



*Our mission:
To model Christ's love for humanity
by creating life-enhancing relationships,
services and environments.*

vol. XVI, issue 2
February 2017

the
Cedar Citizen
current happenings in the community

Cedar Community's Walk to End Alzheimer's Team invites you to join us!

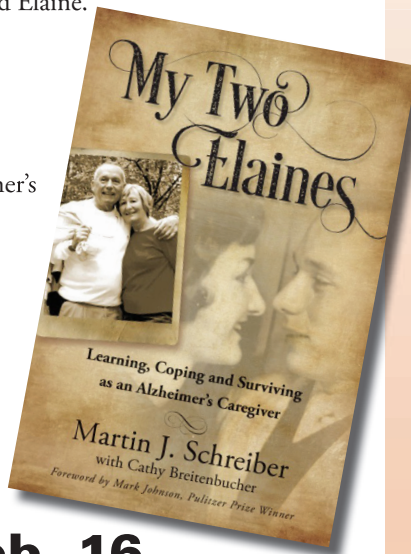
Alzheimer's: Learning, coping and surviving as a caregiver

Former governor of Wisconsin Marty Schreiber talks about Alzheimer's disease and taking on the role of caregiver. In his book, *"My Two Elaines,"* Schreiber candidly counsels those taking on the caregiving role. More than an account of Schreiber's struggles in caring for his wife, *"My Two Elaines"* also offers advice that respects the one with Alzheimer's while maintaining the caregiver's health.

With patience, adaptability and even a sense of humor, Schreiber shows how love continues for his second Elaine.

We welcome:

- Spouses and partners of those with Alzheimer's
- Children of those with Alzheimer's
- Extended family and friends of those with Alzheimer's
- Extended family and friends of caregivers
- Professional caregivers for those with Alzheimer's
- Those who come in contact with caregivers and people with Alzheimer's including nurses, social workers, clergy, attorneys, financial advisors
- Anyone who has an interest in the topic



**Thursday, Feb. 16
6 to 8 p.m.**

Cedar Ridge Apartments
113 Cedar Ridge Drive, West Bend

This event is free and open to the public. Refreshments will be served. Books will be available for sale after the presentation and signed by Schreiber.

Sign up to join Cedar Community's Walk to End Alzheimer's team!
RSVP by calling 262.334.1680, ext. 2221.

*Can't make it? Marty Schreiber will be doing a book signing at
Book World in West Bend from 2 to 4 p.m. on Thursday, Feb. 16.*

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**SPECIAL
DONOR
EDITION!**

*Our 2016 fourth quarter
donors are honored
inside and receiving a
complimentary copy of the
Cedar Citizen this month.
Thank you for your
commitment to our mission!*



■ DIRECTORY ■

Aurora Medical Group

Open Tuesdays and Thursdays
1 – 5 p.m. and Wednesdays
8:30 a.m. – noon for patients
over 18. Call 262.338.5300 for
an appointment.

Blossoms

Fine gifts, edibles and potions.
Call 262.334.1680, ext. 4128.

Brighten Up!

Onsite dentist. Call for an
appointment at 847.869.1029.

Cedar Bay Assisted Living

East: 262.306.2145
West: 262.306.2130

Cedar Bay at Cedar Landing

920.876.4050

Cedar Closet

Hours: Monday, Wednesday
and Thursday 9:30 – 11:30 a.m.
and 1:30 – 3:30 p.m.

Cedar Community Foundation

262.338.2819

Cedar Community

Pastoral Services

262.306.2100

Cedar Home Health, Hospice and Pathfinders

262.306.2691

Cedar Crossings Rehabilitation

262.306.4240

Cedar Crossings

Outpatient Therapy

Your onsite choice for rehabilitation
including physical, occupational,
speech and massage therapy. Call
262.306.2150.

Cedar Lake Pharmacy

Open Monday through Friday
7 a.m. – 4 p.m. Call 262.306.4251.

Cedar Lake Village Homes

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Cedar Landing

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Cedar Ridge Apartments

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Cedar Valley

100 acres of care-free hospitality.
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every month 9 a.m. – noon. Call
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Full-service beauty salon and salon
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Respite Care

Apartments available at Cedar
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262.306.4299.

The Cottages at Cedar Run

262.306.4299

The Independence Store

Home medical equipment
262.306.4269

Top of the Ridge Catering

Party trays and hors d'oeuvres
available. Call 262.338.2812
for details.

the **CedarCitizen**

Celebrating over 63 years of superior service.
The Cedar Citizen is also available online or
by mail. News tips are welcome. Deadline for
submissions is the 10th of every preceding month.

