

THE SENTINEL

JANUARY 2019

New Year, New Mission, New Values

By Meghan Davis, Director of Lifestyle Enrichment

We've been working on updating our mission statement and values using input from residents, employees, and community partners to make them more relevant to our daily work. We're excited to finally unveil them!

Our new mission, *enriching the lives of our residents through service and commitment to family and community*, is demonstrated through our actions and interactions with those we work with, care for, and partner with in our local communities.

Our values guide us in fulfilling our mission. To help us remember our values, we use the acronym CARES:
Committed to the resident experience
Attentive to individual needs
Respectful to all
Engaged in our local community
Serve with integrity

Members of our executive team, including James Tarantino, Kristin Ferge, and Wayne Wiertzema (pictured below)

embody our servant leadership mentality and help to see it carried through to all



communities. "I hear firsthand the importance our employees make to our residents," said James. "We have a very talented group of employees, in so many different areas, and they all embody what Capri Communities is. We are a group of people that are connected and bound by a shared sense of mission and shared sense of volunteering."

Activity Professionals Brighten Each Day

By Deborah Smith, Lifestyle Enrichment Specialist at Village Pointe Commons, Member of the Milwaukee Area Activity Professionals, Wisconsin Representative of Activity Professionals, MAAP Representative

With the fast pace of today's world, it's easy to forget the value of a few simple words. Often, we're too busy to take a break, turn to the person next to us, and thank them for their hard work. A huge thank you to all of the Lifestyle Enrichment staff members here at Capri! Their commitment to excellence and the integrity of their programs continue to enrich the lives of all of our residents every day. Happy Activity Professionals Week, January 20-26, 2019!



Our Mission

Enriching the lives of our residents through service and commitment to family and community.

Our Values

We are...

- Committed to the resident experience
- Attentive to individual needs
- Respectful to all
- Engaged in our local community
- Serve with integrity

Lessons from *Lessila Therapy*

Having a good night's sleep is very important to your health. Below are some tips from the Sleep Foundation.

- Try to stick to a routine sleep schedule
- If you have trouble sleeping, avoid naps during the day
- Develop a relaxing bedtime ritual. Avoid bright lights and activities that can cause excitement, stress, or anxiety. Perhaps perform gentle stretches or read a book.
- Exercise daily. Even light exercise will help you sleep more sound.
- Keep your room cool – between 60-67 degrees.
- Consider using a fan or white noise machine to help reduce hearing noise or distractions.
- Avoid caffeine and alcohol at least four hours before going to sleep.

Laugh Out Loud

A cruise ship passes by a remote island, and all the passengers see a bearded man running around and waving his arms wildly. "Captain," one passenger asks, "who is that man over there?" "I have no idea," the captain says, "but he goes nuts every year when we pass him."

What's New At Capri?

Centenarian Club

Mätterhaus resident Florence "Flo" P. (pictured below) celebrates her 100th birthday on January 24th. When asked what her secret is to a long life, Flo



replied, "Always work hard, thank your folks, be ambitious, and always do your best!" Growing up, Flo lived a simple life, helping her family with canning, cooking, and cleaning. She

plans on celebrating her birthday with her family and friends. We hope you have a fantastic birthday, Flo!

Honoring Former President Bush

Jerry F. (pictured right, courtesy of Ed) and Ed G. from Village Pointe Commons performed a small service and lowered the flag honoring the late President George H.W. Bush.



Hyland Campus Small-Screen Debut

Residents and family members of Hyland Campus were filmed this past November and December for a commercial about Hyland Park and Hyland Crossings. We are so thankful these residents and families were willing to take time out of their day to help us with this endeavor. If you're in the Sun Prairie area, look out for some familiar faces on ABC27 and its affiliated channels!

Resident Spotlight

Meet Barb Z., The Paramounte

Barb was born and raised in Milwaukee. She enjoyed growing up in her neighborhood and had fond memories of going to the swimming pool in the summer and riding bikes with her friends.



She spent 17 years at Johnson Controls in the purchasing and engineering department doing clerical work. Barb then worked 10 years at Realist Inc. in Menomonee Falls working in the purchasing department. She finished her career at International Paper Company in Cedarburg where she worked as the secretary to the company president. She has had over 50 years of experience in her rewarding career field.

Barb met her husband Ray in 1957 and they were married shortly after on November 8th, 1958.

She had her own sewing and alterations business in Cedarburg that she did on the side for 30 years. "To this day I still help some of my previous customers with alterations here at Village Pointe Commons," she said.

Barb has traveled all over the world including Europe and Japan. The beautiful islands of Hawaii, though, are her favorite place.

Thank you for sharing your story, Barb!



Herbed and Marinated Cheese Snack

Ingredients

1 lb. mozzarella cheese, cut into 1-inch chunks

1/2 cup sun-dried tomatoes in oil, drained

2 tsp. fresh thyme

2 garlic cloves, minced

1 1/4 cups olive oil

2 tbsp. minced fresh rosemary

2 tsp. Italian seasoning

1/4 tsp. crushed red pepper

Crackers or bread for serving



Directions

Place all ingredients in a large bowl. Toss to combine. Cover and chill overnight or longer. Serve with crackers or bread.

Makes 8-10 servings.

Community Corner *at Village Pointe Commons*

Warm Welcome. Help us welcome Deb Gaurkee, our new Nurse Manager! Deb comes to us from another senior living company with over 20 years of nursing experience. She will be the Nurse Manager for both Village Pointe Commons and the Gables of Germantown. Christine Ambrosius is our new LPN at The Creste. She joined us from Cedarburg Health Center. If you see Deb and Christine in the hall, make sure to say "Hello!"

Operation Gratitude. We will be sending lovingly handmade hats and scarves to our Troops. See the GROW board for more info.