



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

**vol. XV, issue 5
May 2016**

the
Cedar Citizen
current happenings in the community

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DONOR
EDITION!**

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



CEDAR RIDGE APARTMENTS HOSTS SPRING FAIR

Cedar Ridge Apartments is hosting a Spring Fair on Saturday, May 7 from 11 a.m. to 3 p.m. Granny's Attic, the Ridge's year-round rummage, will be open with furniture, home décor and more. Also available for sale are crafts, woodshop and ceramic items and a bake sale including homemade cream puffs and shortcakes. This year's event will include a wellness fair featuring booths from Cedar Community's spectrum of care providing free screenings and giveaways, including blood pressures, falls risk, grip strength, walker and wheelchair tuneups, advance directive and power of attorney forms and assistance, job booth with applications and immediate interviews, 50/50 raffle, Alzheimer's Association Safe Return program signups and free File of Life "Fridge Packs."

Lunch is available for purchase from the Top of the Ridge Restaurant from noon to 2 p.m. and musician Gary Cross will perform from noon to 2 p.m. Stop by the Conservatory and join in an exercise class with Luanne Salmon, visit the Train Room or take a tour of Cedar Ridge Apartments. The event is free and open to the public. Invite your friends and family!

**CELEBRATING SENIOR SERVICES STAFF
MAY 8 – 14!**

Help Cedar Community's leadership offer a 'hat's off' salute to our entire workforce, 700 strong. Activities will include cookouts across all campuses and other recognition for staff. Please take a moment to share a note or personal words of thanks to the men and women who help make our mission come to life each day. Please send your notes to the Marketing Department at the health and rehab center or email info@cedarcommunity.org before Monday, May 9 and we will share them with our staff! Let's flood them with appreciation!

■ DIRECTORY ■

Aurora Medical Group

Open Tuesdays and Thursdays
1 – 5 p.m. for patients over
16. 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 at Cedar Lake

262.306.4240

Cedar Crossings Rehabilitation at Pleasant Valley

262.677.6800

Cedar Haven Rehabilitation

Your onsite choice for outpatient
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
Tuesday 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 Cathy
Majkowski, 262.306.4299.

The Cottages at Cedar Run

262.338.2811

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 62 years of superior service.

The Cedar Citizen is also available online or
by mail. News tips are welcome. Deadline for
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CHECK US OUT!





*Lynn Olson
Chief Executive
Officer*

REFLECTIONS ON MY FIRST THREE MONTHS

At the time of this writing I have completed my first 100 days at Cedar Community. I would like to take this opportunity to reflect on that time, what I have attempted to do and what I have learned.

One of the things that originally attracted me to Cedar Community was the commitment to the mission, “To model Christ’s love for humanity by creating life-enhancing relationships, services and environments.” I was also impressed by the values expressed by the organization: Compassion, excellence, integrity, respect and stewardship.

I had also read on the website that Cedar Community sought to be “The world’s friendliest organization.” What I needed to find out for myself this past three months was did all these words ring true? It’s become clear these ideals are not just words on a web page, but were palpably evident in our daily actions.

There was tangible evidence of genuine caring and compassion as I walked around our hallways and saw how staff interacted with residents. There was an obvious commitment to excellence, as evidenced by our Five-Star Rated skilled nursing facility and Four-Star (highest) Rated home care programs. It was clear we demonstrated integrity by stories I would hear about discussions we were having with residents and families about difficult decisions, being honest about the situation, while also demonstrating respect for the resident’s dignity and right to self-determination. I also witnessed from our Board and leadership team a strong sense of stewardship, of being a good shepherd of assets and finances to make sure our mission continues well into the future.

When I started, I had a 100-Day Plan of what I hoped to accomplish during my initial weeks on the job. These included:

- Tour all the campuses.
- Meet all Cedar Community management team members.
- Hold get-acquainted sessions with our employees.

- Meet individually with all board members.
- Say a respectful farewell to Steve Jaberg, Cedar Community’s long-time CEO.
- Meet community leaders (a work still in progress).
- Get to know residents by attending resident council meetings, coffee hours, establishing office hours at all locations, and even hosting a Super Bowl Party.

