



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

**vol. XVI, issue 3  
March 2017**

*the*  
**Cedar Citizen**  
*current happenings in the community*

**SAME NAME, SAME AMAZING SERVICES, WITH A FRESH NEW LOOK AND MESSAGE**

What's in a name? When it comes to Cedar Community – our name carries a tradition of the highest-quality care, the most beautiful natural settings and the most vibrant lifestyle opportunities for aging adults in West Bend and greater Washington County. So why would we consider a re-branding of Cedar Community?

A brand is more than just a logo – it is an organization's identity and the message that tells our story, which helps to convey the essence of who we are as an organization, and what it means to be a team member or a resident of Cedar Community. Poor brand recognition makes it more difficult for Cedar Community to effectively communicate the value that we offer to our residents, our patients, their families, our referral partners and the greater community.

We partnered with Walker Marketing, a national company that specializes in helping senior living organizations like Cedar Community, to develop a strong brand message that will help share our strengths and our story with others. Walker's experts used focus group feedback and demographic information to analyze our market and our competitors. They visited our campuses and learned about the history and people who live and work at Cedar Community.

The research from Walker Marketing showed that there is a disconnect between many of our services and living options among our potential residents and health care consumers. They reported that there were too many "Cedar" related brands within Cedar Community, and that was causing confusion within our market. They made a recommendation to consolidate our logo and our message under our one strong corporate brand - Cedar Community.

Moving forward, all of our locations and the names of our buildings will remain the same, however, there will be only one brand name that you will see in our materials. We will be "Cedar Community" throughout all of our brand touch points. We will also unify our digital marketing, consolidating and featuring all of Cedar Community's options and services into one website.

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## ■ 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**

262.338.2811

### **Cedar Landing**

920.876.4050

### **Cedar Ridge Apartments**

262.338.8377

### **Cedar Valley**

100 acres of care-free hospitality. Call 262.629.9202.

### **Family Hearing Care**

Call 262.338.3553 for an appointment.

### **Heritage House**

262.306.2100

### **Herslof Opticians**

Eye exams, frames, lenses and contacts. Open the first Monday of every month 9 a.m. – noon. Call 262.334.1680, ext. 5219.

### **La Daisy 'Do**

Full-service beauty salon and salon products. Call 262.306.4281.

### **Respite Care**

Apartments available at Cedar Bay for short stays. Call 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.

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### **CHECK US OUT!**





*Lynn W. Olson  
Chief Executive  
Officer*

## THE “WHY” BEHIND IT ALL

In this issue of the Cedar Citizen you have read about our upcoming re-branding program and what it entails. I think it is important to understand the “why” of re-branding as much as the “what and how,” so here goes why ...

Last summer when we received the market analysis from the strategic planning firm we hired, it was nice to hear that we were doing a lot of things right from a service delivery standpoint. Residents that were interviewed by the consultants reflected our sense of the greater resident population; residents were generally happy they made the decision to move to Cedar Community. Many heard of us through family and/or friends, others knew of our reputation for providing quality services and chose us after shopping our competition.

But we also learned, and this was said many times in different ways, that we are “the best kept secret in Washington County.” We could have considered that feedback a form of a compliment I suppose, but in another way it was troubling. If you provide great service, and you have the capacity to serve more people (which we do), then you really don’t want to be a secret, you want to tell the whole world! What we learned from the consultants is that the communication methods we’d been using in the past were no longer as effective as they’d once been. Families are increasingly using on-line resources to research and choose their retirement living arrangements, and we needed to modernize our approach.

These past few months we’ve been hard at work revamping our website and developing a more robust social media presence. Our new website will be easier to navigate, and it will bring together all of our services in one location, and it will do a better job of guiding potential residents to the services and resources they desire.

Along with changing how we reach potential customers, the consultants also suggested we update and standardize our “look”. As noted in the cover story, this led us to develop a new, single logo for all services. It also led to a reassessment of our core values and how we portray them to

the public; more on that in a future article.

While we are changing the way we look, what we aren’t changing is our commitment to providing great service to our residents. How do we know if we are providing great service? We ask our customers! This past fall we implemented a post-discharge survey program for short-stay rehabilitation residents. The calls are both for quality assurance and to determine how well we did from a service standpoint. We want to make sure customers understand their go-home instructions, that they’ve filled any necessary prescriptions, that they know the benefits (and risks) of their medications, and to find out if they had any questions about their medical condition.