Electronic files are appreciated.

CHECK US OUT!



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*Lynn Olson
Chief Executive
Officer*

PREPPING FOR A NEW LOOK

As I reported in this column previously, Cedar Community has been working with a consultant over the past year to take a closer look at our organization and our future opportunities for growth. One of their recommendations was that we update our marketing strategies to reflect how tomorrow's customers are finding out about their retirement living options; which is increasing through electronic channels such as websites and social media (Facebook, Instagram, etc.). Along with changing the way we reach potential customers, our consultants suggested we modernize and standardize our look across the many services we offer.

For the past several months we have been working with a company that specializes in re-branding, or updating our look and communication strategies. We have developed a new logo, brand messaging and are working on an updated website to better tell our story. Word of mouth is still powerful for us so our new website will feature current residents telling their stories about why they chose Cedar Community. The new website will contain a wealth of information for both new and existing residents. One of the most exciting features we are considering is a resident portal where current residents, or those thinking about joining our community, can access special information and services just for them!

We have also been taking a closer look at how we are spending our marketing dollars and working to find ways to better tell our story. We have been publishing the Cedar Citizen monthly for many years for both residents and a small outside mailing list. We also introduced the Cedar Connection

magazine four years ago, publishing and mailing to all of Washington County twice a year. As we re-launch the new Cedar Community brand this spring, we are also going to launch a new, updated quarterly Cedar Community magazine that will be a combination of the Cedar Citizen and the Cedar Connection. Therefore, the March edition will be the final publication of the monthly Cedar Citizen newsletter. Don't worry, you will still find the articles from the folks you know and information on the services of Cedar Community in the new magazine. We will also publish information on upcoming events that give the community the opportunity to learn more about life at Cedar Community.

The new Cedar Community magazine will be mailed to a targeted audience of individuals who would benefit from the living and health care options we offer, as well as to our current residents, team members and current Cedar Citizen mailing list. Our goal is a more effective, less costly publication that will be informative and serve as a better communication tool for Cedar Community.

We have some exciting opportunities ahead and with those opportunities will come some changes in our look, how we tell brand story and how we communicate that story. What won't change is the active lifestyle and great service you've come to expect from Cedar Community. Stay tuned!

*Lynn W. Olson
Coach of an Excellent Organization*



Rev. Kathryn Kuhn
Director of Mission
and Ministry

SHARING CONVERSATIONS

One of the roles of pastoral care on our campuses is to encourage spiritual growth among our residents. One of the ways we encourage that growth is through weekly Bible studies, led either by staff chaplains or trained volunteers, at several of our residential settings and campuses.

“Bible study” might not be the right name for our conversations. Oh, we definitely cover the scripture for the week. But the conversation tends to go well beyond the scripture. Members of the group share past experiences and life events where certain readings have been particularly meaningful. We share stories from our lives of faith, or times when faith was absent from our lives. Strangers become friends. Sometimes we learn how much we have in common with someone of another tradition, even if we’ve been taught to think of their faith practice as “different” from our own. We laugh together, sing together, pray together and sometimes tears are shed.

The goal of these gatherings is to encourage spiritual growth among our residents, but everyone who participates benefits from the conversation. We build community. We learn to communicate, even when we disagree. We listen to what’s important to our neighbors and friends. We see Christ at work in our sharing.

There’s nothing magical or even particularly formal about these gatherings. They are simply safe places to practice what it means to live in a faith-full community. In a world so heavily influenced by emails, tweets and text messages, it’s a true gift to sit around the table with our wise and wonderful residents and share in the conversation, and feel blessed. Can you imagine a world where more of us took the time to build that kind of community together?

Kathryn Kuhn
Director of Mission and Ministry

CALENDAR OF WORSHIP

Ecumenical

The Cottages	Mondays, 10 a.m.
CLHRC	Tuesdays, 10:30 a.m. (Celebration Room)
CBE	Tuesdays, 10:30 a.m. (Activity Room)
Cedar Ridge	Tuesdays, 1:30 p.m. (Grand Hall)
Cedar Landing	Tuesdays, 3 p.m.
CBW	Tuesdays, 3:15 p.m. (Fellowship Room)

Catholic Mass

CLHRC/CBE	1st, 3rd and 4th Wed., 10:30 a.m. (Celebration Room)
CBW	Mondays, 3:30 p.m. (Fellowship Room)
Cedar Ridge	1st Friday, 10 a.m. (Grand Hall)
Cottages	4th Friday, 10 a.m. (Community Room)