All of these actions were about one thing ... building relationships, so people understand who we are, why we exist and how we help add life to years not just years to life. It has also been, and will continue to be, about understanding the desires of those we seek to serve and engaging them to an even greater degree in designing the lifestyles they would like to lead at Cedar Community.

I could share with you over a dozen stories I have heard in the past three months about people’s experience with Cedar Community, all of them positive. In the interest of time, however, I will only say this: It has becoming extremely apparent to me in my first 100 days in West Bend, that Cedar Community has deep roots and a broad impact in our community, in Washington County, and greater southeast Wisconsin. It is also clear we have touched thousands of lives during our 63 years of existence, we have an awesome team of employees who have helped enrich those lives, and we plan to continue to provide life-enhancing programs and services for another 63 years, and long after.

At the end of the day, it is not the location, the facilities, or the programming people remember about Cedar Community. It’s the fact that we, together, staff and residents, enrich each other’s lives.

*Lynn W. Olson
Coach of an Excellent Organization*



Rev. Kathryn Kuhn
Director of Ministries

MEET REV. DEB



Reverend Deborah Howland is Cedar Community's new interim chaplain and ministry consultant. She has been an ordained minister in the United Church of Christ for 33 years. The last eight years, Rev. Deb has specialized in

intentional interim ministry. This is the time in the life of a community when change ends certain relationships and ways of living; growth and transformation are possible, but they require time, hard work and new choices.

Often interim time is described as a wilderness journey where grief and loss can be a huge challenge. Such wilderness times allow people and institutions a significant pause between the past and the future. It makes room for resolving old conflicts, choosing new directions and, over time, becoming people ready for a new relationship. Sometimes it helps us to catch our breath. This pause allows us to remember God's many gifts of grace while a new direction and new gifts begin to take shape.

Rather than maintaining the status quo until the chaplaincy position is filled, this interim time will allow the pastoral care department to be intentional, discerning and creative about its next steps. It will support those addressing its history, clarity about needed and emerging leadership and the needs of our residents now and for the future. While helping with these tasks, Rev. Deb is also leading chapel services, participating in weekly staffing and visiting with residents and staff throughout Cedar Community.

When talking about the uniqueness of the intentional interim experience, Deb has said, "Life is a cycle of life, death and resurrection over and over again. No one escapes these, but we can find life-giving ways of being in them and growing beyond them. Very often when

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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)

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

LAST CALL FOR PONTOON BOAT AND GOLF CART DRIVERS

We are still in need of volunteers to drive boats this summer. If you have not signed up it is not too late! We will be offering a training and refresher course in late May. Even if you have driven in the past you need to sign up again this year by calling the volunteer office.

COOKOUT

Help with the cookout at the Cottages. We are in need of volunteers to grill and serve food, transport residents and assist with clean up.

Date: Tuesday, May 24

Time: 11:30 a.m. to 1:30 p.m.

CULVER'S LUNCH

Assist our health and rehab center residents by serving and cleaning up lunch from Culver's. Your meal will be provided.

Date: Thursday, May 26

Time: 11:30 a.m. to 1 p.m.

PLANTING DAY

Help us plant at Cedar Ridge and stay to enjoy lunch.

Date: Wednesday, June 1

Time: 9 a.m.

MILWAUKEE COUNTY ZOO TRIP

Enjoy the zoo with our Cottages residents! Volunteers are needed to assist residents on and off the bus and walking around the zoo a short distance. We will be taking the Zoomobile. Your transportation, admission and lunch will be provided.

Date: Tuesday, June 21

Time: 9:30 a.m. to 3:30 p.m.

FIFTH ANNUAL BUTTERFLY RELEASE

Date: Thursday, June 23

Time: 5 to 7 p.m.

Location: Dandelion Park

Volunteers are needed in the following areas:

Golf cart drivers

Time: 4 to 5:30 p.m. or 5:30 to 7 p.m.