We have surveyed our assisted living residents for several years, with mostly great feedback, and we can compare those responses with a state-wide database to see how we stack up.

We also engage residents directly through various resident councils in order to get their input on how we can improve the services we offer. By being co-designers of the life they wish to lead at Cedar Community, residents gain a sense of self-determination and purpose, while bringing a wealth of knowledge and experience to the decision making process.

So while we will have a new look, and will be reaching potential customers in new ways, what you will experience is the same high quality of service you have come to expect from Cedar Community.

Now let’s hope Punxutawney Phil was wrong and we’ll have an early spring!

*Lynn W. Olson  
Coach of an Excellent Organization*

# **Cedar Closet**

## ***Blow-Out Sale***

*Located at Cedar Lake Health and Rehab Center*

# 1.

**50% off  
sale**

**March 6 – 10**

**9:30 - 11:30 am.**

**1:30 - 3:30 p.m.**



# 2.

**Fill a bag & make  
a donation sale**

**March 12 – 18**

**extended hours: 7 a.m. - 7 p.m.**

*Cedar Closet is open to the public and  
all are welcome to come and shop!*

The Cedar Closet will be closed from March 19 – 26. We will  
reopen March 27 with the spring/summer line!

... "Same name" continued from front cover

This has been a very thoughtful process that sought to honor our mission and history, developing a message to share what sets us apart from our competitors, all while remaining relevant to both our current and future team members and residents. We believe this brand refresh is an expression of our values and speaks to the mission and quality of services for which Cedar Community is known and respected in the greater community. We also believe this new brand narrative will help to better position our organization in an ever-growing, highly competitive senior living and health care marketplace. It will showcase our strengths and expertise, and allow Cedar Community to be recognized as the leader that we are in aging services.

We will host presentations at each location to introduce the new Cedar Community logo and brand message during the week of March 6, 2017. We invite all of our residents and team members to attend one of the sessions, to learn more about our new messaging and see our new logo! We hope you share our excitement for this new direction as we move forward together at Cedar Community!

**Tuesday, March 7**

6:45 a.m. – Cedar Theatre  
8 a.m. – Home Health and Hospice office  
11 a.m. – Cedar Ridge Grand Hall  
2 p.m. – Cedar Theatre

**Wednesday, March 8**

10 a.m. – Cedar Valley  
2 p.m. – Cedar Bay West

**Thursday, March 9**

2 p.m. – Cottages

**Friday, March 10**

2 p.m. – Elkhart Lake Clubhouse

# **GRANNY'S ATTIC RESALE**

*Cedar Ridge Apartments  
113 Cedar Ridge Drive, West Bend*

**Monday - Friday, 9 a.m. – 4p.m.**

**Saturday, 10 a.m. – 1:30 p.m.**

Used furniture, home décor items.

*Cash and carry.*





*Amy Johnson  
Director of  
Philanthropy*

## ANNUAL GALA ON HOLD FOR 2017; BUTTERFLY RELEASE TO BE EXPANDED

Due to decreasing attendance, net revenue and competition with other local fundraising events, the Gala planning committee decided to put its efforts this year toward Cedar Community's Annual

Butterfly Release. Joanne Becker, longtime friend of Cedar Community, suggested a butterfly release to us since she had attended a similar event that has been held yearly for a hospice in Florida. After research and contacting the organization in Florida, the Butterfly Release was launched in 2012. Attendance has been growing each year and last year more than 400 people attended. This family event is an uplifting celebration of life where guests release a host of butterflies in honor of a loved one. This year the event will be held on Saturday, Aug. 12 from 10 a.m. to 1 p.m. on the Cedar Ridge campus. There will be music, children's crafts, raptor's presentation, food and beverages for sale and a silent auction.

"The Gala has been held for well over 40 years and we wanted to focus our energy on something relatively new and growing and felt the Butterfly Release is a breath of fresh air," said Mary Beth Wundrock, Gala planning committee member. "Our committee is greeting this idea of expanding the Butterfly Release with a lot of enthusiasm and it will be an event for everyone to enjoy."