Catholic Rosary

CLHRC/CBE	2nd and 4th Mon., 7:15 p.m. (Celebration Room)
CBE	3rd Tues., 11 a.m. (Meditation Room)
CBW	1st Wed., 1:30 p.m. (Fellowship Room)
Cedar Ridge	Thursdays, 10 a.m. (Grand Hall)

Episcopal

CBW	2nd Mon., 1:30 p.m. (Fellowship Room)
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Lutheran

CLHRC	2nd Wed., 10:15 a.m. (Celebration Room)
CBW	2nd Wed., 9 a.m. (Community Room)
CBE	2nd Wed., 10:15 a.m. (Celebration Room)
Cedar Ridge	3rd Wed., 1 p.m. (first floor so. conf. rm.)

VOLUNTEERS ARE THE HEART OF CEDAR COMMUNITY!

Volunteers are changing Cedar Community for the better - one thought, word, dream and deed of kindness at a time. In 2016, Cedar Community volunteers recorded 31,205 hours of service from over 425 active volunteers. May everyone enjoy a Happy Valentine's Day fueled by unconditional love.

BENEFITS OF VOLUNTEERING

Volunteering helps make new friends, expand networks and boost social skills. It strengthens ties to the community, exposing the volunteer to people with common interests as well as providing an awareness of local resources. Volunteers work toward a common goal, building camaraderie and teamwork. Volunteering can provide a health boost to self-confidence, self-esteem and life satisfaction. It provides a natural sense of accomplishment and pride, giving a positive view

of life. Understanding community needs helps foster empathy for and understanding of others. Older adults especially those who have retired or lost a spouse can find new meaning in their lives by helping others. It can take their mind off their own worries, keep them mentally stimulated and provide a sense of purpose. Volunteering keeps people in regular contact with others and helps develop a solid support system, which in turn protects against, or at least reduces, stress, depression, anxiety and social isolation. When people focus on someone other than themselves it interrupts usual tension-producing patterns and replaces them with moods and emotions like optimism and joy. Physically, volunteering has been shown to lessen symptoms of chronic pain or heart disease, lowering mortality rate. Lastly, they get a chance to give back. Volunteering allows people to connect to their community and make it a better place. Everyone can make a difference!

To volunteer, please call Bonnie Amerling, volunteer coordinator, at **262.306.4218** or email **bamerling@cedarcommunity.org**.

Become a volunteer today!

Volunteers are the heart and compassion of hospice care!

If you would like to learn more about enriching the lives of others by

- providing companionship
- sharing hobbies and interests
- engaging in friendly conversation
- and just "being there"

please call 262.306.4218 today.



Cedar
home health • hospice • pathfinders



Amy Johnson
Director of
Philanthropy

SHOW YOUR LOVE THIS MONTH THROUGH OUR GRATITUDE PROGRAM

February is the shortest month. It is also the month we celebrate Groundhog Day, Abraham Lincoln's birthday and of course,



Valentine's Day. Why not show your love this month by donating to Cedar Community through our Gratitude Program and honor a team member, an entire department or a dedicated volunteer? The Cedar Community Foundation launched the Gratitude Program in September, 2014. To date 101 people have been honored. When a Gratitude gift is received, team members and volunteers are given a note indicating this honor and a special pin to wear on their name badge. It is presented by a supervisor and a member of the administrative team. The recipient is also given a notecard to send to the donor thanking them for this special recognition and gift. Of course, the foundation also sends an acknowledgement letter as well. The Gratitude Program is an excellent opportunity to show your love and acknowledge the great care or service provided each day by our compassionate and committed staff. Envelopes are available at our reception desks and on each household.

Amy Johnson
Director of Philanthropy

Jason Paul Peterson Concert



Monday, Feb. 6 at 1:30 p.m.

Top of the Ridge Restaurant
113 Cedar Ridge Drive, West Bend, WI 53095

Cost:

\$10 per person for premium seats – closest to the piano
\$7.50 per person for general seating

Tickets will be available at the Cedar Ridge reception desk.
Ticket price includes concert, champagne and light refreshments.
Call 262.338.8377 for more information.

HEALING HEARTS

Join Judy Koepl, grief therapist and co-founder/director of the center for Life and Loss Integration in Madison and Cedar Valley, and others who have recently lost loved ones, as we begin the journey of healing in mind, body and spirit. Join others facing the same issues for support and solace. Discuss coping with the pain and grief of losing a loved one. Share stories of your loved one. Find ways to heal and recover. The Coffee Hours are free and open to the public. We do request that you RSVP in order for us to know how many will be attending and confirm date. To join us please contact Cedar Valley at 262.629.9202.