Butterfly boutique

Time: 4:30 to 5:30 p.m. or 5:30 to 6:45 p.m.

Food stand

Time: 4:45 to 6:30 p.m.

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

Spring plant sale

Tentative arrival date: May 4

Sale runs through: May 27

(or while supplies last)

Cedar Lake Health and Rehabilitation Center lobby

Select from a wide variety of patio gardens and hanging baskets. We accept cash, checks and credit cards. Cash and carry plants only! New deliveries each week!

All net proceeds go toward Staff Helping All Residents and Employees, an employee committee of Cedar Community.



BREAKFAST WITH THE BIRDS

Join us in celebrating the return of our feathered friends to Cedar Valley. The program is timed during the progressive spring migration of warblers and other migrating song birds, with different species arriving each week. The program is open to everyone at every level of bird watching.

Date: Wednesdays, May 4, 11, 18

Time: 7:30 a.m.

Cost: \$35 per person includes all three sessions, continental breakfast and guided bird walk.

INTRODUCTION TO DRAWING WITH JOYCE EESLEY

In this workshop you will learn to draw what you see, not what you think you see! Train your eyes to see shapes and values and how to draw them, and learn to use perspective to create beautiful works of art.

Date: June 7, 8 and 9

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

Cost: Commuters, \$120 includes lunch all three days; overnighters, \$270 includes two nights stay and all meals. Supply list will be provided at time of registration.

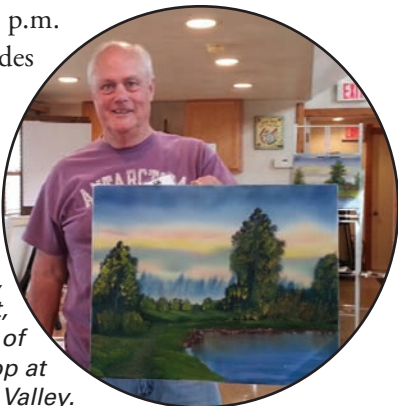
PAINT, SIP, REPEAT

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: June 16

Time: 6 to 8:30 p.m.

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



Leo Winkle, Village resident, attended the Joy of Painting workshop at Cedar Valley.



Mother and daughter, Nadia and Cyndi Frohmader, recently spent the day together at Cedar Valley attending a book-making workshop.

CELEBRATION OF SEASONS THROUGH MANDALAS

Spark your creative potential and embrace the gifts found in nature and within yourself through this hands-on series. Learn how to create mandalas signifying wholeness, centering on transformation with guidance and support of master teacher Molly Groshek. This month will focus on summer.

Date: Saturday, June 18

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

Cost: \$35 workshop includes lunch and all supplies.

SILK SCARF PAINTING WITH KASIA DRAKE-HAMES

In this workshop you will create beautiful, wearable art. Using bright vibrant dyes, participants will create their own hand-painted silk scarves. Simple designs will be provided, or use your imagination to make your own. Participants will create three scarves.

Date: Saturday, June 25

Time: 2 to 4:30 p.m.

Cost: \$45 includes instruction plus all supplies.

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.



Amy Johnson
Director of
Philanthropy

BEING ENTHUSIASTIC ABOUT THIS YEAR'S ENTHUSIAST'S CLUB

Last month we officially kicked off our 2016 Enthusiast's Club campaign. Our goal is to raise

funds for an AccuVein Illuminator – a new infrared device that shows clearly where to find a patient's vein. This results in less needle sticks when drawing blood or administering an IV. Our staff piloted use of the device and experienced a 95 percent

success rate, and nationwide studies show the AccuVein can improve the likelihood of a successful first attempt by 350 percent. That means less pain, less anxiety, less time and few complications. Another



Enthusiast's Club project is to purchase a LiteGait® for our therapy department. This allows our patients who are recovering from a lower extremity surgery or medical condition to receive therapy on a treadmill or the ground for enhanced sessions. It provides proper posture, reduces weight bearing and eliminates concerns for balance while freeing the therapist's hands to assist the patient. I hope you will be enthusiastic this year and support these projects that will enhance the lives of our patients. If you would like additional information please contact me, Amy Johnson, director of philanthropy and Memorial Garden manager, at 262.338.2819 or ajohnson@cedarcommunity.org.



