

### Cedar Community celebrates National Nursing Home Week

The Cedar Lake Health and Rehabilitation Center celebrated National Nursing Home Week May 8 – 14. This year's theme was "Dazzling Decades," highlighting the 1920s through the 1980s. Staff teams were given a "stick person" to dress in the style of their chosen decade for display throughout the week. Festivities kicked off on Sunday, Mother's Day, when residents enjoyed a special dinner complete with fresh flowers on each table. A highlight of the week was a style show on Monday in the

Cedar Theatre featuring popular styles of the decades. Special activities, featuring '40s, '50s and '60s trivia games and word puzzles, took place each day. Staff members were invited to enjoy lunch at "C.C.'s Diner" on Wednesday and a special bake sale was held on Thursday with proceeds going to the Resident Council. Topping off the week, residents were invited to the Cedar Theatre on Friday to view the "stick people" and vote for their favorite, followed by a very lively "Beat the Clock" game.

National Nursing Home Week is a special week when residents, families and staff are encouraged to honor and celebrate nursing facility life. Our week here was a complete success and plans are already underway for the 2012 celebration.

*Crossings on Paradise's stick person "Rosie the Riveter," won first place for beautifully representing the 1940s.*



*Heather Suarez Del Real and Kelli DeRuyter sport their 'plaids' for the 'Beat the Clock' competition.*

*the cedar citizen*

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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.*

**Annual Cedar Community Outdoor Worship Service**

All Cedar Community residents and guests are invited to join us on Flag Day, June 14 at 10:30 a.m. in the Cedar Lake Health and Rehabilitation Center H parking lot, next to the Cedar Creek Courtyard, for our Annual Outdoor Worship Service. There will be lots of old-time hymns to sing, meaningful readings and prayers to share. If it is raining, the service will be held in the Cedar Theatre.

*Blessings from the Pastoral Care Staff!*

*Chaplains Bev and Dave  
Rev. Susan*

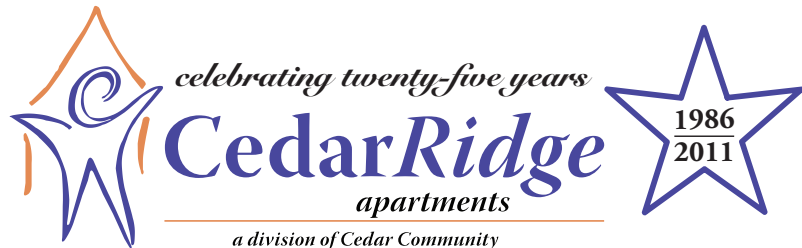
*Celebrate with us!*

**Cedar Ridge is celebrating 25 years!**

**Thursday, June 30**  
**2 – 4 p.m.**

Join us for an ice cream social,  
entertainment by *Jazz 'n More*  
and tours of Cedar Ridge Apartments  
and a Village model.

If you can't make our grand event, call Betty Christen at  
262.338.2811 for a private tour!



113 Cedar Ridge Drive • West Bend, WI 53095  
262.338.2811 • cedarcommunity.org

## “Green” opportunities



Steve Jaberg  
Chief Executive Officer

In many ways, since its beginnings in 1953, Cedar Community has tried to be a friend to the environment! We have won

awards for being environmentally sensitive. In our construction projects, we have worked diligently to make as little environmental impact as possible at all of our campus locations. We protect our grounds and properties from any form of environmental mismanagement.

Recently, we participated in the development of a major photovoltaic – solar panel project (one of the 10 largest projects of its’ kind in Wisconsin). These solar panels are located at our Cedar Ridge campus. Electric energy produced by these panels goes into the ‘power grid’ and will likely provide for nearly eight percent of the energy consumed at Cedar Ridge. We are hoping to also add (through generous grants from Wisconsin Energy and Focus on Energy) solar panels next year at our Cedar Lake Health and Rehabilitation Center.

The list of environmentally friendly practices by Cedar Community goes on and on! From constantly updating energy-efficient lighting in all of our buildings to installing energy-efficient boilers to establishing and properly maintaining acres and acres of natural

Wisconsin prairies, Cedar Community is on the forefront to protect the environment as best we can.

But what about the future? How can Cedar Community do an even better job of finding new ways, big and small, to protect the environment while operating more efficiently and effectively?

I believe it is now time for Cedar Community to create a “Green Team!” A Green Team would be made up of six to eight volunteers including Cedar Community residents and appropriate staff members. This would be an ‘advisory’ committee willing to do several things: 1) Research ways which would be fiscally prudent to change and/or enhance Cedar Community’s approach to protecting our environment; 2) Study what other organizations are doing to make changes to reduce waste; 3) Create educational materials and newsletters alerting residents and staff to what Cedar Community has and will do to reduce pollution; 4) Create new programs and initiatives encouraging environmentally sound practices; and 5) Provide programs and lectures educating the community on a variety of environmental topics.

