

## Spread Holiday Cheer for All to Hear

By Meghan Davis, Director of Lifestyle Enrichment

We're spreading holiday cheer this month by featuring a poem written by the Writer's Club at **The Landmark of West Allis**. They have been exploring different styles of poetry, including haiku, cinquain, and acrostic (the style of the poem below). Happy Holidays from the Writer's Club and Capri Senior Communities!

**H**appy children running about  
**O**utside lights twinkling in the night  
**L**aughing with family and friends  
**I**nquiries of hidden gift surprises  
**D**elicious baked confections tantalizing our palates  
**A**ngles bringing glad tidings  
**Y**uletide voices caroling the joyful message!



Holiday cheer spanning the years! Photos, clockwise, from Polonaise at Wilson Commons, Village Pointe Commons, and The Landmark.



## Strides Towards a Dementia-Friendly Whitewater

By Meghan Davis, Director of Lifestyle Enrichment

Whitewater is taking big steps in becoming a dementia-friendly community. In 2017, the Whitewater Community Foundation presented Seniors in the Park with a Community Action Grant of \$1,000 to start the initiative. "Being knowledgeable about dementia is so important, especially as the Whitewater population ages," said Jenny Spohn, Assistant Executive Director at Mulberry Campus and a member of Whitewater's dementia-friendly initiative. "Part of our job is educating local businesses about dementia, how to recognize when a person has dementia, and how their employees can be dementia-friendly."

Mulberry Campus staff have been integral in the development of a respite program through the Whitewater Dementia Friendly Initiative for the past year. The program provides an opportunity for adults who have dementia to enjoy a day away from home and allows a caregiver to run errands, attend to personal matters, or just have time to relax and refresh. The group recently celebrated their first session. The Rockin' Respite program will continue to meet twice each month. Mulberry Campus provides delicious, home-made lunch for the participants.



Lessons from



The holidays are upon us with many opportunities for socializing and doing things outside our normal routines. It can be challenging to find enough energy to complete everything that we want to in a day. Energy conservation techniques are beneficial if you find that fatigue is preventing you from doing what you like to do. The following tips can help you perform your daily activities more efficiently, allowing you to do more with less effort and without shortness of breath.

- Rearrange your kitchen space by keeping frequently used items in easily-accessible places so you can avoid bending and reaching.
- Sit rather than stand whenever possible while performing daily duties.
- Use good posture to prevent fatigue; sit or stand tall with shoulders relaxed.
- Schedule enough time for activities as rushing requires more energy. Take rest breaks.
- Know your limits and delegate tasks to friends or family members who offer to help.

## Laugh Out Loud

A weasel walks into a bar. The bartender says, "Wow, I've never served a weasel before. What can I get you?"

"Pop," goes the weasel.

## What's New At Capri?

### Save the Date!

The Gables of Germantown Holiday Craft Fair and Bake Sale is Saturday, December 1<sup>st</sup> from 10am until 2pm. The Northgate Holiday Gift Market is also on December 1<sup>st</sup> from 9am until 2pm. Stop by to start (or finish) your holiday shopping!



### Spreading Cheer in Kenosha

The St. Catherine Commons Angels (pictured below, left) are at it again! Residents at Palazzo del Maré have been busy knitting lap blankets for the Casa del Maré memory support residents. The St. Catherine Commons Choral Group will perform holiday concerts at Casa this month as well.

### A Special Way to Show Gratitude

Hyland Campus found a great way to repurpose some special bricks on campus (pictured right). Some bricks were removed when a flag pole was installed last November. These bricks were personalized and hand-

painted by Hyland Park resident Gene for each of the community's veterans and were presented at a Veterans Day ceremony.



This month in

## Celebration

### Hanukkah

Sunday, December 2<sup>nd</sup> to  
Monday, December 10<sup>th</sup>

### Christmas

Tuesday, December 25<sup>th</sup>

### Kwanzaa

Wednesday, December 26<sup>th</sup> to  
Tuesday, January 1<sup>st</sup>

### New Year's Eve

Monday, December 31<sup>st</sup>

## Resident Spotlight

### Meet Betty W., The Pinnacle

Betty was born and raised in Milwaukee. She loved living in the city, especially around the holidays and during the State Fair.

She worked as a bookkeeper for 34 years. Her first job was at 1st Wisconsin Bank until she married her husband, then spending the rest of her career at M&I Bank. "I loved my job," she said. "All of my coworkers were my friends, it was a happy place to work!"

Betty married her husband Henry Michael, whom she met when she was 18, on November 30<sup>th</sup>, 1946. "My Henry is a very special man and the love of my life."

She enjoys art, music, and knitting. Betty has been playing the piano since she was six years old. In fact, Betty donated her childhood piano to Village Pointe Commons when she moved in! It is currently in the community room for all to enjoy.

When Betty was asked about her favorite travel destinations, she mentioned

Chicago and New York. "I remember being in New York to see the ball drop in Times Square and all the decorations at Christmastime," she reminisced. "Some of my fondest memories were traveling with my husband."

Thank you for sharing your story, Betty!



## Community Corner

*at Village Pointe Commons*

**Season's Greetings.** Resident artwork greeting cards are available for purchase at the front desk and from Crystal in the Creste office. A variety pack of 12 cards is \$10 and a portion of sales will go to the Alzheimer's Association.

**'Tis the Season.** Our elves are getting everything ready for our upcoming holiday parties! We'll celebrate with the Casettas, Pinnacle, and Paramounte on December 11<sup>th</sup> at 6pm and with The Spire/Creste on December 18<sup>th</sup> at 6pm.

**Toy Drive.** Our Kids 2 Kids Toy Drive and visit with Santa will be held on December 8<sup>th</sup> from 2-4pm. We are also accepting new toy donations starting November 19<sup>th</sup>.

## Eggnog Dip

### Ingredients

1 (3.4oz) package instant vanilla pudding mix  
1 cup eggnog

1 (8oz) container whipped topping

Pinch ground nutmeg

Graham crackers or ginger snaps for serving

### Directions

Combine pudding mix and eggnog in a medium bowl. Fold in whipped topping and nutmeg. Cover and chill until thick. Serve with graham crackers or ginger snaps.

