

### **The comeback bird**

Cedar Ridge isn't just home to a wonderful group of fun-loving people; it also has homes for 11 nesting songbirds, primarily eastern bluebirds, but we also accept tree swallows, house wrens and black-capped chickadees as tenants (all protected).

The bluebird homes have been maintained and monitored by Ridge volunteer Mary Stodola for the past three years. Her homes, which circle the Ridge community, fledged 19 bluebirds in 2011. The year before her bluebirds fledged 14.

Our bluebirds winter in the Gulf states and arrived around May 12 last year, being the first of the songbirds to arrive. The female selects the home and starts building the nest. Within a week or two, approximately three to five eggs are laid. After 13 to 14 days of incubation, the chicks hatch. The chicks are fed by both parents and are ready to fledge in 16 to 22 days. One of our houses was occupied twice this year.



Why bluebird houses? Once nearly eliminated from Wisconsin, the bluebird population declined 90% in the last 50 years because of agriculture practices, competition from the house sparrow and starlings, severe weather and loss of nest sites. Since then the bluebirds have made a remarkable comeback thanks to Mary and other bird enthusiasts. Let's keep an eye out for them and see when they come back this year.

#### *in this issue ...*

Yes! We can  
do that!  
**3**

Welcome to  
Stephen Ministry  
**5**

Meet  
Pippen  
**8**

Market Café  
specials and coupon  
**14**

News you  
can use  
**20 - 24**

## *the cedar citizen*

*Published monthly by Cedar Community*

### **Executive Editor**

Tracey MacGregor, 262.306.4252  
tmacgregor@cedarcommunity.org

### **Art Director**

Cyndi Frohmader, 262.306.4225  
cfrohmader@cedarcommunity.org

### **Copy Editor**

Carrie Sturn, 262.306.4216  
csturn@cedarcommunity.org

### **Contributing Writer**

Mary Ann McKinnon,  
262.306.2100, ext. 2221

### **Circulation Manager**

Bonnie Yogerst, 262.338.2824

Celebrating over 58 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. Printing services provided by Graphic Edge.

### **Check us out!**



#### *Our mission:*

*Cedar Community is a faith-based organization dedicated to creating relationships, services and environments that enhance the lives of individuals we serve.*

## **Land and trails**

Although it's spring, Cedar Community prairies may be looking very black since it's time again for their "prescribed burn." Every three years, Scott Risse and his grounds crew hope to work a spring "burn" into their busy schedules. Humidity, temperature, wind speed and direction must all be considered. The burn then happens so quickly many of us don't realize the real expertise, careful planning and effort it took.

Fire keeps invasive weeds (including the woody brush that can turn prairie into woodland) from taking over native plants. Thanks to the spring burn, deep-rooted, warm-season prairie plants will gain an advantage over cool-season grasses and other prairie plants. We'll be grateful for the "friendly fire" when we watch Alexanders, prairie smoke, lupine, shooting stars, lead plant and baptisia bloom before the end of May.

It's interesting to watch the wild turkeys on our campus and to try to understand their "goings and comings." Sometimes they seem almost too tame and become a problem, scratching up flower beds, fouling driveways and sidewalks and becoming driving hazards. They are especially attracted to bird feeder areas. Cedar Community policy is "don't encourage them" to come near the buildings or into the courtyards by feeding other birds there with sunflower and oil seed mixtures. They are experts at finding their own wild food. A few years ago, Villagers shared a wonderful book, Joe Hutton's, *"Illumination in the Flatwood: A Season with the Wild Turkey,"* that tells of their amazing "intelligence and lifestyle." I recommend it to those who want to know more about these wild neighbors. Meanwhile, remember wild turkeys should not be domesticated. It's better for you (and for them) if they are afraid of people.

A news article about the emerald ash borer, "an invasive species that preys on ash trees," has raised residents' concerns about our many ash trees - some planted intentionally and many "volunteers." The bad news is since the borer was discovered in West Bend in 2010, most of our ash trees are doomed. The good news is our grounds crew has been proactive by choosing more than 100 "important" ash trees at Valley, Ridge, Villages and the main campus for special chemical injections. They have also begun "select cutting" of ash trees in our forests. The wood is still useful if harvested before the trees deteriorate. It's a great way to be as economical and ecological as possible.

If you can hardly wait to get into your garden or out on the prairie or trails be sure to tell the Friends of Forests, Trails and Prairies Committee. If we have your name

*continued on page 23 ...*



## Yes! We can do that!



Steve Jaberg  
Chief Executive Officer

You will likely start seeing buttons being worn by many Cedar Community staff that say: Cedar Community . . .

YES! We can do that!

You may ask, ‘What does that mean?’ In our constant effort to listen to – and meet the needs of – our residents, we are finding it extremely important to emphasize and coordinate all of the many Cedar Community resources that already exist, or can be created. When a resident informs of us a need, we want to emphasize a sincere organization-wide attitude of help, concern and cooperation!

Our mission statement reads: *“Cedar Community is a faith-based organization dedicated to creating relationship, services and environments that enhance the lives of the individuals we serve.”* Our goal is to LIVE OUR MISSION! It starts with the right attitude and the use of the right words that instill a positive direction, thus . . . YES, We can do that! Oh sure, we all realize there is, by nature, some limitations on our ability to say YES to everything, but the point is, we want to try!

I once read that 85 percent of all problems, in most organizations, can be

directly linked to poor communication! What we have been finding is Cedar Community has in place many, many services and programs that can significantly aid our residents, but the problem is many residents are unaware of them!

One is Cedar Home Health and Hospice. Nursing care, supportive living care, Pathfinders (assistance and client advocacy), palliative care and even hospice care is available to the general community in Washington County and certainly at all Cedar Community locations! Not everyone is aware of these wonderful services. Plus, we have many other services, programs and amenities in place and ready to be utilized! If we don’t and you have an idea for what might be provided, let us know! Our goal is to make it far easier and more enjoyable for our residents to stay in their Cedar Community homes and apartments!

Were you aware Cedar Community offers DME (durable medical equipment)? This fast-growing division features an array of products such as motorized scooters, motorized chairs, lift-assist lounge chairs, wheelchairs, walkers, canes and Dr. Comfort shoes for every occasion! A display of these items can be seen in the ‘Independence Store’ in the main lobby of the Cedar Lake Health and Rehabilitation Center!

Whatever the need, whatever the issue or whatever the dream, please let Cedar Community become aware! We are here to serve! And remember, Cedar Community . . . YES! We can do that!

## Community news

- Cedar Community received a Conditional Use Permit from the Town of West Bend for the construction of the Cedar Community Memorial Garden. The garden will be located in Dandelion Patch Park on our Big Cedar Lake campus. Construction will begin in spring with completion and dedication planned for September! You’ll be hearing much more about the Memorial Garden in the near future!
- The Cedar Valley Center Open Wings Art Studio installed a full bathroom! We are grateful for the donation which has paid for this expense.
- If you really want to know ‘what’s cooking’ around Cedar Community, you’ll want to note on your calendars we’ll be holding a ‘Cook Off’ Competition at Cedar Ridge on Thursday, April 19! Taste culinary samples created by Cedar Community cooks and chefs from all of our dining locations. Vote for your favorite! This was a real hit in the past, so make plans now!

Steve JABERG  
Chief Executive Officer

## Directory of business services

### Love At First Sight

Eye exams, frames, lenses and contacts.  
Open Tuesdays. Call 262.334.1680,  
ext. 4140.

### 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 262.334.1680, ext. 4144.

### Cedar Pathfinders

Professional expertise to help you  
navigate aging services. Call  
262.306.2691.

### Cedar Crossings Subacute Unit

Ask about our five-day recuperative  
program. Call 262.306.4240.

### Cedar Valley Center and Spa

100 acres of care-free hospitality.  
Call 262.629.9202.