The Green Team will not judge others, but rather encourage them to think differently about their environment and how simple changes can mean big changes benefiting the whole world!

Interested in being considered as a Green

Team member? Here’s how it’ll work: Six volunteers will be selected from the list of respondents; three of the selected will serve a one-year term and another three will serve a two-year term. After that ‘rotation’ has been established, all future Green Team members will serve two-year terms. Eventually, any resident who has indicated an interest to serve on the Green Team will have the opportunity to serve! The Green Team will meet every other month (six times a year). This is an advisory group; Their recommendations for corporate policy changes/revisions pertinent to the Cedar Community environment will go through the CEO who will share them with the board of directors for possible action. The Green Team will also have the opportunity for providing further educational presentations.

What is required to be considered for Green Team membership? Be a resident of Cedar Community. Have a sincere interest in protecting the environment. Be willing not just to attend the Green Team meetings, but to actively participate in environmental study/research. Be willing to get involved in special projects and be willing to teach others!

Interested? If so, just email a message to: [GreenTeam@cedarcommunity.org](mailto:GreenTeam@cedarcommunity.org) before August 1 indicating your willingness to serve on the Cedar Community Green Team. We’ll send a message confirming your intention to serve when openings occur!

*continued on page 19 ...*

## 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 first  
floor 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.  
(Chapel)
- 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.  
(Chapel)
- Cedar Ridge 1st and 3rd Thurs.  
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 2nd and 4th Thurs.  
10 a.m. (Grand Hall)

### Rosary, Communion and Scripture

- Cedar Ridge 2nd Wed., 10:15 a.m.  
(Grand Hall)

### Episcopal

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

### Lutheran

- CLHRC 2nd Wed., 10:15 a.m.  
(Celebration Room)
- CBW 2nd Wed., 9 a.m.  
(Chapel)

*a moment to meditate*

*"All I have seen teaches me to trust the  
Creator for all I have not seen."  
Ralph Waldo Emerson*

With all of the information at our fingertips we must remember that God is the mystery beyond what we know.



*In Grace,*  
Rev. Susan KOLB  
Director of Ministries

### New Stephen Ministers ready to serve

Cedar Community recently welcomed three new volunteer Stephen Ministers at a Commissioning Service held at Cedar Ridge. Stephen Ministry is a one-on-one Christian caring ministry program developed to provide Christian-based support.

The preparation to become a Stephen Minister includes over 50 hours of training and skill practices in the effort to reach out to others. Topics include listening, confidentiality, boundaries and what caring visits involve. Each Stephen Minister is assigned a care receiver and makes visits on a regular, weekly schedule. Regular peer supervision sessions are also a requirement after being commissioned to provide regular check-ins and continuing education.



*Newly-commissioned Stephen Ministers and  
Stephen Ministry Leaders: Bev Hansen, David Stone,  
Rev. Susan Kolb, Connie Jones, Gayle VanEss,  
Shirley Larisch, Monica Smith, Sandi Radeztsky  
and Shirley Ogi.*



Watch for more information on the next Stephen Ministry orientation coming this fall.

*The new Stephen Ministers of the class  
of 2011 include (from left) Shirley Ogi,  
Sandi Radeztsky and Monica Smith.*

### Dinosaur sighting at the Ridge

This baby dinosaur, about 15 feet long and seven feet tall, is usually visible during daylight hours. Its mother abandoned it about 65 million years ago, due either to an asteroid shower or comet shower on Earth. Our four-legged baby's mother probably was from the Apatosaurus family, which shared its characteristic hefty, thick pillar-shaped legs. Our baby has a long neck, small head and menacing green bottle eyes, enough to scare away the birds even though birds are considered a kind of dinosaur.

Our baby dinosaur can usually be seen across the south pond at the Ridge, or close up on the trail around the pond. He looks ferocious but won't bite! I don't believe our baby has a name, so let's name him or her! Drop off your selected name to the Ridge reception desk by Thursday, June 30 and I'm sure some kind of prize will be awarded!

Howard LANG



granny's

Attic

an eclectic collection of  
furniture and decorative items

Sale and bidding starts on  
Friday, June 10 at 8 a.m.  
and ends on Monday, June 20 at 8 a.m.

Cedar Ridge Apartments  
113 Cedar Ridge Drive  
West Bend, WI 53095

Winning bidders will be notified following the close  
of the sale. For information and questions,  
call Larry Christopher at 262.306.4223.

### Did you know?

Friendship House is part of the Wisconsin Association of Homes & Services for the Aging CBRF Quality Improvement Network. The network was approved for the Wisconsin Coalition for Collaborative Excellence in Assisted Living in November of 2010. Since then, assisted livings have been joining this network to collaborate and create tools to use in the care setting to provide quality care. So what does this mean? Friendship House has been working diligently to implement the Quality Improvement Program. This has been done by reassessing, revamping and implementing new care tools and procedures to maintain and improve quality. Friendship House is committed to providing the highest quality of care by ongoing participation in collaborative programs, seeking innovative approaches and participating in educational opportunities.