*Amy Johnson
Director of Philanthropy*

**Check out the Cedar Community Foundation's
updated planned giving website at
cedarcommunity.planmygift.org.**

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individuals are in crisis and want to “make changes” they have no idea where to start or what to do first. Communities are the same way. My own journey and my training have helped me learn how to walk alongside people in wilderness times until new life emerges out of an ending. Supporting and guiding individuals and communities during times such as this is a passion and a privilege.”

Rev. Deb and her husband, Tom, reside in Waukesha. Deb is on campus Tuesdays, Wednesdays and Thursdays and can be reached at 262.306.4202.

At our spring services of Remembrance and Hope, we will remember those from our community who have passed away in the previous six months. All are welcome to attend, and remember.

Monday, May 23

10 a.m., the Cottages at Cedar Run

Tuesday, May 24

10:30 a.m., Cedar Theatre*

1:30 p.m., Cedar Ridge Grand Hall*

3:15 p.m., Cedar Bay West

**All names read at these services. Light reception to follow.*



CELEBRATING OUR STAFF

With what seemed to be a late start to our long anticipated spring, it is certainly a welcome site to see the flowers making their way out

of the ground from a winter slumber! Hopefully you are enjoying the longer sunlight in our day and starting to take advantage of the warmer temperatures!

This month we say thank you and wish abundant blessings to all of the moms in our lives. Their wisdom, guidance, support and unconditional love are truly a gift from God! Happy Mother's Day!

We also delight in recognizing our nurses at Cedar Community during National Nurse's Week, May 6 – 12. "Advocate. Leading. Caring." These three words may be this year's slogan, but they describe perfectly the nursing staff at Cedar Community. Each day, our nurses across the campuses give exceptional care to ensure residents are treated with individuality, compassion and respect. We are honored these nurses have chosen Cedar Community as their place of employment and value them each and every day! Thank you nurses for being part of our mission!

*Kelli DeRuyter
Administrator*

Within nurses' week, we overlap with National Nursing Home week which is May 8-14. One of the week's themes is "Everyone is family." This certainly rings true at the Cedar Lake Health and Rehabilitation Center! Each day I witness how all departments work together to create and provide a supportive, caring, loving home-like environment for our residents. The staff's dedication to make each day better than the one before is evident. Thank you to each and every staff member who gives of themselves each day! We could not do it without you!

*Kelli DeRuyter
Administrator*

ASK THE PHARMACIST

Q: What drugs are anticipated to go generic?

A: Each year a list of brand name medications lose their patents and generic manufacturers step in to produce a FDA approved generic of that medication. Incorrect expectations from the public about medications going generic can result in two misunderstandings. First, the expected release date can be delayed due to litigation or exclusivities. Second, the price of a generic can be as costly as the branded product for up to two years from the date of release.

The gift of health for you and your loved ones!

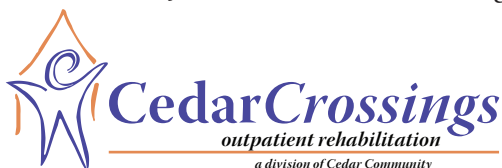


Massage Therapy Special for Mother's and Father's Day!

Buy two hours for \$90!

Hurry! Offer good May 1 - June 22.

Our experienced massage therapists, Jean (19 years) and Mary (8 years), specialize in: Craniosacral Therapy, Neuromuscular Therapy, Myofascial Release, Benevolent Touch, Fibromyalgia Treatment, TMJ Treatment, Geriatric Massage, Lymphatic Maintenance, Thai Massage and Reiki.



Call 262.306.2100 or 262.306.4566 to purchase. Visa, MC, AMX, Discover accepted. One offer per customer. Not good with any other offers.