### Family Hearing Care

Call 262.338.3553 for an appointment.

### 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 Maggie Schwartz,  
262.306.4299.

### Top of the Ridge Catering

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

## SUPPORT YOUR COMMUNITY!



Durable medical equipment. Free delivery.  
Medicare/Medicaid certified.  
Hours: Monday through Friday  
8 a.m. – 4:30 p.m.  
Call 262.306.4251.



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



*Your prescription for good health.*

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

Offering competitive pricing, personalized  
service, convenience, safety and security.  
Free delivery to the Ridge and Village.



Quality care for Cedar Community  
residents and persons of all ages in  
adjoining counties. Call 262.306.2691  
or visit our website [cedarathome.org](http://cedarathome.org).

### Cedar Closet at Cedar Lake Health and Rehabilitation Center

Hours: Monday, Wednesday and Thursday  
9:30 – 11:30 a.m. and 2 – 4 p.m.

Call 262.306.2100, ext. 4119

Treasures for all ages! The closet store features apparel and accessories for  
purchase by residents, staff and visitors. Come browse or even donate  
your gently used items for others to enjoy! The store is located on the lower  
level of the health and rehabilitation center.

## Calendar of worship

### Ecumenical

- CLHRC Tuesdays, 10:30 a.m.  
(Celebration Room)
- Cedar Ridge Tuesdays, 1:30 p.m.  
(Grand Hall)
- CBW Tuesdays, 3:30 p.m.  
(Fellowship Room)
- CBE Thursdays, 10 a.m.  
(Activity 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 3rd Thursday, 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)
- Cedar Ridge 1st, 2nd and 4th  
Thursdays  
10 a.m.  
(Conservatory)

### Episcopal

- Cedar Ridge 2nd Mon., 10:30 a.m.  
(first floor so. conf. rm.)
- 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)

*a moment to meditate*

*"Our playing small doesn't serve the world. There is nothing enlightened about shrinking, so that other people won't feel insecure around us."*

*Nelson Mandela*

God gives each of us talents not to be hidden, but to be shared. Let us tap into our genius and share it with the world.

*Rev. Susan KOLB*  
Director of Ministries



*Rev. Susan Kolb*

### Welcome to Stephen Ministry

**Psalm 23:26** *Surely your goodness and love will follow me all the days of my life and I will dwell in the house of the Lord forever.*

When you meet Marianne Pulda you will be introduced to a gracious woman. The greeting will be sincere and the smile captivating. A woman of many talents, she has a sincere love for reading, dancing, singing, crafting and cross stitching. After 32 years as a certified speech therapist she decided it was time to retire.

Last year, she set a goal of reading the Bible from cover to cover. A project larger than expected, but she has stuck with it, although there are times it seems daunting. She is quick to say her progress is going slow, but, it is a very rewarding experience and recommends it to all who are looking for a real challenge.

This past year Marianne was approached by another Steven Minister and asked to join the Steven Ministry program. Her heart told her it was the calling she had been praying for.

**Psalm 86:11** *Teach me your way, O Lord, and I will walk in your truth.*

Welcome to Stephen Ministry, Marianne!

*Carole DRAZNIOWSKY*  
Cedar Chaplain

### Pathfinders provides support



Kate Sullivan

Managing medications at home is perhaps one of the most serious matters facing seniors and their families. By age 65, two-thirds of older adults have two or more chronic conditions requiring prescription medications. By age 80, 70 percent have several chronic conditions. Each could mean an additional medication or two.

Many older adults mismanage their medications. According to the Journal of Gerontology, older adults increase their chances of falling by not taking their medications as directed. A study of Boston-area residents found those who sometimes neglected their medications experienced a 50 percent increase in falls compared to those who did not.

Medication mismanagement also results in increased hospitalizations. Studies have shown that 35 percent are related to either medication non-compliance and under- or over-medication. Older adults require specific attention to medications. This is a way of life difficult to handle without support. Pathfinders Adult Care Management can help older adults reduce medication accidents by implementing some safety precautions.

Pathfinders can:

1. Contact your primary doctor and give him or her a list of all prescription and over-the-counter medications, vitamin and herbal supplements being taken.
2. Accompany you to every doctor appointment to ensure all your questions about medications and medical conditions are answered and understood.

3. Provide education about medications including the desired effects, instructions on how and when to take them and possible side effects.
4. Develop a medication usage sheet with helpful hints about each medication.
5. Create a list of all of medications and find a safe place to keep it.
6. Ensure medications are stored properly and help properly dispose of any that are expired or have no labels.
7. Instruct on good habits when taking medications.
8. Help arrange a pill box and visit regularly to re-fill it.
9. Discuss medication management options.
10. Help get new and current prescriptions filled.
11. Communicate with family members.

An older adult's ability to manage medications is often a concern to family and can become a point of contention between them. At what point does family step in? Although there is a cost for Pathfinders services, this may be the answer and a wise investment in the health and well-being of your loved one by helping to reduce medical costs and hospitalizations. Use this time as an opportunity to give back to your parents by providing the help they need to remain healthy. Regardless of the method you and your elder choose, it is important that someone accompany him or her at every doctor appointment.

If you have any additional questions or would like to discuss services from Pathfinders, please do not hesitate to contact Kate Sullivan at Cedar Pathfinders, 262.306.2691 or [ksullivan@cedarcommunity.org](mailto:ksullivan@cedarcommunity.org).



**Cedar**  
home health • hospice • pathfinders

### From Mary Kraft to Mary Orleans



Mary Orleans

Recently Mary Kraft left Friendship House to care for her mother full time. While we will miss Mary's friendly smile and cheerful presence at Friendship House. We wish her well. We are truly grateful to Mary for her nine years of service to the residents, families and staff of Friendship House.

Mary Orleans is now the smiling voice at the other end of the phone. Mary Orleans, LPN comes to us from Cedar Crossings and brings a wealth of experience. Prior to working for Cedar Community, Mary was the health and wellness director of a 40-bed memory care unit in Tucson, Ariz. While she was there, she was also the executive director for 10 months. She has cared for people in all stages of memory loss and Alzheimer's. Mary's experience and knowledge allowed her to work out in the Tucson community and speak with others about Alzheimer's. Many years ago Mary opened an Alzheimer's unit at the VA in King, Wis. Mary is originally from Wisconsin. She is married, has two children and two grandchildren. She enjoys sewing and gardening.

"I am excited about the opportunity of working in Friendship House. I look forward to being with the residents and getting to know their families. I also look forward to growing with Friendship House and continuing to share my knowledge of Alzheimer's," said Mary. "In my nursing experience, my heart has always been with Alzheimer' patients and their families."

Welcome, Mary! We are blessed to have you at Friendship House caring for our precious family members and friends.

After almost eight years, Rosemary Herriges has left full-time work at Friendship House to work part time with Cedar Community's Supportive Care. "I will always treasure my years at Friendship House with the residents, families and staff. I was blessed to have this very special opportunity to learn and grow and now I take that learning as I work with other members of Cedar Community's growing family," said Rosemary. "I will also continue as a volunteer Cedar's Chaplain for Timber Cove."