*Amy Johnson  
Director of Philanthropy*



## CHARITY CAN COUNT TOWARD YOUR IRA WITHDRAWAL

From a tax perspective, donating required minimum distributions from a traditional IRA to a qualified charity is a smart move for retired clients, according to The Wall Street Journal. Although retirees cannot claim a tax deduction on the charitable donation, the RMD amount is excluded from computing their adjusted gross income. A lower AGI would enable them to reduce or avoid a 3.8% surtax on net investment income, Medicare premium payments and taxes on Social Security benefits.

## 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*

## **CELEBRATION OF CEDAR COMMUNITY TEAM MEMBERS**

On Thursday, Jan. 12, Cedar Community held its annual Team Appreciation Dinner at Washington County Fair Park. This enjoyable evening brought together team members and families to celebrate the fantastic work we do! Thank you to the entire staff for such dedication and compassion each and every day.

Congratulations to Chris Fay, CNA for being named Employee of the Year! Chris has been a dedicated caregiver for almost 37 years and always, always, has a smile on her face! Her countless hours of compassion and caring are certainly worth celebrating! We are so very grateful to have you on our team, Chris!

Consider joining us at next year's event with great food, fun and a great way to celebrate each other!

Please remember that illness continues to be present in our communities and health care facilities. The single best way to prevent the spread of infection is to wash your hands.

At times, when you come to visit a loved one, you may be asked to wear a mask to protect yourself. Please remember to remove that mask and wash your hands after leaving the unit you were visiting. If you are feeling under the weather, please consider visiting at another time. Our goal is to protect those we serve from as many illnesses as possible. If you have any questions about how we handle illnesses, please don't hesitate to ask. We want you to be informed!

*Kelli DeRuyter*  
*Administrator*

## **PHARMACY Q&A**

**Q: Why is fish oil important?**

**A:** Fish oil has omega-3 fatty acids. Omega-3 fatty acid is essential for our health and wellbeing. Our body cannot make omega-3 fatty acids and must get it from the food we

eat. Fatty acids are an important component of cell membrane. They keep cell membrane flowing, functional and stable. Recent research also found they may protect DNA ends from breaking, which may reduce mortality as the cell ages. Omega-3 fatty acids are important for brain, retina and nerve development in children. They are metabolized into important molecules that help reduce inflammation, dilate blood vessel and reduce clotting process in the body. Therefore, Omega-3 fatty acids may benefit treatments of diabetes, heart disease, vascular disease, arthritis, neurological, Alzheimer, cancers and many others. Individuals should get a balanced amount of omega-3 fatty acids which are found in some seafood, certain plants and grass-fed animals. Our Western diets compared to others contain 10-30 times less omega-3. Diets not balanced in nutrients may explain why we have health problems. Nutrients and supplements are not medication to treat illnesses. They may help to prevent and promote better health only. FDA and health organization have recommended about 500mg of EPA and DHA omega-3 fatty acids combined. Higher amount has been documented in areas where fish and seafood are consumed in large quantities. Consult with your physician before consuming omega-3 fatty acids.

*Samuel Vang, RPh*



## GREEN TEAM TIPS

A sure sign spring is nearing is the increased activity of the resident birds who have endured our Wisconsin winter. Step outside, take a walk and listen to the birdsong that suggests the birds



are getting ready for another season of breeding, nesting and new life. Soon the migrating birds who've wintered in southern climates will visit our yards and parks before continuing their journey north. Will we be ready for them? Besides keeping your birdfeeders and birdbath clean and full, you can also help birds stay safe. Windows on buildings are a deadly threat to birds, as birds don't see glass. In daylight, windows reflect foliage or sky, encouraging birds to fly into them. Researchers estimate that between 100 million and one billion birds are killed each year in the U.S. alone by colliding with glass. Large picture windows are the worst culprits. Sometimes the birds are merely stunned and recover in a few moments. Often, though, window hits lead to severe internal injuries and death. Migratory birds, who may not be familiar with surroundings, are most vulnerable. One simple measure residents can take to help reduce this deadly toll is to stick semi-transparent decals on the outside of windows, breaking up reflections. The decals reflect ultraviolet sunlight, which is invisible to humans, but glows like a spotlight for birds. The decals can be purchased at wild bird stores or online at [windowalert.com/](http://windowalert.com/). Birds are an essential part of our ecosystem. Let's do our part to protect them.