The following are medications expected to be generic in 2016:

- Nexium (esomeprazole) Now
- Cymbalta (duloxetine) Now
- Celebrex (celecoxib) Now
- Nasonex (mometasone) Now
- Namenda (memantine) Now

- Enablex (darifenacin) March
- Crestor (rosuvastatin) May
- Asacol HD (mesalamine delayed tablet) July
- Benicar (olmesartan) October
- Benicar HCT (olmesartan HCTZ) October
- Zetia (ezetimibe) December

John Kraak

GREEN TEAM TIPS

Styrofoam – why we use it

According to Earth Resources Foundation, Styrofoam is the brand name of a particular kind of polystyrene. It is a petroleum-based plastic used extensively for housing insulation with very good insulation properties. We're all familiar with Styrofoam beverage cups and as packaging material ("peanuts") for various products such as TVs, computers, speakers, etc. It is light, consisting of about 95 percent air. In addition, it's relatively cheap compared to the current alternatives.

So what's wrong with it?

The basic problem is styrene, which is used extensively in the manufacturing of a large number of plastic and rubber products. Styrene is classified as a possible carcinogen by the Environmental Protection Agency (EPA). Thus manufacturing workers in a number of industries, including those who work with such products, may be exposed to various kinds of health effects, including irritation of the skin, eyes and upper respiratory tract. In addition, an EPA report named the polystyrene manufacturing process as the fifth largest producer of hazardous waste. A fire research organization identified 57 chemical byproducts released during the combustion of polystyrene foam.

For the user of Styrofoam cups, toxic chemicals can leach from the containers into the food they contain, especially when heated in a microwave. (It also makes coffee taste funny. Ever wonder why?)

In addition, by volume, plastics take up 25 to 30 percent of the space in landfills. According to one estimate, it takes 500 years for polystyrene foam to disintegrate. As litter, or in landfills, the foam products break into little pieces that can choke animals.

Can't it be recycled?

The technology exists to recycle polystyrene, but the market for recycling is relatively tiny because it's hard to make new products from it. One possible improvement is biodegradable polymers, which would help reduce the impact of these plastics. In most cases these products are not recyclable and end up in landfills.



What are some alternatives?

Generally, paper products provide the best current alternative. All such products are generally recyclable and all biodegrade over time. According to the EPA, about 40 percent of all paper was recycled, including more than 32 million tons of paper and paperboard (the industry's name for cardboard). The issue, as in many of these cases, is cost. Paper replacements for many products are several times more expensive than polystyrene. The trick will be to reduce usage and/or find less expensive alternatives.

What can I do?

Reduce usage by bringing your own coffee cups, silverware and plates to gatherings that typically use polystyrene cups and plastic foam plates and plastic utensils. Be sure to dispose of the plastic foam you unavoidably use so it doesn't escape into the environment. In the meantime, the market may grow for more post-consumer recycled products that use more easily renewed resources.

After breast surgery, recovery is a process.



Whether you have recently undergone surgery or are a long-term survivor, choosing the correct product can aid in healing and help you regain your confidence. Our team of Certified Mastectomy Fitters, with more than 25 years of experience, will assist you in finding just the right products for your needs. The Independence Store, located at Cedar Community's main campus above Big Cedar Lake in West Bend, is a fully accredited Medicare supplier, carrying a large selection of compression garments, breast prostheses, bras, camisoles and fillers. Call today to schedule a consultation with a certified fitter in our dedicated, private fitting room!



5595 County Road Z • West Bend, WI 53095
t: 262.306.4269 • f: 262.306.4576 • tf: 1.800.317.8899
theindependencestore.org



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

WHAT MAKES AN OLDER PERSON HAPPY?

When my parents were alive, I often wondered what gift our family should get them for their birthdays or Christmas. If we purchased the newest gadget or technical device, it was often found a week later hidden in a drawer or in a corner gathering dust. My parents weren't the techno-savvy older adults like I wrote about a few months ago. Of course there was always the good old standby – clothing, you know – the treasured cardigan or comfy sweat pant outfit.