### APRIL ACTIVITIES

- |                 |  |
|-----------------|--|
| <b>5 THURS</b>  | 10:30 a.m., Maundy Thursday Service                          |
| <b>6 FRI</b>    | 10:30 a.m., Good Friday Service<br>3:15 p.m., Happy Hour     |
| <b>13 FRI</b>   | 11 a.m., Lunch outing, Top of the Ridge Restaurant           |
| <b>16 MON</b>   | 3:30 p.m., Music Listening                                   |
| <b>18 WED</b>   | 10:30 am., Anointing Mass                                    |
| <b>19 THURS</b> | 10 a.m., Spring scenic drive<br>Happy Birthday, Toni Powers! |
| <b>20 FRI</b>   | 3:15 p.m., Happy Hour  |
| <b>21 SAT</b>   | Happy Birthday, Katherine Zauner!                            |
| <b>24 TUES</b>  | 10:30 a.m., Train show                                       |
| <b>25 WED</b>   | 10 a.m., SPARK! program                                      |
| <b>26 THURS</b> | 10 a.m., Sing-a-long with Walt                               |
| <b>27 FRI</b>   | 11 a.m., Lunch and play, "Charlotte's Web"                   |

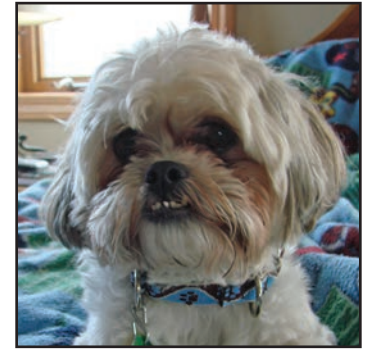
### APRIL ACTIVITIES

- 3 TUES** 9:45 a.m., YMCA Daycare kids, Timber Cove and Sunrise
- 5 THURS** 10:30 a.m., Maundy Thursday Service, Celebration Room  
2 p.m., Music with Walt, Sunrise  
3 p.m., Music with Walt, Timber Cove
- 6 FRI** 10:30 a.m., Good Friday Service, Cedar Theatre
- 9 MON** 7:15 p.m., Catholic Rosary, Celebration Room
- 12 THURS** 10:30 a.m., Bowling outing, Countryside\*
- 13 FRI** 3:15 p.m., Spring Happy Hour, Silverbrook  
3:30 p.m., Magic show with Alan Borg, Sunrise
- 16 MON** 3:30 p.m., Music Listening, Celebration Room
- 17 TUES** 10 a.m., K9 Obedience School dog show, Timber Cove  
2 p.m., Veteran's Social, Countryside
- 18 WED** 10:30 a.m., Catholic Mass with anointing, Celebration Room  
3 p.m., Music with Carrie and Darrel, Timber Cove
- 19 THURS** 10 a.m., St. John's kids, Sunrise  
10:30 a.m., Bowling outing, Silverbrook\*  
4 p.m., Harp music with Carolyn, Timber Cove
- 21 SAT** 9:30 a.m. to noon, Train event, Celebration Room
- 23 MON** 7:15 p.m., Catholic Rosary, Celebration Room
- 24 TUES** 3 p.m., Music with Carrie and Darrel, Sunrise
- 25 WED** 3:30 p.m., Band and Choir Concert, Cedar Theatre
- 26 THURS** 12:45 p.m., Children's theatre outing\*

*\*sign up only*

### It's a boy

The health and rehabilitation center's activity staff is proud to announce our newest addition. On Wednesday, Feb. 22 we adopted a



*Pippen*




5-year-old Teddy Bear dog named Pippen. A Teddy Bear breed is a mixture of Schi Tzu, Poodle and Bichon Frise. Pippen was a surrender at the Washington County Humane Society and lucky for us we were able to adopt him rather quickly.

Pippen is white and tan in color, weighs about 12 pounds and just had a birthday on February 14. His personality is very loving, sweet and snuggly. He enjoys coming out to visit and his favorite place to be is snuggled on someone's lap and falling asleep.

Pippen is adjusting well to his new home. He already mastered the "doggie door" in the dog room and he and Scooby are often found lying together on their bed.

If you haven't already met Pippen and would like to welcome him to Cedar Community, please contact your activity manager for a visit.

*Darcie* HEBERER  
Activities

-  CBW activities  
 CBE activities  
 CBE and CBW activities

## APRIL

- Music opportunities**
- 3 TUES** I heard a rumor that there might be an Easter Egg Hunt in the morning. *Check your weekly calendar.*
- 4 WED** 2:30 p.m., Birthday and anniversary party with music by Vicki Belleville
- 11 WED** Sing-a-long with Carrie and Darrell  
 Birthday party with music by Glen Navis
- 16 MON** 3:30 p.m., Music Listening Variety Show featuring musicians from Ridge and Village
- THURS** 3:30 p.m., Cedar Bay Choir, Back Bay Lounge. *Check your weekly calendar.*
- Nail polishing**
- 18 WED** 8 – 11 a.m., Coffee Shop
- 20 FRI** 8 – 11 a.m., Ladies Lounge
- Shopping trips**
- 2 MON** 9:15 a.m., Pick 'n Save
- Games**  
 During the month residents gather to play Yahtzee. Joining the 300 Club this month are:  
 Alice Stampfl – 424  
 Dorothy Hoeltz – 354
- LaVerne Schaller – 317**  
**Russ McGarvie – 303**  
 Loraine Butt – 376  
 Bernice Weber – 367  
 Jean Publitz – 336  
 Lillian Pfeiffer – 324
- Special event**
- 4 WED** 2 – 3 p.m., Popcorn Social, Back Bay Lounge
- 10 TUES** 6:30 – 8 p.m., Game Night with our friends from Kettlebrook Church
- 17 TUES** 1 p.m., Bible Study with the women from 5th Avenue Methodist Church
- 19 THURS** 10 a.m., Bringing Generations Together with St. John's 3rd graders
- 23 MON** 10 a.m., Women's Coffee Hour
- 25 WED** 2 p.m., Richfield Historical Society presents an advertising program  
 3:30 p.m., advertising program
- 26 THURS** 4:30 – 5:30 p.m., Happy Hour, Dining Room
- 30 MON** 10 a.m., Men's Coffee Hour  
 Guest: Royal Natzke from the Cedar Community Wood Workshop
- “Getting to Know You” Hallway Socials. Each hallway will receive its own special invitation for the day, time and location.
- Religious opportunities**
- EVERY FRI** 9 a.m., Catholic Communion, Meditation Room
- EVERY SUN** Rosary, Activity Room
- 4 WED** 1:30 p.m., Rosary, Fellowship Room
- 5 THURS** 3 p.m., Maundy Thursday Service, Celebration Room
- 6 FRI** 10:30 a.m., Good Friday Service, Cedar Theatre
- 11, 18 & 25 WED** 3:30 p.m., Bible Study class with Chaplain David, Country Kitchen
- 15 SUN** 3 p.m., Baptist Church Service, Community Room
- 18 WED** Anointing Mass

*See page 5 for the Calendar of Worship*

### Enjoy live music

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

**7 APRIL** Lori Schoofs, piano; Ellie Baldus, flute  
Connie Schulist, cello; Bonnie Ripkin, vocals

**14 APRIL** Howard Fischer  
Piano selections

**21 APRIL** Andrew Dahlberg  
Original Christian vocal  
and piano selections

**28 APRIL** Vera Kuckuk  
Piano Selections

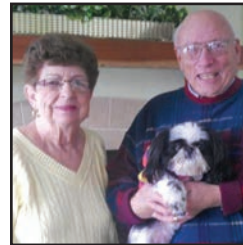
Thank you for volunteering! Please call or email Sherry McElhatton at 262.306.4554 or [smcelhatton@cedarcommunity.org](mailto:smcelhatton@cedarcommunity.org) with any questions. Musicians: If you need to cancel the day of your scheduled evening, please contact the Top of the Ridge directly at 262.338.2812.

### Welcome new residents!



**Rose Mary Freimann** moved to Cedar Ridge in December from her home in Richfield where she resided for six years. Rose Mary was born and raised in Milwaukee and worked for several years as a secretary for the Greater Milwaukee Committee. She enjoyed traveling, especially throughout New England and the Southern states. One of her most memorable trips was by train to Utah. Rose Mary has always loved music and has sung in several church choirs over the last 25 years. While working in Milwaukee she studied piano and later purchased an organ which holds a place of honor in her apartment. Rose Mary lists reading as her favorite pastime and is anxiously

awaiting the arrival of her new bookcases so she can organize her large selection of books. Welcome to Cedar Ridge, Rose Mary!