*Eva Rumpf*

## 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)

### 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.)

## ENJOY LIVE MUSIC

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

**Saturday, March 4: Disklavier Player**

*Piano selections*

**Saturday, March 11: Vera Kuckuk**

*Piano selections*

**Saturday, March 18: Jared Peterson**

*Piano selections*

**Saturday, March 25: The Mellow Fellows**

**Allen Bales, Piano**

**Mike Noegel, Guitar**

**Roger Mertz, Guitar**

## HIDDEN TALENTS



*Rodney Helgeland  
and Suzy Rolfs*

Rodney Helgeland and Suzanne (Suzy) Rolfs heard a little about Cedar Community in West Bend. She says, "We knew there were a large swimming pool and a woodshop, so we lost no time in coming to investigate." They

fell in love with all they saw and moved from Manitowoc to Kettle Heights in October of 2015. They have found so many wonderful people and fulfilling things to do. They also volunteer at the woodshop and Cedar Closet.

Each had lived completely different lives before marrying in June of 2013. Rod is the oldest, with a brother nine years younger. His father came to America in 1920 from Norway; held various jobs, of masonry, carpentry and eventually farming. Rod helped with farm chores at a very young age. Money and toys were scarce, reading material was non-existent, so he built his own toys including cars and planes, many times using cardboard cereal boxes. He attended a one-room schoolhouse, then high school in Blanchardville. By the time he was 18 he knew he wanted more in life and joined the Air Force. There he was trained as a cartographer, drawing strategic maps for SAC bombers. In his free time he read nearly

every book in the base library; a whole new world opened up.

After serving in the Air Force he worked at UW-Madison as a map maker. A few years later he got a job as a mechanical draftsman which led to a job as a tooling/product designer. Rod attended college for two years, was married and had two sons. His talent for drawing and drafting has transferred to his design work. In his 60s he began building wood toys and model airplanes. He traveled to art and craft shows showing and selling his toys all over the U.S. He said he wore out three vans. Some of his model planes and wood toys are on display in their home.

Suzy insisted that I write more about his talents. He designed a pizza oven which is used in sports bars. It's still shown on TV today. He never received the patent as he was working for the company that made it. She says he has so many talents - he has an engineering mind with no degree. In the past, he has remodeled three different homes in Manitowoc, moving windows and doors, and even moved a staircase.

Suzy was born in Milwaukee, the fourth child in a family of six. She was married at age 19 and by age 30 she was the mother of seven children - six girls and one boy. She did all the things that mothers do including scouts, collected money for various charities and hosted many birthday parties. At age 39 she enrolled at UW-Waukesha and later transferred to UW-Milwaukee. Short of a degree she went back to being a homemaker.

Two years later, energized by a desire to become an independent woman as well as inspiring other women to attain that goal, she started her own business. With borrowed money, she bought a large older home in Oconomowoc. In blue jeans and a hard hat, working alongside local tradesmen, the house was restored to its magnificent elegance. In 1978 a tea room and cultural center for women became a reality. While the business was a success, it was not producing a profit. Changes had to be made to décor and advertising. In short order, it reopened as Suzann's Oconomowoc House of Fine Dining. Five years after she started her own business, she

closed the doors, divorced and moved alone to Palm Springs, Calif. In California she held a number of jobs from working for the Red Cross, directing a Chamber of Commerce, sales in an upscale art gallery and even cleaning houses. Seven years later she returned to Cedarburg to be with her children and new grandchildren.

Rod and Suzy met through an online dating site for seniors. The rest is history.

Rod's late wife was a geography professor so they traveled to Europe several times, also China and Norway.

Suzy has traveled to many states as well as Taiwan, Hong Kong, Thailand, Kyoto and Hawaii. Now they are very content to just be home at Cedar Community.

On a side note, I crossed paths with Rod and Suzy when they toured my home in spring before deciding to move here. Timidly, Suzy asked about the Settlement Cookbook she saw on my bookshelf and wondered if by chance she could buy it. She had very fond memories of the book from her young days cooking with her mother and could never find one. I had no special attachments to it, having bought it at a rummage sale so now it is hers. A quote on the book cover: "The way to a man's heart is through his stomach," and she won Rod's.