Believe it or not, there was actually research published about what makes an older person happy. What the study found is the kinds of experiences make people happy tend to change over time. As we get older and believe our time is limited, more value is put on ordinary experiences, the stuff of which our daily lives are made.

What I have come to realize is older adults want something that makes them happy and puts a smile on their face - family and spending time with people special to them. I talk quite a bit with older adults, and I see their faces light up and their smiles grow wider when they talk about and share pictures of their children, grandchildren, great-grandchildren and, if they are blessed, even great-great-grandchildren.

As I walk throughout our campus, I see pictures posted of family on the residents' apartment doors and framed in their apartments and rooms. I met a gentleman a few weeks ago who had an old-fashioned recipe box in his apartment. Inside of the box were messages on 3x5 cards of memories his children, grandchildren and great grandchildren wrote to him and his wife about special moments they shared. He told me being able to reflect on these memories makes them happy.

Another gentleman I meet with often shares new pictures sent to him of his six-generation family. He is always proud to share the pictures and stories. He also enjoys having breakfast with his son on Saturday mornings at a local West Bend restaurant.

Older adults savor the moments they can share with family and those close with them. This can be our gift to them...the gift that keeps on giving.

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

Cedar Hospice Fifth Annual

Butterfly Release

Thursday, June 23, 5 – 7 p.m.
(program and release at 6 p.m.)

Join us for an uplifting celebration of life as we release hundreds of butterflies in honor of loved ones. The event is open to all. Participants will have time to stroll the gardens, reflect, enjoy refreshments and dinner with music followed by a short program and then the release.

Don't miss this one-of-a-kind moment you'll want to share with friends and family!



**Register today by calling
262.338.2824 or online at
cedarcom.ejoinme.org/butterfly5!**

ENJOY LIVE MUSIC

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

Saturday, May 7: Spring Fair

Serving lunch in the Grand Hall with music by Gary Cross 12 – 2 p.m. Closed for supper.

Saturday, May 14: Mary Daley

Piano selections

Saturday, May 21: Megan Theisen

Piano selections

Saturday, May 28: Jeanne Wood

Piano selections

VILLAGE COFFEE HOUR

Rebecca Conde, Cedar Valley Director

Non-perishable items are collected for the food pantry at each Coffee Hour.

Date: Friday, May 13

Time: 9 a.m.

Location: Cedar Valley, W5349 County Road D, West Bend

MYSTERY LUNCHEON

You will be taken to a special place for lunch. These outings are meant to be fun and relaxing as we spend time visiting with one another. Sign up at the Cedar Ridge bulletin board.

Date: Friday, May 13

Time: 10:45 a.m.

Location: Cedar Ridge lobby

Cost: \$5 bus transportation charge – your Cedar Community account will be charged. Cost of your lunch on your own.

KETTLE MORAINES SYMPHONY CONCERT

Featuring Brahms: German Requiem

Free round-trip bus transportation courtesy of Johnson School Bus from Cedar Ridge to Holy Hill and back. Sign up at the Cedar Ridge bulletin board.

Date: Sunday, May 15

Time: 1:50 p.m. depart from Cedar Ridge lobby; 3 p.m. concert

Location: Holy Hill

CEDAR CINEMA

“The Martian”

Rated: PG-13 - **Run time:** 141 minutes

Genre: Sci-Fi and Fantasy

Date: Tuesday, May 17

Time: 2 p.m.

Location: Cedar Theatre

CEDAR CINEMA

“The Intern”

Rated: PG-13 – **Run time:** 2 hours

Date: Thursday, May 19

Time: 2 p.m.

Location: Cedar Ridge Grand Hall

BAG IN A DAY

Lynn Rusch, instructor

Join us for this hands-on quilted bag workshop. The class is limited to 12 participants. The cost of the class includes additional supplies needed. Sign up at the Cedar Ridge bulletin board.