Date: Second Thursday of the month

Time: 9 to 11 a.m.

GESTURE DRAWING - TWENTY MINUTE POSES WITH STEVE GERHARTZ

Explore the essence of human poses. The human figure has long been a traditional subject for drawings and paintings. Not only is the subject revered for its aesthetic qualities, but it also is a welcome challenge for artists. The ever changing positions and postures of the figure remove the possibilities for formulas and force the artist to focus on pure observational drawing. In this workshop students will be drawing a live model in twenty minute poses.

Date: Thursday, March 9

Time: 5:30 to 8:30 p.m.

Cost: \$45. Supply list provided at registration.

THE JOY OF PAINTING

Jim Lackner, certified Bob Ross instructor, returns to guide you through the process of painting your very own masterpiece with oils, suitable for framing after just one class. No previous experience required.

Date: Saturday, March 11

Time: 10 a.m. to 3:30 p.m.

Cost: \$75 includes instruction, all supplies and lunch.

PAINT, SIP, REPEAT

Join Camille Walters for this unique paint and wine studio class. Have a glass of wine or soda, enjoy being with friends and getting creative. Camille offers step-by-step instruction anyone can do. She demonstrates the painting so even if you can't draw a straight line you can do this. No previous experience required.

Date: Thursday, March 16

Time: 6 to 8:30 p.m.

Cost: \$30 includes instruction, all supplies and a glass of wine.

EARTH DAY REPURPOSING DISPOSABLE FOOD CONTAINERS

Just because something is labeled disposable doesn't mean it has to be. Many disposable products can be used more than once and even repurposed into something completely different. In this workshop Kasia Drake-Hames will show you how to embellish used food containers using scraps of fabric and turn them into something useful and beautiful.

Date: Saturday, April 22

Time: 9:30 a.m. to 12:30 p.m.

Cost: \$35 includes instruction and all supplies.

MAH JONGG OPEN PLAY

Join Lynn Gordon and Marianne Helm for a day of Mah Jongg in the country. Mah Jongg originated in China and has recently experienced a resurgence in popularity. If you are drawn to the intellectual challenges it poses, and the beauty and excitement of the game itself, plan to spend the day playing at Cedar Valley while we take care of the rest including a delicious homemade lunch in our dining room. Come with friends or make new ones. Bring your 2017 game card and game sets. Play for card value points and small prizes.

Date: Wednesday, May 3

Time: 9 a.m. to 4:30 p.m.

All classes at Cedar Valley are open to residents as well as the general public. For more information go to our website at cedar-valley.org. To register for any of the above classes call 262.629.9202, or directly on the website at cedar-valley.org. Advance registration is required.



*Kelli DeRuyter
Administrator*

SURVEY TEAM COMPLIMENTARY OF STAFF

Annually, Cedar Lake Health and Rehabilitation Center is monitored by the Department of Health Services to make sure federal and state regulations are followed as we provide care to those we serve. This past December, six surveyors from the Green Bay region monitored everything from the kitchen, care provided every day and how the building is maintained. They requested to look at charts, monitor services provided, evaluate documentation in records and make sure staff is educated in areas of fire safety, preventing abuse and hand washing, just to name a few. Many staff are interviewed and evaluated when providing cares by the survey team. Needless to say, it is a very intense few days for our staff! The survey team was very complimentary of our services and one even stated, "I would like to live here someday!" We are very proud of our staff, the care provided and the work done to keep a building of this size running well. We will be providing some reeducation to our staff to help improve our services, but please congratulate the staff on a job well done! We value each and every one of you!

*Kelli DeRuyter
Administrator*

PHARMACY Q&A

Q: Would it be beneficial for me to switch from my current pharmacy to Cedar Lake Pharmacy?

A: Cedar Lake Pharmacy offers competitive pricing and accepts most insurance including Medicare Part D providers. Our pharmacists offer one-on-one consultations and medication therapy reviews for our customers. Learn how you can save money just by switching to a comparable medication.

We deliver Monday through Friday to Cedar Ridge and Cedar Bay at no cost. Over-the-counter medications are also available. If you spend the winter in another state, we will gladly mail your drugs to you. Refills can be ordered by phone, email or dropping a note in the daily delivery bucket. We can order specific medications and have them within 24 hours. Prescriptions can be transferred to us by just letting us know. We will make all the arrangements.

Safety and accuracy are extremely important to us. Pharmacists double check your prescriptions to make sure you are getting what the doctor ordered. If there is an allergy problem or a drug interaction we will contact you and the doctor to get it resolved. We want to make sure you

Cedar Lake Pharmacy

Your prescription for good health.

