** Socializing is a fun and effective way to support brain power. Try a new hobby or plan getting together. Either way, it's a great way to celebrate and reward yourself.

## Positivity Perfect

By Meghan Davis, Director of Lifestyle Enrichment

Your brain is a powerful tool and the mindset you carry greatly affects you and those around you. Research has shown a link between optimism and increased immunity and longevity. Remaining positive during trying times can be an uphill battle, but we are never too old to try!

Here are some tips to help you stay positive.

- Stay connected to loved ones. Humans are, by nature, social animals and isolation breeds depression and pessimism.
- Surround yourself with positive people and kindness (see this month's Lessila Lesson for more information).
- Continue to contribute. Give back through vocational GROW activities in your community or volunteer with a group or cause near to your heart.
- Just say no to the naysayer in your head. Find a positive spin for the situation you are in.
- Find an outlet. Take time for reflection, journaling, or another creative outlet so you can be more in tune with yourself and better able to handle challenging situations.

Switching from a negative to a positive outlook takes effort and there isn't a quick fix. Take a step in the right direction by trying one of the tips above this month.



Lessons from



**Kindness is contagious and good for your brain!** The positive effects of kindness are experienced in the brain of everyone who witnessed the act, improving their mood and making them significantly more likely to “pay it forward.” This means one good deed in a crowded area, such as a dining room or restaurant, can create a domino effect and improve the day of many people.

According to research from Emory University, when you

are kind to another person, your brain's pleasure and reward centers light up, as if you were the recipient of the good deed - not the giver. This phenomenon is called the “helper's high.”

Like most medical antidepressants, kindness stimulates the production of serotonin. This “feel good” chemical heals your wounds, calms you down, and makes you happy!

For more information, visit [RandomActsOfKindness.org](http://RandomActsOfKindness.org).

## Laugh Out Loud

A woman in labor suddenly shouted, “Shouldn't! Wouldn't! Couldn't! Didn't! Can't!”

“Don't worry,” said the doctor. “Those are just contractions.”

## What's New At Capri?

### First Lady Fashionistas

Village Pointe Commons is hosting a special presentation of clothing styles representative of 16 former First Ladies from Martha Washington to Laura Bush. This show features ensembles and a history of these presidential wives, their style, and how they impacted American fashion. Join us on Tuesday, September 18<sup>th</sup> at 2:00pm. Guests are welcome!

### On the Road Again

September is the unofficial car show month for Capri! On Thursday, September 13<sup>th</sup>, visit St. Catherine Commons at 4:00pm for their show or Hyland Campus at 5:00pm. Village

Pointe Commons will hold their car show on Sunday, September 16<sup>th</sup> from 11:00am-1:00pm. All car shows are free and have opportunities to purchase food and beverages with proceeds benefiting the Alzheimer's Association. Start your engines!

### Keep In Touch

Make sure your families stay in-the-know about upcoming events at our communities! They can sign up to receive this monthly newsletter on our website (CapriCommunities.com) at the very bottom of the web page.



### St. Rita Square Update

The Angel Gabriel, who has watched over St. Rita Church since October 1969, was lowered on Sunday, August 5<sup>th</sup> (pictured below). Demolition of the St. Rita buildings will proceed in earnest to make way for the new St. Rita Church and St. Rita Square. Gabriel will be securely

stored until it is time to again place him atop the new St. Rita Church in the next 18-24 months.

This month in

## Celebration

### Labor Day

Monday, September 3<sup>rd</sup>

### Grandparents Day

Sunday, September 9<sup>th</sup>

### Rosh Hashanah

September 9<sup>th</sup>-11<sup>th</sup>

### Yom Kippur

September 18<sup>th</sup>-19<sup>th</sup>

### Oktoberfest

September 22<sup>nd</sup>-October 7<sup>th</sup>

### Sukkot

September 23<sup>rd</sup>-30<sup>th</sup>

## Resident Spotlight

### Meet Clay S.

#### Hyland Crossings at Hyland Campus

Clay was born and raised in Portage, Wisconsin. His first job was as a paperboy, but he enlisted in the Army later in life. He attended UW Whitewater and Upper Iowa University for business and became an auditor.

He married his wife Barbara on June 19<sup>th</sup>, 1965. They have two children, Scott and Andy, and four grandchildren.



Growing up, Clay enjoyed playing basketball. His hobbies as an adult included softball, bowling, and golf. His favorite food is ice cream (us, too, Clay!) and he loves watching Wisconsin Badgers and Green Bay Packers games.

His favorite place he has traveled was to the Golf Coast.

Thank you for sharing your story with us, Clay!



## Community Corner

### at Hyland Campus

**Car Show.** It's time again for our annual Car Show! Check out vintage rides on September 13<sup>th</sup> from 5-7pm.

**Family Meetings.** Our second family meetings of 2018 are coming up in September. Hyland Park families will meet on September 18<sup>th</sup> at 6pm; Hyland Crossings families will meet September 25<sup>th</sup> at 6pm.

**Flying Colors.** Represent your high school or alma mater - wear your school colors on September 4<sup>th</sup>!

**Warm Welcome.** We'd like to extend a warm welcome to our nurse at Hyland Crossings: Tracey Clark, LPN. We're excited you're here with us, Tracey!

## Chocolate Chip Banana Peanut Butter Squares

### Ingredients

1/2 cup mashed banana

1/4 cup peanut butter

1/4 cup honey

1/2 teaspoon vanilla

1/2 cup plus 2 tablespoons coconut flour, sifted

2 tablespoons mini chocolate chips



### Directions

Line an 8x4-inch loaf pan with parchment paper. Set aside. Combine banana, peanut butter, honey, and vanilla in a medium bowl until creamy and well-combined. Stir in coconut flour and chocolate chips. Press mixture evenly into the bottom of the prepared loaf pan. Cover and chill until firm. Remove from pan and cut into squares.