Date: Thursday, May 19

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

Location: Cedar Ridge Sewing Room

Cost: \$10 paid to Lynn the day of the workshop

MEN’S BREAKFAST

Our speaker this month is Craig Farrell, executive director of the West Bend Area Chamber of Commerce. Craig will give a presentation on current Chamber happenings. He is a retired hotel industry executive, has led the Chamber for the past 10 years and will share insights on the inner workings of the organization and its role in the community. To ensure an accurate count for breakfast, please contact Don Sorlie, 262.429.1040, or Lowell Johnson, 262.353.3203, with any last-minute changes.

Date: Friday, May 20

Time: 8:30 a.m.

Location: Top of the Ridge Restaurant

Cost: \$5 per person, payable that morning

READERS' THEATER

The Heritage Readers, Village and Ridge residents, will make their debut during their performance of "Where We Came From." They will relate the founding of Cedar Community through the words and insights of Rev. Louis Reisch, per an interview conducted in 1983.

Date: Thursday, May 26

Time: 2 p.m.

Location: Learning Center

ALL-VILLAGE MEMORIAL DAY IMPROMPTU PICNIC

Bring your own bag lunch and beverage. Bug transportation will be available from the prairie parking area beginning at 11:30 a.m. Feel free to bring your favorite games, etc., and stay to socialize. In case of inclement weather, the picnic will move to the Village Clubhouse.

Date: Monday, May 30

Time: Noon

Location: Beach House

RIDGE 30TH ANNIVERSARY CELEBRATION

Join us for social hour 4 – 6 p.m. in the Bistro including a wienie roast. Music will be by Pickin' Up Speed (*sponsored by Bob and Carol Broman*) from 6 – 7:30 p.m. on the patio (weather permitting), otherwise in Grand Hall. The residents' Pearls of Wisdom entries will be on display in the Market Café Art Gallery. All who submitted their Pearls of Wisdom will be put in a drawing for a pearl necklace (*donated by Koehn & Koehn Jewelers*). The drawing will be held during the band intermission.

Date: Thursday, June 9

Location: Cedar Ridge Apartments

LAKESHORE CHINOOKS KIDS AND SENIORS DAY

Sponsored by the Village SAE Committee

The Chinooks will take on the Kenosha Kingfish. Treat yourself to some of the finest amateur baseball in the country at beautiful Kapco Park in Mequon.

Date: Monday, June 20

Time: 11:35 a.m. (Gates open at 10:30 a.m.)

Cost: \$9 per person includes reserved grandstand ticket, hot dog, chips and beverage. Sign up at the Village bulletin board by Monday, May 23. We will carpool for this event. Please indicate if you are willing to drive and how many passengers fit in your vehicle - including the driver.

Contact person: Sherry McElhatton, 262.306.4554

WELCOME



Ellen Delaney

Ellen Delaney moved to Cedar Ridge last September after living in the Milwaukee area for several years. Her parents had been Cedar Ridge residents several years ago so it was an easy decision for her to make Cedar

Ridge her new home. She and her husband Jim were married nine years when Jim passed away in 2011. They had enjoyed a busy and active life which included frequent car trips along with a most memorable visit to Ireland. Ellen has three children and two grandchildren. When the children were young the family enjoyed camping throughout the US and Canada and Ellen's interests included Bridge, couples volleyball and volunteering at the children's schools. Ellen taught second grade in the Milwaukee public school system for several years, retiring in 1969. She later joined the foundation staff for a cardiologist at St. Luke's Hospital and also spent eight years working for the Milwaukee Journal/Sentinel editor. Ellen is involved in activities at her church, loves reading and visiting the Ridge pool. She commented she is very happy living in a faith-based Christian community and looks forward to trying new activities at the Ridge. Welcome, Ellen!