Check out Cedar Lake Pharmacy for all of your over-the-counter medication needs!

Cedar Lake Pharmacy offers:

- Competitive Pricing
- Personalized Service
- Convenience
- Safety and accuracy



Call 262.306.4251 for more information!

know how to properly take your medications and answer any questions you may have.

Any Cedar Community resident who transfers to Cedar Lake Pharmacy will receive a \$15 Cedar Community gift card! This is a one-time only offer and nontransferable. It is valid only for residents who have never used Cedar Lake Pharmacy. It may be used at Blossoms Deli, The Market Café, massage and spa services and the beauty and barber

shop. It can't be used to pay your Cedar Community invoice or for pharmacy services.

When you use the Cedar Lake Pharmacy you are "putting money back in your own pocket" by financially supporting Cedar Community.

*Penny Biersach, RPh
Assistant Director of Pharmacy*

GREEN TEAM TIPS

Those of us who live in Wisconsin know what to expect in wintertime – bone-chilling temperatures that plunge to single digits, icy wind chill that threatens frostbite and snowfalls that make travel hazardous. But, we're veterans when it comes to dealing with these seasonal challenges. How many of the following tips do you observe to stay warm while also conserving energy and helping the environment?



- During sunny days, open drapes and window coverings to help heat rooms. When darkness falls, close them to keep the heat inside.
- If you have ceiling fans, in winter reverse the direction of the blades, pushing the air upward to the ceiling and down along the sides of the room, keeping the heat more evenly distributed. Fans have either a switch on the side or a remote control to change direction of the blades.
- Check each room's air vents to make sure furniture isn't blocking them.
- Wherever possible, arrange furniture along outside walls to help prevent cold spots.
- Use bathroom exhaust fans sparingly as they remove needed moisture and heat.
- Keep your thermostat set as low as possible, consistent with comfort and health. To fight the chill indoors, dress in layers. Now's the time to wear wool socks, turtlenecks, your warmest sweaters, insulated vests, fleece jackets and fuzzy slippers.
- Overnight, lower the thermostat a few more degrees. Put an extra blanket on the bed, wear socks and cuddle up in flannel or fleece pajamas.
- If one room in the house is colder than the others, like a north facing bedroom, use a small electric space heater with an automatic shut-off. Be sure to observe the safe use instructions.
- Before venturing outside, always dress in at least four layers. The one next to your skin should wick away perspiration. Add layers of cotton, wool or other insulating material. Finish with an outer layer that's windproof and waterproof.

Try to enjoy winter. Curl up with a good book and stay warm. It won't last forever!

ENJOY LIVE MUSIC

Featured this month for music at the Top of the Ridge Restaurant Saturdays from 5 to 6 p.m.:

Saturday, Feb. 4: The Mellow Fellows

Allen Bales, Piano

Mike Noegel, Guitar

Roger Mertz, Bass guitar

Saturday, Feb. 11: Songwriters Series

Piano selections

Saturday, Feb. 18: Vera Kuckuk

Piano selections

Saturday, Feb. 25: Jeanne Wood

Piano selections

HIDDEN TALENTS

What is it that attracts us to the Village Homes at Cedar Community? Louie and Althea Stamm say what attracted them was the individual homes in a beautiful wooded area, surrounded by nature, the woodshop and the swimming pool; with so many things to do in the community and opportunities to become involved. Menomonee Falls was their home for 44 years before moving to Cedar Community

Louie (Ludwig) was born and raised in Germany in a small village 40 miles from Cologne, along with his three brothers. His uncle and aunt sponsored him to come to America when he was 23. Soon after he was drafted into the US Army where he became a US citizen; serving during the Korean War. He was trained as a cabinet maker in Germany. He worked at that trade; then after graduating from UW-Milwaukee, he became an industrial (woodshop) teacher in Milwaukee Public Schools. He retired in 1990.

Althea was born in Milwaukee, attended St. Leo grade school and Messmer high school. After graduating, she worked as a secretary. She has one brother and one sister. Louie and Althea met while singing in the church choir. I saw a twinkle in their eye and smiles as she talked about when he came home on leave, wearing his Army uniform. They belonged to the YPC (Young People's Club) at church and enjoyed dancing, bowling and many socials with the group and the

church choir. They married 57 years ago. They have four children and now enjoy their three grandchildren.

They have traveled to Germany many times to visit family. Other travels included Europe, Asia, Russia, Italy, Scandinavia and the Caribbean. While in Alaska, Althea did whitewater rafting. Louie parasailed in Mexico. What an adventure for each!