### Time to get out and have some fun

As the warm weather approaches, excitement and anticipation of the fun summer activities begin. Some of the planned activities include:

- Bug rides
- Pontoon boat rides
- Bonfires
- Cookouts on the patio

### Please join us

We will be hosting an ice cream social on Saturday, June 18 at 2 p.m. Live music from the decades will be performed by Randy. All family and friends are welcome!



*Friendship House resident Katie and Cedar Bay East resident Bill Zauner (above) and Liz Limbach (right) enjoy the festivities at the Cinco de Mayo celebration!*

### JUNE ACTIVITIES

**3 FRI** 3:15 p.m., Happy Hour

**8 WED** 1 p.m., Scenic drive

**14 TUES** 10:30 a.m.,  
Outdoor Chapel Service

**17 FRI** 3:15 p.m., Happy Hour

**18 SAT** 2 p.m., Ice Cream Social  
with music by Randy

**22 WED** 10:30 a.m.,  
Pontoon boat ride

**24 FRI** 11:30 a.m., Lunch outing

**29 WED** 10:30 a.m., Pontoon  
boat ride

**30 THURS** 11:30 a.m., Cookout



### JUNE ACTIVITIES

- 2 THURS** 10 a.m., Bowling outing, Sunrise\*  
3:15 p.m., Silly Sisters music program, Celebration Room
- 7 TUES** 10 a.m., K-9 Dog Show, Timber Cove
- 8 WED** 3:30 p.m., Music with Walt, Silverbrook
- 9 THURS** 11 a.m., Lunch outing, Countryside\*  
1 p.m., Boat Ride, Silverbrook
- 13 MON** 7:15 p.m., Catholic Rosary, Celebration Room
- 14 TUES** 10:30 a.m., Outdoor Chapel Service, Management Carport
- 16 THURS** 10:30 a.m., Rosary, Timber Cove  
1:15 p.m., Library Cart, Celebration Room  
2 p.m., Boat Ride, Forest View  
2 p.m., Music with Walt, Sunrise  
3 p.m., Music with Walt, Timber Cove  
3:30 p.m., Music with Carrie and Darrel, Countryside
- 21 TUES** 1 p.m., Boat ride, Countryside
- 22 WED** Noon, Cookout for Forestview, Management Carport
- 23 THURS** 1 p.m., Boat ride, Timber Cove
- 24 FRI** 3:30 p.m., Happy Hour with Helen and Millie, Timber Cove
- 27 MON** 7:15 p.m., Catholic Rosary, Celebration Room
- 29 WED** All day, Summer Carnival, Management Carport

*\* sign up only*

### Pontoon boat rides

The sun is shining and the snow is gone, this can only mean one thing for Cedar Community residents: It's time for pontoon boat rides! Cedar Community residents can enjoy boat rides on Big Cedar Lake from June through early September. It's a great way to get outside and enjoy the fresh air. To sign up for these wonderful trips, please contact your local activity program manager.

Turn to page 19 to meet Leone Karow on Silverbrook.

## *Join us for Father's Day!*

**Sunday, June 19**

**11 a.m. – 2 p.m.**

Top of the Ridge Restaurant  
113 Scenic Ridge Drive

Brunch includes:




BBQ Baby Back Ribs	Assortment of pastries, breads, sweets and treats featuring "Warm Cinnamon Donut Holes"
Rotisserie Chicken	
Herb Baked Cod	
Mashed Potatoes with Gravy	
Seasoned Spring Vegetables	
Banana Nut Pancakes	Omelets made to order by our Chef
Scrambled Eggs	
Bacon and Sausage	Assorted juices, coffee, hot tea, iced tea, Mimosa
Oven-Roasted Potatoes	
Fruit Filled Crepes	