*Gladys Sachse,  
North Village*

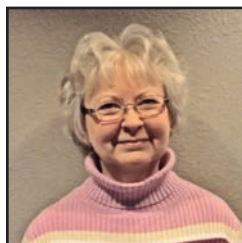
## WELCOME



*Dennis and Dottie  
Feest*

Menomonee Falls was home to **Dennis and Dottie Feest** for 60 years before moving to Cedar Ridge in November. Dottie worked at Russ Darrow as a VP/controller for 45 years and Dennis was a machinist for 25 years at Harnischfeger. The Feests have four children, 18 grandchildren and 12 great-grandchildren. They have enjoyed travels to Kenya, Russia, France, England, Germany, Austria, Scotland, Brazil, Argentina, Mexico,

Panama, Canada, Costa Rica, Japan, Greece, Ecuador, Guatemala, Honduras, Nicaragua, Iceland, Spain, Portugal, Italy, Ukraine, Romania, Morocco, Turkey, Bulgaria, Belgium, Yugoslavia and Switzerland. Dottie enjoys knitting, Mah Jongg, Zumba and traveling. Dennis enjoys reading, cooking and traveling.



*Rhonda Helwer*

**Rhonda Helwer** moved to Cedar Ridge in December from her Germantown home of 15 years. She worked at WE Energies as an electrical engineering technician for 43 years. Rhonda enjoys visiting family in

Seattle as often as she can and she looks forward to more time being able to read and exercise. Since she never married, she is close to her family and moving here was closer to all of them including a sister and brother-in-law who live in the Village.

## DOWNTOWN HARRISON

In 25 years of performing, Downtown Harrison has become one of the most prolific performers in the Midwest. This 2005 Midwest Entertainer of the Year performs impersonations of people like Louie Armstrong, Neil Diamond, The Platters, Frank Sinatra, The Drifters, Al Green, Ray Charles, Nat King Cole and more.

**Date:** Sunday, March 5

**Time:** 2 p.m.

**Location:** Cedar Ridge Grand Hall

**Cost:** Donation of a non-perishable food item

## BLASKAPELLE GERMAN BAND

The River City Blaskapelle German band presents their season opening concert. Band members are also members of the River City Irregulars concert and marching band. Music played by the band is authentic German music and they have been entertaining in the West Bend area for 20+ years. Cedar Ridge Resident, Howie Knox is a member of the band.

**Date:** Monday, March 6

**Time:** 7 p.m.

**Location:** Cedar Ridge Grand Hall

**Cost:** Free

■ INDEPENDENT LIVING ■

**CEDAR CINEMA – MOVIES & POPCORN**

*“The Magnificent Seven”*

**Rated:** PG-13

**Run time:** 2 hours, 13 minutes

**Genre:** Action/Adventure/ Western

**Date:** Thursday, March 16

**Time:** 1 p.m.

**Location:** Cedar Ridge Grand Hall

**PARKINSON’S SUPPORT GROUP**

**Date:** Monday, March 20

**Time:** 1 p.m.

**Location:** Cedar Ridge Grand Hall

**Cost:** Free

**MEN’S BREAKFAST**

Our speaker this month is Dr. Karl Kuhn, professor of religion, Lakeland University, who will discuss, “Understanding Religious Extremism.” 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, March 17

**Time:** 8:30 a.m.

**Location:** Top of the Ridge Restaurant

**Cost:** \$5 per person, payable that morning

■ HEALTH AND REHAB CENTER ■

Get your feet ready to tap along to the music from the Kewaskum Big Band! They will be playing for us on March 29 at 7:15 p.m. in the Cedar Theatre. The band was developed from various musicians from the surrounding counties. These talented musicians are dedicated to their craft and practice a great deal. Come and join us for the music of that era. It will lift our spirits and get us out of the winter blues!

*Jennifer Muckerheide  
Life Enrichment Coordinator*

**As this is the final Cedar Citizen that will be produced, please keep an eye out for event information and new resident updates at each location starting April of 2017.**

**If you have news, or a great story idea to share, please contact Carrie Sturn in the marketing department at 262.306.4216 or [csturn@cedarcommunity.org](mailto:csturn@cedarcommunity.org).**



*The Cedar Closet at Cedar Community presents*



# *Second-Hand Rose* **Luncheon & Style Show**

## **Thursday, April 27**

**Top of the Ridge Restaurant at Cedar Ridge  
113 Cedar Ridge Drive, West Bend**



**Doors open at 11:30 a.m.**

**Lunch at noon**

*(select spirits will be available for purchase)*

**Style show to follow**

**\$12 per person**

**Tickets available at Cedar  
Ridge Customer Relations  
beginning on March 6.**

**For info call, 262.306.4218.**

*Net proceeds to benefit Cedar Community resident activities.*

## ■ CEDAR LANDING ■

February brought with it the prediction of another six weeks of winter by our in house ground hog!