*Marilyn and Erv Koepp*

**Erv and Marilyn Koepp** and their dog, Kiki, arrived at Cedar Ridge in October from their home on Little Cedar Lake where they had resided for 21 years. They have four children and 10 grandchildren and are anxiously awaiting the arrival of their first great-grandchild due in April! The Koepps were high school sweethearts and have been married for 56 years. They celebrated their 25th anniversary with a trip to Europe, visiting nine countries. Erv retired from Gehl Co. after 35 years as a service manager and then was in insurance sales for 16 years. Marilyn was busy at home when the children were young and occasionally worked part time. While at Gehl, Erv's business travels took him to Germany and Egypt and he and Marilyn attended 11 national conventions to destinations such as the Bahamas, London and Hawaii. The Koepps enjoy wintering in Arizona where Erv plays golf, is a member of a softball league and Sheepshead group, and he and Marilyn volunteer at their church. Erv and Marilyn also enjoy spending time at their summer home at Lake Arrowhead, Wis. whenever possible. Marilyn's favorite pastimes are reading and spending time with the grandchildren. Erv is enjoying Sheepshead at the Ridge. Welcome, Erv and Marilyn!

**Elaine Stefanovic** arrived at Cedar Ridge in August from her home in St. Michael, Wis., near Kewaskum, where she lived for 36 years. Her previous homes were in Rockfield, a section of Germantown and Milwaukee. After high school Elaine obtained her nursing degree from St. Mary's Hospital School of Nursing in Milwaukee. She and Richard were introduced by a mutual friend and Elaine invited him to her nursing school graduation dance in 1950. Richard served in the United States Army during

---

WWII and then worked as a tool and die maker at Master Lock in Milwaukee until his retirement. The Stefanovics were married 57 years when Richard passed away in 2009. Elaine is the proud grandma of nine grandchildren and soon-to-be sixth great-grandchildren. When the children were young the Stefanovics enjoyed traveling with them and visited Canada and Mexico. Later, when their son resided in England, Elaine and Richard were able to visit him there. Elaine has joined a fitness class, enjoys attending “Brain Benders” and says she is very happy she decided to make Cedar Ridge her new home. Welcome, Elaine!

### **Men’s Breakfast**

Our speaker this month is Kathy Weston, director of Cedar Home Health and Hospice. Sign up at the Village or Ridge bulletin boards by noon on Thursday, April 19. All Cedar Community men are welcome. Any questions, call Frank Turpin at 262.306.8628.

**Date:** Friday, April 20, 2012

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

**Location:** Top of the Ridge Restaurant

**Cost:** \$4 per person payable that morning

### **News from Independent Living**

With spring just around the corner we are in the process of planning our Cedar Ridge Spring Festival, which will be held on Saturday, May 5, 2012, from 10 a.m. to 2 p.m.

Raffle tickets are for sale at our customer service desks at the Ridge and the Cedar Lake Health and Rehabilitation Center. The tickets are \$1 each, 6 for \$5 or \$10 for 15!

The prizes this year include: two – \$100 cash prizes and a weekend at the Cedar Lake Cottage on Big Cedar Lake, August 3 – 5, 2012. This cabin has three bedrooms, a bathroom (no shower – just jump in the lake!) and sleeps up to five people.

Cedar Valley is offering an overnight stay for two, and there’s also a queen-size handmade quilt – made by Ridge quilters. You can also win a handcrafted bowl and cutting board made by Jack Pettey in the Cedar Community Wood Workshop.

We will have a huge rummage sale in the Grand Hall, craft sale, woodshop sale, special lunch at TOTR, delicious cream puffs and strawberry shortcake, bake sale, train room, tours of apartments and much more!

The proceeds from the Spring Festival go to the Cedar Ridge and Village Homes Resident Councils. The Councils in turn have donated over \$200,000 to *Partners in Caring*® which benefits the residents of Cedar Community; especially those in the Cedar Lake Health and Rehabilitation Center who have outlived their assets and are receiving Title 19 assistance for the cost of their care.

*Jill PINK*

Cedar Ridge & Village Homes Housing Manager

### **Passport To Travel: Newton, North Carolina**

Abernethy Laurels is one of 10 Passport To Travel destinations. Nestled in the foothills of the Blue Ridge Mountains, the terrain is very much like our own Kettle Moraine with slopes, gullies and woods. The landscaping is notably different with an abundance of “barkless” crepe myrtle and trimmed holly trees with bright green leaves and red berries. This campus is smaller than ours, about 120 acres. The independent living apartments are attached to the main building, which also houses assisted living, skilled nursing and memory care units. Attached to the main building is a new three-story addition which includes an absolutely fantastic aquatics and fitness center, a spacious Bistro and an enormous meeting and prayer space with a ceiling so far up it looks celestial. All the Villas and Cottages at Abernethy Laurels are arranged ‘neighborhood-style’ on winding streets – very much like our Village Homes but more compact. On the

grounds is a beautiful Meditation Garden with a pergola, a small bridge and a cut stone memorial wall. It's a very peaceful and contemplative spot.

Newton is a day-trip away from Asheville, Winston-Salem and Charlotte. A must see in Asheville is Biltmore Estate. Other destinations could include Carl Sandburg's Home, hiking in Pisgah National Forest or exploring a portion of the Appalachian Trail at Hot Springs near Asheville. Charlotte is home to the NASCAR Hall of Fame, Billy Graham Library, US National Whitewater Center and Daniel Stowe Botanical Gardens. There is truly something for everyone. Winston-Salem is the gateway to the Yadkin Valley, an area known for fantastic vineyards and wineries.

If you're interested in Abernethy Laurels or any of the sites listed below contact Mary Cummings, 262.306.4261 or visit the Passport To Travel website at [chhsm.org/passport](http://chhsm.org/passport).

Marion, Ohio – United Church Homes, Inc.  
Allentown, Penn. – Phoebe Ministries, Inc.  
Detroit, Mich. – Evangelical Homes of Michigan  
Phoenix, Ariz. – Beatitudes Campus  
Concord, N.H. – Havenswood Heritage Heights  
Seattle, Wash. – Horizon House  
Newton, N.C. – Abernethy Laurels, United Church Homes & Services  
Thomasville, N.C. – United Church Homes & Services  
Suffolk, Va. – United Church Homes & Services  
West Bend, Wis. – Cedar Community

*Mary and Rich MILLER*  
*Passport To Travel* Participants

### **From the heart**

Anyone who knows me realizes I am not often at a loss for words, but I have finally run out of adjectives to express how grateful Hal and I are for all the kindness show to us during the past few weeks when I was unable to do what needed to be done. For meal delivery, shopping, newspaper and mail delivery,

transportation, garbage duty, flowers, cards, phone calls and visits to help pass the time, we thank you. To those who even came by and played Cribbage to keep us from getting cabin fever, we thank you. A special thanks to the transport drivers, Deb and Doug, for their kindness and willingness to help in any way they could. What a wonderful place to live, among so many who are there when you need them. My only hope is I will, at some future time, have a chance to pass all these thoughtful acts forward and help someone else as much as you have all helped us. Thank you!

*Norma* HOBERG  
Kettle Heights

### **Hidden talent**

Have you ever sat on a three-legged chair, seen rosemaling carved on a headboard, admired a rosemaling carved mantel or bellows for a fireplace?

When Hal Hoberg of Kettle Heights retired at age 60 he wanted to plan activities he could enjoy during his free time. He went to a tradeshow where he saw and was fascinated by the skillful work of a Norwegian master rosemaling wood carver. He was so impressed he took lessons and honed the craft of carving. He created and carved many beautiful pieces, some of which are listed above. This kept Hal busy and satisfied for more than 30 years. His one-of-a-kind beautiful pieces were given as gifts to lucky family members and friends all over the Midwest.