They both have a love for music, previously singing with the Village Choristers. Louie enjoys playing the harmonica and we've heard him play at The Heritage House and various events at Cedar Community. Althea plays the organ just for fun. Other hobbies she enjoys are playing cards and knitting. She's a regular volunteer at the Cedar Closet and helps at events with assisted living and health care center residents.

Louie's hobbies were wood carving and he enjoyed going to the woodshop, sharing his talents. He has built many beautiful pieces of furniture in their home, including various tables, a desk, China cabinet, their children's beds when they were small and a grandfather clock. There are many beautiful carvings in their home that he made.

Althea and Louie are warm and welcoming, always greeting with a smile!

*Gladys Sachse
North Village*

WEST BEND LIBRARY OUTREACH

Date: Thursday, Feb. 5

Time: 9:30 p.m.

Location: Cedar Ridge Club Room

POLKA FUSION BAND

Date: Monday, Feb. 6

Time: 6 p.m.

Location: Cedar Ridge Grand Hall

UKULELE GROUP

Date: Thursday, Feb. 9

Time: 10:30 to 11:30 a.m.

Location: Cedar Ridge Music Room

NUTMAN

Fine quality nuts, chocolates, snack mixes and candies.

Date: Monday, Feb. 13

Time: 10 a.m. to 1 p.m.

Location: Cedar Ridge Plaza

Cost: Cost of items purchased. Proceeds benefit Cedar Community.

CEDAR CINEMA

"The Pursuit of Happyness"

Rated: PG-13

Run time: 1hour, 57 minutes

Genre: Biography/Drama

Date: Thursday, Feb. 16

Time: 1 p.m.

Location: Cedar Ridge Grand Hall

MEN'S BREAKFAST

Our speaker this month is Don Thill of Thill's Honey Garden who will discuss, "Saving the Bees." To ensure an accurate count for breakfast, please contact Don Sorlie, 262.429.1040, or the Top of the Ridge Restaurant, 262.338.2812, with any last-minute changes.

Date: Friday, Feb. 17

Time: 8:30 a.m.

Location: Top of the Ridge Restaurant

Cost: \$5 per person, payable that morning

DON STETTLER TRAVEL LOG, WASHINGTON

Date: Friday, Feb. 17

Time: 1:30 to 2:30 p.m.

Location: Cedar Ridge Performance Square

PARKINSON'S SUPPORT GROUP

Date: Monday, Feb. 20

Time: 1 p.m.

Location: Cedar Ridge Grand Hall

Cost: Free

VILLAGE COFFEE HOUR

Date: Friday, February 10

Time: 9 a.m.

Location: Cedar Bay East Activity Room

Cost: Non-perishable items are collected for the Food Pantry at each Coffee Hour.

WELCOME



John Gugg

John Gugg moved to Cedar Ridge Apartments in December after 50 years in Mequon. He worked in sales at CCI in Milwaukee. John has five children, 19 grandchildren and 16 great grandchildren.



Roger Van Ryzin

Roger Van Ryzin moved into a Village Home in September right before he married Joan Petersen. Roger and Joan had known each other for almost 50 years, as long as they were married to their original spouses.

They lost touch for 16 years but rekindled their friendship at a church anniversary celebration. That friendship blossomed and today they enjoy a combined family. Roger has four children and lost a daughter. Together Roger and Joan have 14 grandchildren and 28 great grandchildren. Roger's career included various jobs at a paper mill, management and Portal Industries in Grafton. He has enjoyed travels to Maine, Rhode Island, Pennsylvania, New York, Virginia, Georgia, Florida, Mississippi, Louisiana, Texas, California, Colorado and South Dakota. Roger's hobbies include golf, bowling, gardening and traveling. Joan enjoys knitting, reading and traveling.

CEDAR CINEMA AT THE CEDAR THEATRE

“Sully”

On Jan. 15, 2009, Capt. Chesley “Sully” Sullenberger (Tom Hanks) tries to make an emergency landing in New York’s Hudson River after US Airways Flight 1549 strikes a flock of geese. Miraculously, all of the 155 passengers and crew survive the harrowing ordeal, and Sullenberger becomes a national hero in the eyes of the public and the media. Despite the accolades, the famed pilot now faces an investigation that threatens to destroy his career and reputation.

Rated: PG13

Run time: 1 hour, 36 minutes

Genre: drama/biography

Date: Tuesday, February 21

Time: 2 p.m.