FUN-FILLED DAYS AT CEDAR LANDING

We have been having lots of fun at Cedar Bay in Elkhart Lake this month! We recently welcomed Dolores Phillips into our Cedar Bay family. Our residents were entertained by a group from In Motion Dance Studio and also singer/guitarist Bill Bernico. St. Patrick's Day brought out the Irish in us all by the wearing of green, eating corned beef and cabbage and of course drinking green beer! The Easter Bunny left a surprise for each resident thanking them for the beautiful eggs residents helped dye for Easter morning. Residents were surprised to find out the pretty-looking drink served on April Fools day was actually Jello topped with real juice and fruit! Thanks to the dietary staff for creating the fun treat! A few residents made their way to the Elkhart Lake-Glenbeulah High School where they enjoyed the schools' annual pops concert. Rounding out the month was an opening day Milwaukee Brewers tailgate party. Although the weather wasn't conducive to being outside, residents and staff enjoyed grilled brats, burgers and beverages. A good time was had by all even though our favorite team lost their home opener.

■ CEDAR BAY ■



Josephine Bartlett

Josephine Bartlett moved to Cedar Bay West in February. She had lived with her daughter in West Bend and prior to that with her son in St. Cloud. She raised eight children, farmed, worked in a factory after

her children were in school, owned and operated a tavern and was a certified nursing assistant. Josephine has 18 grandchildren and 22 great-grandchildren.



Arlean Greene

Arlean Greene moved to Cedar Bay West in February after living at Cedar Ridge for seven years. She was married to Glenn for 56 years. Arlean worked at a factory in Menomonee

Falls. She has one daughter, two grandchildren and seven great-grandchildren. Arlean was born in North Dakota and has travelled to Arizona, California, Florida, New York, Minnesota and Canada. She enjoys watching TV and loved to bake.



Shirly Mieritz

Germantown was home to **Shirley Mieritz** before she made the move to Cedar Bay West in January. She was married to Harry

for 46 years and worked 22 years in a nursing home as a housekeeper. Shirley has one son, two grandchildren (twins) and one great-grandchild. Travels have included Florida, Hawaii, Pennsylvania, New York and Nashville. Hobbies included crocheting, knitting, reading, watching TV, playing cards, reading and word searches. Shirley was very familiar with Cedar Community because she fished on Big Cedar Lake. She likes the friendly people and everything else about Cedar Bay.



Alice Byrne

Franklin Park in Illinois was home to **Alice Byrne** before she moved to Cedar Bay West in February. She was a nursing educator for the public schools. She was married to Peter for 49 years who worked at the gas company. Alice has four sons, four grandchildren and one great-grandchild. She has enjoyed many travels including Australia, New Zealand, California, Seattle, Canada, New York, Massachusetts, Alaska, Austria, Yugoslavia, Germany, Ireland, Greece, Egypt, Florida, Appalachians and Arkansas. Alice has many interests including piano, braided rugs, writing, reading, gardening (flowers) and swimming.

Resident of the month!



Dorothy Konrath

Dorothy grew up in Nenno, attended Hartford High School, then married Hubert who was the love of her life. They raised six children, have 14 grandchildren and five great-grandchildren. Dorothy is very dedicated to her family. She loves to crochet (she made afghans for each of her kid's weddings and one for each of her grandchildren's graduation). She also enjoys reading, puzzles and socializing with many of the friends she has made since moving to the Cottages. Dorothy's faith is very important to her. She is always willing to help and likes to keep busy.

■ HEALTH AND REHAB CENTER ■

IT'S MAY

May Day defined is May 1 and celebrated as a traditional festival in many countries as a labor holiday. Mayday, mayday! Also, known as a distress signal for help! "While strolling in the park one day, in the merry month of May!" April showers bring May flowers! No matter which way it comes out – it really is May!

May at the Cedar Lake Health and Rehabilitation Center is a very busy time. The activity department blossoms into action with activities and events that create enjoyable and purposeful experiences. Nursing Home Week begins on Sunday, May 8 with the theme, "It's a Small World with a Big Heart." Special activities focused around this theme will be incorporated into daily schedules. Planting gardens will continue so residents, staff and families alike can enjoy watching nature grow in front of them. Other special events include a beauty pageant, Kentucky Derby, card groups, tea time and planning for surrey/boat rides. Being outside is one of the most pleasurable times residents look forward to with the start of warmer weather! Look at the grass and smell the fresh air! So, let's get with it, spring! It's May!

Lori Vanden Houten
Activities



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