Hal has now given away his treasured tools. The strength in his hands is waning, but he remembers the good days when another treasured rosemaling carved piece was completed and found a lucky recipient.

*Fiffi* NEITZEL  
Kettle Heights

## A home set apart

It is always fun to see other's homes, their taste in decorating, collections and special features of interest. Moraine Hills North wouldn't be complete without noting Markus and Rosemary Frank's home and it's amazing array of items, collections, furniture, decorating and interesting indicators of the marvelous talents of this remarkable couple. Their home alone is of interest because it is set aside in a wooded part of the North Village with a beautiful secluded backyard. Every holiday their home is decorated with a tasteful reminder of the season. If you have been lucky enough to visit during any holiday you would have left with a smile – it is a magical thing! In a few weeks Easter will be the theme. A cheerful collection of hundreds of pastel petite eggs, chickens and rabbits of all kinds and an entire Easter Village will grace their rooms.

Their house is filled with beautiful furniture Marcus, a master craftsman, has built. One of the three bedrooms in their home is dedicated solely to Rosemary's mastery of everything sewing including knitting, crocheting, surging, upholstery, tailoring and more. One of the most amazing features are the closets and multiple drawers Marcus has built that perfectly fit Rosemary's extensive collection of threads of every color, weight and purpose. It is a work of art!



Markus' skills are not limited to their home, but have enhanced so many areas of Cedar Community itself. His work and commitment at the woodshop is legendary. Perhaps the

most incredible and delightful project involves his building of the birdcage at Cedar Ridge. It is beautifully crafted and brings much joy to many there who love watching the beautiful birds. The Frank's are truly a gifted couple.

*Judy KOEPPL*  
Moraine Hills North



### Arthritis Exercise Class for Villagers

*Jean Runte, RMT, Massage Therapist*

Joint-safe exercises for people with arthritis help relieve stiffness, decrease pain and improve balance.

**Date:** Tuesdays and Thursdays beginning April 10

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

**Location:** Learning Center

**Cost:** Free

### English Afternoon High Tea

*Senior Citizens Activities Senior Center*

Ladies, this is an opportunity to wear your new spring finery or your old classics. Red Hatters and significant others are also invited. Mothers and/or grandmothers, bring your children. This is the 4th annual event. Enjoy finger sandwiches, picnic eggs, scones, British tea cakes, hot and cold tea, lemonade and more! There will be music and door prizes. Reservations are required by Friday, April 13, 262.335.4498.

**Date:** Sunday April 22

**Time:** 2 p.m.

**Location:** Cedar Ridge Grand Hall

**Cost:** \$15

### Timmer's fish fry

Menu: Fish, fries, potato pancakes, coleslaw, rolls and butter, drink (coffee, tea or soft drink) and ice cream

Sign up at the Village bulletin board by Tuesday, April 3.

Contact person: Judy Schuh, 262.353.9189, Kettle Heights, Village SAE.

**Date:** Wednesday, April 11

**Time:** 5 p.m. meet at Timmer's on Big Cedar Lake; 5:15 p.m. family style fish fry

**Location:** Timmer's Restaurant

**Cost:** \$13.95 per person (includes tax and tip)

### Village Coffee Hour

**Date:** Friday, April 13

**Time:** 8:45 a.m. – Note early start time!

**Location:** Learning Center

(Non-perishable items are collected for the Food Pantry at each Coffee Hour.)

### Chanticleer

*Love Story: An Orchestra of Voices*

Those signed up will receive a confirmation note with ticket and carpool information.

## april specials

Monday through Saturday 8 a.m. – 2 p.m. Sunday closed

**Market Café weekly panini specials – \$4**

**April 2 – 7:** Beef and blue

**April 9 – 14:** Deli super hero

**April 16 – 21:** Tuna

**April – 28:** Chicken apple

**April 31 – May 5:** Pepper Jack ham

*Or come try some of our other great panini sandwiches!*



**Friday, April 6**

Brewer Fever Day

11 a.m. – 1 p.m.

**April 16 – 21**

Caramel cashew sundae is \$2!

**Free bottle of water with purchase of  
a panini sandwich and hot soup.**

*for use at the Market Café at Cedar Ridge, 113 Cedar Ridge Drive*

GL# 015255257105

expires: 4/30/12

## An Ode to the First Day of Summer

*Written by Arline Ensenbach, 2009*

Today you will find on your doorstep  
A visitor soft and fair,  
She will tell you her home is summer  
And she wants to take you there.  
So step from your surroundings  
And let her grasp your hand,  
You're on a three-month journey  
To an ever-sunny land.

You will sit on sandy beaches  
Where gulls and waves hold sway,  
You'll go to city playgrounds  
And watch the children play.  
Get out those tennis racquets,  
Your golf clubs, fishing gear,  
Go hiking, swimming, barefoot,  
It's the fun time of the year.

For verdant views of nature  
Get back into your cars,  
Gather up your camping gear  
And sleep beneath the stars!  
Don't forget your picnic basket  
With sandwiches and steaks,  
Food always seems more tasty  
When grilled near sparkling lakes.

Eyes feast on vivid colors  
Of which red rose is queen;  
But the crowning color of nature  
Is a vibrant, leafy green.  
And the birds with their pert music  
Serenade 'til night appears,  
The symphonies of summer  
Are the birdsongs, to our ears.

And we thrill to brilliant sunsets  
In hues only God can portray,  
Assured that the next morning's sunrise  
Will usher another fresh day.  
All nature enjoys the weather  
The robin, the birch and the vine  
So let's toast our beautiful summer  
The summer of, two thousand and nine



Spring  
**plant**  
sale

**PRE-ORDER  
YOUR PLANTS!  
April 15 - May 5**

The plant sale will be from May 10 - 31 at the Cedar Lake Health and Rehabilitation Center in the lobby. New plants will arrive weekly. Select from a wide variety of bedding plants, perennials, patio gardens and hanging baskets. Pre-orders will be taken April 15 - May 5 and you may then choose to pick up your order either May 10 or 24. Order forms will be available at the Cedar Lake Health and Rehabilitation Center customer relations desk or by calling 262.306.4218 to request a form be sent to you. We accept cash, checks and credit cards. Cash and carry plants will also be available.

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

### Meet Cedar Landing's newest resident



Helen Schulz

Helen Schulz was raised on a farm with her brother and sister in the town of Greenbush, Wis. She grew up with dogs and cats and you can tell she loves animals because Ivan is very fond of her. While growing up her favorite sport was basketball and her favorite subject in school was literature, which is why she became a teacher. In 1944 she married

Albert, and had four girls. Helen and Albert liked to fish and travel. The first place she traveled was to Hawaii.

Helen's major accomplishment in life was writing four books which were about the history of four different schools. She is a wonderful asset to the community as she is a big believer in volunteering. Helen volunteered at Rocky Knoll for 40 years, the Research Center in Sheboygan Falls for 25 years and she still visits there when she can, 20 years at the Plymouth Museum and 20 years at coffee hour at the Valley Manor. She considers her special talents to be writing and quilting. She is most grateful for her family which includes 10 grandchildren, 13 great-grandchildren and one great-great-grandchild.