Location: Cedar Theatre

THE YOUNG IRELANDERS – AT UWWC THEATRE, WEST BEND

Sponsored by the Village SAE committee

Featuring former members of Riverdance and Lord of the Dance – these eight talented young performers have Irish traditional music, song and dance running through their veins! The troupe uses authentic Celtic instruments and fuses old world traditions with contemporary flare in an eclectic repertoire of Irish, world, jazz and pop. Making old traditions new, the Young Irelanders put on an amazing concert you won’t want to miss! The future of Ireland’s culture is undoubtedly safe in their hands! Sign up at the Village bulletin board located in Main Street Mall of the Health & Rehabilitation Center. We will carpool for this event. Please indicate on the sign up list if you are willing to drive and how many passengers fit in your vehicle-including the driver. Carpools will be arranged following the close of sign up.

Date: Saturday, March 18, 2017 at 7:30 p.m.

Cost per person: \$18 charged to your Cedar Community bill

Sign up closes: February 15

Contact person: Sherry McElhatton at 306.4554.

BEGINNINGS – THE MUSIC OF CHICAGO

See the ultimate Chicago tribute band! This NYC-based group was born in 2002 out of the love and respect for one of the greatest American rock bands of all time. You’ll hear them expertly recreate material from the entire Chicago catalog including, “25 or 6 to 4”, “Just You & ME”, “Hard Habit to Break”, “If You Leave Me Now”, “Beginnings” and many, many more. An enjoyable show for rock & roll fans of all ages! Sign up at the Village bulletin board located in Main Street Mall of the Health & Rehabilitation Center. We will carpool for this event. Please indicate on the sign up list if you are willing to drive and how many passengers fit in your vehicle-including the driver. Carpools will be arranged following the close of sign up.

Date: Saturday, April 22 at 3 p.m.

Location: Schauer Center, Hartford

Cost per person: \$22 charged to your Cedar Community bill

Sign up closes: March 13

Contact person: Sherry McElhatton at 306.4554. Sponsored by the Village SAE committee.



*Kathy Weston
Director of Home-
and Community-
Based Services*

DID YOU KNOW . . . ?

For the past five years, I have been writing an article for the Cedar Citizen about various topics for the older adults and their families. My hope is the articles hold your interest and on occasion puts a smile on your face or makes you think just a little differently than you are used to.

This month, I am going to ask you questions about Cedar's Home- and Community-Based Services program. Let's test your knowledge and provide you with information about some of the services available both on our campus and in the greater community.

Did you know Cedar Home- and Community-Based Services provides care to people who live on our campus and the surrounding six county area? Those counties include Washington, Dodge, Fond du Lac, Waukesha, Ozaukee and Sheboygan.

Did you know since 2007 Cedar has provided Home Health services? Nurses; physical, occupational and speech therapists and certified nursing assistants can come to your home after an illness or for management of a chronic illness. Did you know our nurses can provide wound care, IV therapy and education about pain management? Did you know our therapists can help with developing independence with daily activities in the comfort of your home and help you regain productivity and freedom? Did you know home health can be covered by your insurance?

Did you know that since 2005 Cedar has provided hospice services? I know the word hospice can be frightening. It means someone we love is at the end of their life, their life situation is changing and we have to let go. Our hospice staff is an amazing team of people who are able to talk with you and help you, your family and the patient walk through your final journey. Did you know hospice is covered by your Medicare benefit?

Did you know Cedar has a Supportive Care program? I have met many people during the past eight years I have been blessed to work with at Cedar. Everyone I talk with has the same goal - to remain at home and independent. As we age, this can become difficult. Having someone come to your home and help with tasks and activities of daily living might help you achieve that goal of remaining in your own home. Supportive care helps with cooking, laundry, errands, housekeeping, bathing and just about anything you could think of to help you be at home.

Did you know Cedar has a geriatric care management program called Pathfinders? Pathfinders has both a nurse and social worker to help you navigate through a very challenging health care system, help you make long-term decisions about your future, assist with medication management, accompany you to medical appointments, assess for services in your home to promote living independently and when the time might be right, plan for a living transition.

Did you know Cedar has a store where you can purchase home medical equipment? The Independence Store has trained staff who can help you pick out the equipment to help keep you mobile and independent.

I hope you learned more about our services that are available to you or your family member. If you would like more information, and there is a lot more, about services that can be provided in your home, please do not hesitate to contact me.