Valentine's Day was celebrated with a couple's lunch in the clubhouse and a heart-shaped pizza party for all.

Resident Valeria Mauk turned 100 years young on February 19. Although her eyesight isn't what it used to be, she is still an avid walker and is even known to throw a bean bag or two! Her children celebrated this milestone with an open house at the clubhouse for residents, family, and friends.

We welcome into our Cedar Bay family David Radke.

We also welcome new dietary staff Emma Grapentine and Camrie Schmitz.

A huge thank you goes out to resident volunteer, Helen Schulz, who kept our daily exercise program going while I was nursing a rib injury. Thank you, Helen!

*Joy Grunewald  
Activities Coordinator*

## ■ CEDAR BAY ■



*Judy Chapman*

**Judy Chapman** moved to Cedar Bay West in December from her home in West Bend. She worked at the Threshold. Judy has traveled to Arizona where she had family. She enjoys reading and Bingo. Judy likes every bit of Cedar Bay and fell in love with it when she first saw it. She visited other facilities but liked Cedar Bay the best.



*Paul Fischer*

Florida was home to **Paul Fischer** before moving to Cedar Bay West in January. Paul's professions included owning a beauty shop, making shutters in Florida, working for the insurance business, selling telephone systems and bottled water. He has two boys and two grandchildren. Paul has traveled to Colorado, Wyoming, Hawaii and Utah. He enjoys golfing.



*Ronald and Janet  
Hanson*

**Ronald and Janet Hanson** made the move from their home in Campbellsport to Cedar Bay West in January. They have been married 48 years. Janet was a bartender and Ronald worked for Gehl Company. Janet has two children and one with Ronald who passed away as an infant. They have four grandchildren and two great grandchildren. The Hansons have traveled to Montana, Colorado, Arizona and Wyoming. Janet enjoys needlework and use to paint landscape scenes. Ronald has enjoyed hunting and fishing. They both like the friendly people and staff at Cedar Bay.



*Evelyn Krueger*

**Evelyn Krueger** moved from Cedar Ridge to Cedar Bay West in December. She is from Kewaskum. She was married to Merrill for 63 years. Evelyn worked in a bank for 43 years. She has traveled the whole U.S. by car and also enjoys gardening, watching sports and going to the casino. She appreciates the people at staff at Cedar Bay who are so nice and helpful.

## CHOOSING TO BE HAPPY

Many of you may not be aware that I do a lot of reading. I do the required reading for my position so I can keep up on all the interesting Medicare rules for home- and community-based services. In my spare time, I read books and I have my favorite magazine articles. I recently found an online website called Inspired for people who are 55 and older. I found an article about happiness and choosing to be happy. The article touched me, and I'd like to summarize the article for you.

You do not need to deserve happiness. Happiness is free. There are no conditions.

What do you think about the first sentence? Compare the first sentence to the next two sentences. Happiness and being able to focus on happiness is important - your happiness, the happiness of your friends and family and the happiness of the people around you.

Happiness is a gift to you and to others. What happens when you are happy? What happens around you? Think about it. When you are happy, the people around you are happy. Things seem to lighten up and the atmosphere changes.

On a scale of one to 100 percent how open are you to happiness? Challenge yourself. What would it take for you to be 100 percent open to happiness? Let's start today. Set your intentions. I will be happier and I want to ensure those around me will be aware of the possibility that they, too, can be happy. Can you become a "happiness agent?"

The article challenges us in four areas of happiness: being accepting, receptive, grateful and present. Today, I will be more accepting of myself or others and of my life. Today, I will be better at receiving help, love and support from others. Today, I will be grateful for everything that is happening in my life right now. Sometimes this one can be difficult. Today, I will be open to the idea that I am really in the right place at the right time.

Are you up for the challenge to experiment with happiness? I am. After all, happiness is not a search, it's a choice. Choose to be happy!

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



**Cedar**  
*home health • hospice • pathfinders*



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