Helen leads Bible Study at Cedar Landing every other week which is a good fit since she is very social and outgoing. We are happy to have her at Cedar Landing. She lives by the phrase: *"All things work for the good, for those who love God."*

### Elvis sighting at Cedar Landing

On Monday, Feb. 27 Elvis made a visit to Cedar Landing. The residents loved to listen and watch him dance and sing. You could hardly tell he was an impersonator with his blue bedazzled jump suit and his natural Elvis hair. His real name is Alan Graveen and he is from Hartland. Elvis gave a scarf to Virginia Waggoner and many of the residents had the chance to sing with him. The residents loved his choice of songs, *"All Shook Up," "Amazing Grace," "America the Beautiful," "Blue Suede*

*Shoes" and "Blueberry Hill" just to name a few. To top it off, residents enjoyed Happy Hour with old fashioned as they reminisced about the good ole days.*



Elvis sings to Lillian Kading

### Cedar Landing upcoming events

#### Joy of Painting

Certified Bob Ross instructor Jim Lackner will guide you through the process of painting your very own masterpiece, suitable for framing, after just one class. The class is small and relaxed. All you need to bring is your desire to try something new! Classes are especially suited to beginners. No previous experience is required. Bring your own snacks to enjoy while you work.

**Date:** Saturday, April 14

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

**Location:** Cedar Landing Clubhouse

**Cost:** \$55 which includes all supplies to complete a 16" x 20" painting. Registration and pre-payment is required. Space is limited. Sign up by Monday, April 9. To register, call 920.876.4050.

#### Elkhart Lake Camera Club

**Date:** Monday, April 16

**Time:** 7 to 8:30 p.m.

**Location:** Cedar Landing Clubhouse

**Cost:** Free

#### "The Odd Couple, Female Version"

**Date:** Saturday, April 28

**Time:** 12:45 p.m.

**Location:** Memories Ballroom Dinner Theater

**Cost:** \$30

## Enthusiasts' Club Campaign focuses on wellness



Amy Johnson  
Director of Philanthropy

What is the definition of “wellness?” More than ever, we see the word on billboards and ads, hear it in the news, in casual conversation and even at work. Interestingly, there is no universally accepted definition, but in general we think of wellness as the active process of becoming aware of and making choices toward a more successful existence.

At Cedar Community we are concerned about the wellness of our residents, their families and guests, and our staff. According to Laura Carstensen, director of the Stanford Center on Longevity, chronic long-term diseases affecting the aging population is a much bigger problem today than ever before. While most medical advances in the last century involved acute diseases that affected mainly young people, she said, there has been far less progress on addressing chronic diseases that afflict older people such as diabetes, arthritis, osteoporosis and high blood pressure.

To make it easier for our residents, family members, guests and staff members to monitor their blood pressure, this year's Enthusiasts' Club Campaign is raising funds to purchase four Vita-Stat Blood Pressure Monitoring Systems. These stand-alone kiosks are easy to use, accurate and reliable. They will be located at our Cedar Lake Pharmacy, Cedar Bay West and Cedar Bay at Elkhart Lake. To help us reach out and promote wellness in the community, another kiosk will be located at the Kettle Moraine YMCA in West Bend. Each costs approximately \$4,000 and will feature wellness tips and information from Cedar Community.

Another Enthusiasts' Club endeavor will address the social dimension of wellness: Experiencing positive interactions with and enjoying the company of others. It's taking advantage of leisure and our natural environment. Cedar Community is blessed to have beautiful campuses. We encourage our residents

to enjoy the trails and lakefront. Our pontoon boats provide hours of enjoyment for all of our residents, including those who are very frail. Our residents also enjoy touring the grounds on our surreys. These are custom-made, open-air vehicles that can transport several people including those in wheelchairs. As you can imagine, these vehicles are used a lot and our oldest one has served us for well over a decade. We are also raising funds through the Enthusiasts' Club for a new surrey which costs an estimated \$9,000. Today we are asking you for your “Enthusiasm” in supporting our efforts to promote wellness throughout our campuses and the community at large.

## Staff-Directed Fund Program enhancing the lives of those we serve

Socialization and making memories for families is a big benefit when a loved one is at Cedar Community. Three rooms – Courtyard Kitchen and the Forestview and Chestnut multipurpose rooms – are equipped for family gatherings. Eight other areas can be used for gathering areas but up until now, they did not have access to a microwave. The Cedar Community Foundation's Staff-Directed Fund Program has approved the request of Marie Belzer, customer service supervisor, to purchase two microwaves and carts families can check out at the main reception desk. Other recent approved requests include:

- Digital picture frames for each household so residents and families can view activities and special moments at their convenience. Requested by Erin Faust, activities.
- Two lift chairs for the health and rehabilitation center and one for Cedar Crossings at PV. Requested by Nancy Metternich, EVS.
- Update health and rehabilitation center library for Webcam use so residents could connect with family members throughout the country. Requested by Lisa Kelling, activities.

Amy JOHNSON  
Director of Philanthropy

### **Fishing on Big Cedar Lake**

Ready to catch the one that got away? We will again offer fishing for Village and Cedar Ridge residents on Tuesdays and Thursdays at 6 a.m. and 5 p.m. Just a reminder you need to have a fishing license, fishing poles and tackle. These are not provided.

### **Slow cooker recipe contest winner**

Congratulations to Kathy Jacque who was the winner of our slow cooker recipe contest. Her winning entry below earned her a gift card to Pick 'n Save.

### **Chicken Lickin' Good Pork Chops**

6 to 8 lean pork chops  
½ cup flour  
1 tablespoon salt  
1 ½ teaspoons dry mustard  
½ teaspoon garlic powder  
2 tablespoons oil  
1 large can of chicken and rice soup

Dredge pork chops in mixture of flour, salt, dry mustard and garlic powder. Brown chops in oil in large skillet. Place browned pork chops in slow cooker. Add can of soup. Cover and cook on low for 6 to 8 hours or high for 3 ½ hours.

### **Volunteer week**

Volunteer week is April 15 – 21. Cedar Community would like to thank all our volunteers for their dedication, love and support in helping out in so many different ways. We will be celebrating Volunteer Appreciation in October at Cedar Community. Watch for details in the Cedar Citizen in the coming months.

### **Spring Festival**

#### **Resale help needed**

One person's trash is another person's treasure. That's what we see at the Spring Festival's Resale Room. We need volunteers to help in this area on Saturday, May 5. If you are new to Cedar Community, experience the excitement of this event. You will meet people from our community and far away cities who wouldn't miss our sale for anything!

#### **Help wanted**

The sign-up sheets for all of the areas of the Spring Festival are posted on the Cedar Ridge bulletin board. Your help and smile are greatly needed!

### ***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
- engaging in friendly conversation
- sharing hobbies and interests
- and just "being there,"

please call **262.306.4218** to learn more.

The next hospice training class will be in June.



**Cedar**  
home health • hospice • pathfinders

**New volunteer opportunities are being posted online!  
Visit [cedarcommunity.org](http://cedarcommunity.org) for the latest.**

### **The Story Time Café – Kumbaya: The Life and Times of a Baby Boomer**

Enjoy a cabaret-style performance as Midge Miles returns by popular demand with a unique reprise of excerpts from her 2011 performance. She will introduce you to 10 different characters from the “boomer years.”

**Date:** Thursday, April 12

**Time:** 7 to 9 p.m.

**Cost:** \$20 includes desserts, coffee and tea. A cash wine/beer bar will also be available.

### **Introduction to Watercolor – The Adventure Continues**

Join us for one or both of these three-day workshops as Earl Ritter guides you to create using your hidden talents. Classes are small and relaxed and suited to all level of watercolor artist, from beginner to advanced. Each student receives individual attention.

**Date:** April 23, 24 and 26 or May 7, 8 and 10

**Time:** 9 a.m. to noon

**Cost:** Commuters \$75 per workshop. If you have attended one of Earl’s workshops at Cedar Valley and bring back your paints and brushes a \$20 discount will be given. Overnighters: \$285 (Includes three nights’ lodging and meals, plus art supplies to take home after your class.)

### **Origami**

In this springtime class Barb Hermans returns to teach you how to make Japanese flowers, peace cranes and an angelfish using beautiful authentic Japanese-made origami paper. You will also receive a unique device to allow you to display your creations.