*Kathy Weston MS MSW CAPSW C-ASWCM,
ACHP-SW
Director of Cedar Home- and
Community-Based Services*



Cedar
home health • hospice • pathfinders

THE SPIRIT OF GIVING



The true spirit of Christmas was evident at the Cedar Landing Resident Annual Christmas Party on December 14. In lieu of exchanging gifts, residents donated over 60 hats, mittens and scarves for local area needy children. Residents shared the fellowship of a traditional Christmas turkey dinner with all-the-trimmings at the superbly decorated Clubhouse. An extremely talented quartet of male singers not only sang beloved Christmas carols, but shared stories of their origin. Of course, Santa came and distributed gifts

including a mini stocking stuffed with a lottery ticket. One lucky person won \$2! Wow!

*Richard Baumann
Cedar Landing Resident*

A JOYOUS SEASON

The residents are beginning to settle back into their pre-holiday routines here at Cedar Bay, but not before enjoying many acts of kindness shown to us during the season. We thank the groups and individuals who entertained us whether it was through song, instrument or artistic talents. Each and every one was very much appreciated!

We would like to welcome Amber Sippel to the nursing staff at Cedar Bay.

*Joy Grunewald
Life Enrichment Coordinator*

■ THE COTTAGES ■

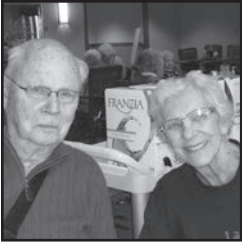
MEET CHARLIE

In October we added a new member to the Cottages family. With the help of the Gen Albiero family we were able to adopt Charlie, a five-year-old Shih Tzu. He weighs about nine pounds. The residents, volunteers, visitors and staff have all enjoyed the addition of our furry little friend. He is at the Cottages Monday through Friday and on weekends when life enrichment staff is in the building. He spends his days with the residents on all three neighborhoods at the Cottages. Both Charlie and the residents really enjoy their time together. He gets very excited each morning when he comes to work. We are looking forward to many years of happiness that Charlie will help provide for the residents at the Cottages.



*Resident Wendell Smith and Charlie
both bring a smile to one another's face.*

WELCOME



Bill and Shirley Dow

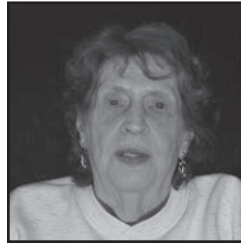
William (Bill) and Shirley Dow moved into Cedar Bay East in December from Cedar Ridge. They have been married for 61 years! Bill worked for Bell Systems and AT&T and Shirley owned her own business as an interior designer. They have two sons, two grandchildren and two great grandchildren. The Dows have enjoyed travels to a lot of the US, Europe, Switzerland, England and Scotland. They appreciate the meals and friendliness of staff and residents.



Dru Richtsmeier

Cedar Ridge was home to **Drusilla (Dru) Richtsmeier** for 12 years before moving to Cedar Bay West in December. She was married to Harold for over 49 years who was a farmer while she worked at the

telephone company. They had three children, one who passed away; three grandchildren, two who passed away and two great grandchildren. Dru has traveled to every state in the US except Alaska. She enjoys sewing, knitting and crocheting. She loves the three meals a day served at Cedar Bay!



Carolyn Smucker

Carolyn Smucker moved in January to Cedar Bay West from her home in West Bend. She worked for 27 years at Comprehensive Community Services Association—Washington County. Carolyn has three children four grandchildren and three great grandchildren. She lived in Pennsylvania and has traveled to Ohio, Florida, Nevada, Arizona, South Dakota, Michigan, Missouri, Oregon, California, Alaska, Canada, England, Wales, Scotland and Ireland. Carolyn enjoys reading and her apartment and the food at Cedar Bay.

■ HEALTH AND REHAB CENTER ■

THE PRICE OF VALENTINE'S DAY

Whether buying chocolates or flowers for your Sweetheart on Valentines Day, it's going to cost you. According to popular flower websites the cost of having flowers delivered for Valentine's Day this year is going to cost anywhere from \$75 - \$100. Add in a box of chocolate and you will be paying around \$150 or more. Research shows that men send more red roses than any other color, although woman surveyed, preferred pink instead.

Valentine's Day doesn't have to empty your wallet. After talking with a few folks here at the health care center, some of the bests gifts they have received on Valentine's Day have been a simple card, an unexpected love note, a home-cooked meal, dinner out or just simply time spent together.

Why not spend part of your Valentine's Day with us in the Celebration Room for our afternoon program, "*Portraits of Love: In Word and Song*," starting at 3:15 p.m.? Join us as we sing some of your favorite love songs and tell stories of your favorite Valentine's memories. It won't even cost you a dime!

The Life Enrichment Staff will also be celebrating Pippen, the therapy dog's, 10th birthday throughout the day. Watch for more details.

Darcie Heberer
Life Enrichment Therapist



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