**Date:** Saturday, May 12

**Time:** 9:30 to noon

**Cost:** \$25 includes all supplies

### **Weekend Painting Workshop**

Jim Lackner returns to guide you through the process of painting your very own masterpieces. The weekend includes Saturday overnight guest room with three meals, wine and hors

d’oeuvre reception Saturday evening, presentation of Bob Ross documentary and all supplies to complete two paintings.

**Date:** June 2 and 3

**Time:** 9 a.m. to noon

**Cost:** \$182 per person

### **Advanced All Day Papermaking Workshop**

Join Greg Grummer in this all-day advanced workshop. Skills you will learn are paper embedment, botanical gathering and pressing, making and doing deckle dividing, paper texturing, making your own cast mold and more. Limited class size.

**Date:** Friday, June 15

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

**Cost:** \$75 for this all day workshop includes lunch, all supplies, and a small press, casting mold, and cotton linter sheet.

### **In the Spirit of Georgia O’Keefe**

Join us for this Georgia O’Keeffe inspired painting workshop, taught by professional artist, Ted Condé. Your inspiration will be an array of fresh flowers, and the natural beauty at Cedar Valley. Classes are suited to all levels of artist.

**Date:** Saturday, July 14

**Time:** 9 a.m. to 2:30 p.m.

**Cost:** \$65 which includes lunch, and all supplies to complete a 16" x 20" canvas painting to take home and frame.

Advance registration is required for the above classes and programs. Call 262.629.9202, or go to [cedarvalleycenter.org](http://cedarvalleycenter.org). As a convenience, we are now able to place the cost of Cedar Valley programs directly on resident’s monthly billing statements.

### **Exciting news at Cedar Valley**

The bathroom in the Art Studio has been completed. Many of you have been anxiously awaiting this. Now you will not have to make the long walk to the lodge. YEAH!



## Update from our administrator



*Joanne Bodien*  
Administrator, Director  
of Clinical Operations

Falls are the leading cause of injury in the US for people over the age of 65. Almost 30 percent of senior community residents will fall each year and in any one year, 60 percent of nursing home residents will experience a fall. Thus, fall prevention is a focus for all staff and a reason why we have a dynamic fall prevention program at Cedar Community. At the health and rehabilitation center, our falls team meets weekly to review cases and recommend interventions. Each fall is tracked by time and place and investigated with trends reported at our monthly quality assurance meeting.

I am pleased to report that between 2008 through 2011, falls per year have decreased 28 percent. Reporting shows 69 percent of falls occur in resident's rooms which is why we encourage residents to be engaged in activities out in the multipurpose rooms. Last year, falls decreased 50 percent in the multipurpose rooms. Falls have decreased 67 percent during the evening hours and 55 percent on nights. I want to applaud the efforts of our entire staff in achieving these improvements. We will continue to look for innovative strategies to keep our residents safe. This year, we will be introducing a program focused on reducing bed and chair alarms. Alarms let you know someone has moved or gotten up but they do not prevent falls. Instead, they can become be a source of agitation to the resident and, in some cases, are viewed as a restraint. For example, a resident does not move out of fear the noise will be emitted from the device. It takes the entire Cedar Community team, all departments, to make progress in fall reduction. Thanks to all who work to keep our residents safe.

*Joanne BODIEN*  
Administrator, Director of Clinical Operations

## Pharmacy Q & A

**Q.** I don't have a part D program or other prescription insurance. My income is low and I can't afford my medications. What can I do?

**A.** Start by gathering some information. Make a list of your current medications and the prescriber for each. Take the list to your pharmacist for some money-saving options. Sometimes similar medications may be available at a lower cost and your pharmacist can suggest key points to review with your physician. Be prepared when you talk to your physician and realize if a medication was prescribed by another physician, you may have to talk to both of them to accomplish a change.

If your medication can't be changed, look for compassionate care programs. These programs may be called different names by each manufacturer and you will have to talk to each company relevant to the medications you are taking. You may need to meet certain income levels to qualify. Your pharmacist can help with the manufacturers' names for the medications.

The Partnership for Prescription Assistance is also a good place to start. Call 1.888.477.2669 or visit their website at <http://www.pparx.org/> to learn more.

Finally, there are coupons for brand name medications in Milwaukee papers, direct mail advertising and magazines. These coupons are also available from your physician or the drug manufacturer. Individual medications may have their own website with helpful hints for money saving options.

*Mark R. SELLE, MBA RPh*  
Director of Pharmacy

## Open houses abound

You're invited to join us on Sunday, April 29 for several open houses. Learn first-hand what Cedar Community is all about. Visit one or all three events.

- Heritage House, William Koehl's former home and Ye Olde School, our one-room schoolhouse will be open from 1 to 3 p.m.
- Cedar Ridge Apartments will be open for tours from noon until 3 p.m.
- The Village model home in Moraine Hills West will be open from noon to 3 p.m.

Stop in. We think you will be amazed.

## Pharmacy goes above and beyond

Cedar Community resident Ellen Patt sure is glad she uses Cedar Lake Pharmacy! At the end of December, Patt, who suffers from asthma and emphysema, was notified that her pharmaceutical company was pulling out of Senior Care and no longer covering her Advair medication. Senior Care was her supplemental Medicare insurance, and it was past the deadline to choose a new Medicare Part D provider. Patt didn't know what to do so she talked to her doctor and Cedar Lake Pharmacist to see if there was a comparable drug covered. The Advair would cost her \$335 per month if she couldn't find a substitute.

Working closely with the pharmacy, Patt tried another medication and within five days had an allergic reaction. Because it was a slow reaction she didn't recognize it right away. She had a hard time speaking and then stopped the drug immediately. She tried another but after three days she reacted to that, as well. Patt is allergic to many medications and really needed to stay on the Advair. Between her doctor and the pharmacy they tried to get a waiver from the insurance company to cover the Advair because of her adverse reactions to alternate medications but were denied. She then enlisted the



*Resident Ellen Patt and  
Cedar Lake Pharmacist Mark Selle*

help of the Aging and Disability Resource Center of Washington County. In the meantime she tried a third drug and also had an allergic reaction. She ended up filling her Advair prescription at full price. "Cedar Lake Pharmacy was exceptional. They were always trying to find something that would work for me. Plus, because I only use them as a pharmacy, they knew all my medications and can monitor what I take," said Patt.

She continued to work with the pharmacy, ADRC and insurance company. At one point, she received a letter confirming coverage, but then they said it was a mistake. "It's really sad you have no recourse when a provider just decides to stop covering a medication. Cedar Lake Pharmacy went above and beyond. I wonder how others manage without someone looking out for them," noted Patt. After several months, her insurance finally agreed to cover her medication. Patt said she is so thankful for the Cedar Lake Pharmacy staff. She has used them for over 10 years and feels they really watch out for you. "Whenever I get a new prescription the staff always makes sure I can take it with the other medications I am on and they are very careful about giving directions on how to take the medications.

I have been to other pharmacies and I know what I dealt with there,” Patt said. “Here, they care about the person. I keep telling everyone they really need to go to Cedar Community’s pharmacy because they are always looking out for you.”

### Holy Week Services

#### **Maundy Thursday Services with Communion**

**Date:** Thursday, April 5

**Time:** 10:30 a.m.

**Location:** Cedar Lake Health and Rehabilitation  
Center Celebration Room

**Time:** 1:30 p.m.

**Location:** Cedar Ridge Grand Hall

**Time:** 3:30 p.m.

**Location:** Cedar Bay West Fellowship Room

#### **Good Friday Services**

**Date:** Friday, April 6

**Time:** 10:30 a.m.

**Location:** Cedar Theatre

**Time:** 1:30 p.m.

**Location:** Cedar Landing Dining Room

**Time:** 1:30 p.m.

**Location:** Cedar Ridge Grand Hall

**Time:** 3 p.m.

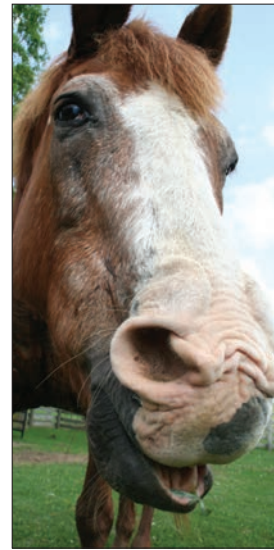
**Location:** Cedar Bay West  
Fellowship Room

*A friend recently commissioned stained glass artist and Village resident Clyde Crass to create a 21" x 14" image of Calla lilies. Clyde first drew his own original template for her to approve, and the picture shows the end result.*

*“The compliments I get at the studio are so rewarding to me,” said Clyde.*



### Right from the horse’s mouth



Howdy, neigh-bors! My name is Frito and I am the official “spokeshorse” for Cedar Valley’s Horse Sanctuary. I am a 29-year-old gelding. A gelding is a male horse who is no longer a stallion. Oh, don’t get me wrong! I am still the king here. Two ladies reside here with me: Fancy is a beautiful Arabian mare who is 31 years old. She and I have been here for about two and a half years and she is my girl. Last summer we gained a barn mate. Angel is eight years old. Our human friends call her an Appaloosa. We also live with two old goats. Their names are Blackie and

Brownie and they are, well, black and brown. These guys like to play and bang their heads together; it’s a good thing, I’ve been told. They also keep us horses company. Last but not least what barn would be complete without a cat? Coco is our feline buddy. Not your typical barn cat, she gets lots of love (and good food) from our friends.

You are probably wondering why we all live at Cedar Valley. Each of us has our own story about how we got here, but we’re glad this wonderful place with huge pastures and a warm barn is our forever home where we can live out our final years of relaxation and retirement. Now that you’ve gotten to know us, we’d love to get to know you. We are in need of more humans to help take care of us. A really nice lady teaches our new volunteers how to brush us, feed us and yep, clean up after us. If you would like to be a part of our lives, please contact Bonnie Amerling, our volunteer coordinator, 262.306.4218. Well, it’s time for me to gather up my girls and get some food and love from our human friends. Hope to see you soon! Happy trails, manes and tails.

*Frito*

### Where in the world is CC?

Planning a trip? Don't forget to take your Cedar Community T-shirt with you! Have your photo taken in one next to a readily identifiable landmark during your travels. Drop the photo off at Cedar Community's marketing department, or email a digital photo to: cfrohmdar@cedarcommunity.org. If your photo is chosen for publication, you'll receive a \$5 Cedar Community gift card, which can be reloaded and used again and again toward your favorite Cedar Community services and purchases.



*Al Hassel and Jeanne Hammes posing with Shamou at Seaworld.*

... "Land and trails" continued from page 2

and contact information we can let you know of opportunities to find the early spring wildflowers and/or ways you can help destroy the invasive flowers and shrubs which continue to challenge our property. All are welcome to attend a meeting to share your thoughts and concerns and learn of ways we can help other volunteers and the grounds crew maintain our forests, trails and prairies so they will continue to be accessible.

Call or email:

John Wood, 262.334.3868, johnjeanwood.@charter.net

Dorrie Alff, 262.306.0889, dorman36@sbcglobal.net

Friends of Forests, Trails and Prairies meeting is Thursday, April 19 at 2 p.m. at the Village Clubhouse.

*Dorrie ALFF*

### support groups

Friends, families, caregivers and anyone affected by the following diagnoses are welcome to attend a Cedar Community support group.

#### APRIL DATES

#### **11 WED Alzheimer's and Related Dementia**

1 – 3 p.m., Cedar Bay West, Community Rm.

#### **NO MEETING Grief and Bereavement**

6:30 p.m., St. Frances Cabrini, 1025 S. Seventh Ave, West Bend

#### **NO MEETING Cancer**

1 p.m., Cedar Ridge First Floor North Conference Room

#### **25 WED Low Vision**

1:30 p.m., Cedar Ridge First Floor North Conference Room

#### **18 WED Multiple Sclerosis**

Noon, Cedar Ridge Top of the Ridge

#### **16 MON Parkinson's**

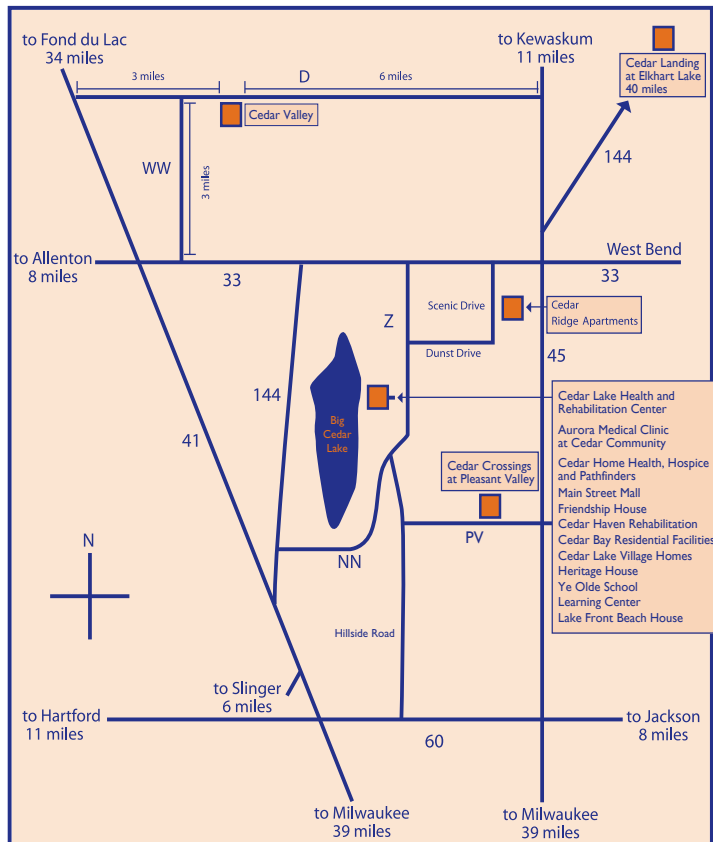
1 p.m., Cedar Ridge Grand Hall



Benevolent Corporation  
Cedar Community  
5595 County Road Z  
West Bend, WI 53095

Non-Profit  
Organization  
U.S. Postage  
PAID  
West Bend, WI  
Permit No. 24

A kind request: Please don't try to mail a copy of the Cedar Citizen to a friend or relative without first placing it in an envelope and affixing the necessary first-class postage. Cedar Community is subject to postal fines unless you do. Also, feel free to contact Bonnie Yogerst, circulation manager, to add any name to our mailing list and we'll mail future issues for you! Thank you for your cooperation!



## WE ARE CEDAR COMMUNITY

Cedar Lake Health and Rehabilitation Center 262.306.2100	Cedar Home Health 262.306.2691
Cedar Haven Rehabilitation Services 262.306.2150	Cedar Hospice 262.306.2691
Cedar Crossings Subacute at Cedar Lake 262.306.4240	Cedar Pathfinders 262.306.2691
Cedar Crossings Subacute at Pleasant Valley 262.677.6800	Cedar Lake Village Homes 262.306.2102
Cedar Ridge Apartments 262.338.8377	Cedar Bay Assisted Living East 262.306.2145 West 262.306.2130
Cedar Landing 920.876.4050	Cedar Valley Center and Spa 262.629.9202
Cedar Bay at Cedar Landing 920.876.4050	Friendship House Assisted Living 262.306.2120
Cedar Community Pastoral Services 262.306.2100	Ye Olde School/ Heritage House 262.338.4625
Cedar Community Foundation 262.338.2819	