Residents \$10.75

Guests \$12

Children 4 – 10 \$5.75

**Reservations requested.  
Call 262.338.2812 today!**

-  CBW activities  
 CBE activities  
 CBE and CBW activities

## JUNE

- EVERY TUES** **Music opportunities**  
10 a.m., Chimes rehearsal, Activity Room
- EVERY THURS** Cedar Bay Choir, Back Bay Lounge. Check your calendar
- 8 WED** 2:30 p.m., Birthday and anniversary party with music by Tom Jahnke
- 11 SAT & 28 TUES** 2 p.m., Sing-a-long with Sandy, BBL
- 12 SUN** 2 p.m., Piano recital by Tammy Nordman's students, Cedar Theatre
- 15 WED** 2 p.m., Birthday party with music by Tom Jahnke
- 16 THURS** 7 p.m., Bay East Chimes presents their "Family & Friends" Concert, Activity Room
- 18 SAT** 1:45 p.m., Nostalgia John presents Musical Melodies and Memories from 1938, Community Room  
3:15 p.m., Nostalgia John program, Activity Room
- 22 WED** 2 p.m., Bay East Chimes Concert, Chapel
- 1 & 22 WED** **Nail polishing**  
8 a.m. – 11 a.m., Coffee Shop
- 2 THURS & 24 FRI** 8 a.m. – 11 a.m., Ladies Lounge
- 6 MON** **Shopping Trips**  
9:15 a.m., Pick 'n Save
- 20 MON** 2 p.m., Pick 'n Save
- Games**  
Every Monday morning residents at East gather to play Yahtzee. Joining the 300 points club this month are:  
Linda Sponholz – 532  
Joan Schellinger – 436  
Lucille Geidel – 414  
Russ McGarvie – 412  
Merlin Geidel – 378, 357 & 309  
Gladys Schultz – 523 (3 Yahtzees!)
- 13 MON** **Special events**  
Kettle Moraine Marine Detachment will present their Flag Program
- 16 THURS** Social sponsored by Bonnie and volunteers, Activity Room
- 23 THURS** 4:30 – 5:30 p.m., Happy Hour, Dining Room
- 30 THURS** 2 – 4 p.m., Ridge's 25<sup>th</sup> Anniversary. Bus transportation will be provided for former Ridgers.
- EVERY MON** **Religious opportunities**  
3:30 p.m., Mass, Chapel
- EVERY TUES** 3:30 p.m., Chapel with Chaplain David, Chapel
- EVERY WED** Bible Study with Chaplain David, Country Kitchen
- EVERY THURS** 10 a.m., Chapel with Rev. Susan, Activity Room
- EVERY FRI** 9 a.m., Catholic communion, Meditation Room
- EVERY SUN** Rosary, Activity Room
- 1 WED** 1:30 p.m., Rosary, Chapel
- 12 SUN** 3 p.m., Baptist Church Service, Community Room
- 13 MON** 1:30 p.m., Episcopal Service, back of Chapel
- 14 TUES** 10:30 a.m., Outdoor Worship Service, HR parking lot
- Pontoon boat rides**  
1:30 p.m.
- 27 MON & 29 WED**
- 28 TUES** 1:30 p.m.
- EVERY TUES** **Golf cart rides**  
2 p.m.
- MON & WED** Please check you calendar.
- Picnics**
- 14 TUES** Carport picnic
- 21 TUES** Beach House picnic
- 27 MON** 11:30 a.m., Beach House picnic

### Enjoy live music

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

**4 JUNE** Vera Kuckuk  
Piano selections

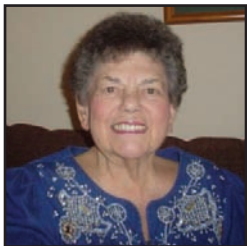
**11 JUNE** Daniel West  
Vibraphone selections

**18 JUNE** Patrick Thompson (Grandson of Walt & Verna Thompson)  
Piano selections

**25 JUNE** Jeanne Wood  
Piano selections

Thank you for volunteering! Please call or email Sherry McElhatton 262.306.4554 or (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.

### Meet our new residents

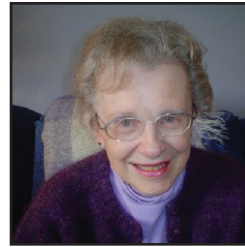


*Alice Glowacki*

#### **Alice Glowacki**

Alice's family came from Italy and settled in Brooklyn, N.Y. She met her future husband when she was 16 and he was 19 and they married when she was 21. He went to war and when he returned, they raised two daughters on Long Island and then moved to Niagra Falls. They

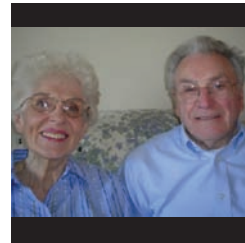
bought a home in Green Lake, Wis. but ended up building one in Montello, Wis. Discovering that her husband had cancer, they moved to a warmer climate in McAllen, Texas. After her husband passed away, her daughter in West Bend convinced her to move back and the Ridge was the right choice! Alice loves to read and play the piano. She is a welcome addition here at Cedar Ridge!



*Priscilla Hausmann*

#### **Priscilla Hausmann**

Priscilla and her family came from Milwaukee. She attended Lawrence University and graduated with a degree in music. They moved to the Town of Trenton where she met her husband through mutual friends. Her husband was a third-generation dentist in West Bend that had originated in 1901. She taught music at church. They raised three children in West Bend. Loving genealogy, they traveled extensively in the US and abroad to trace their family lineage. Priscilla has published two books on genealogy and is working on her third. Her husband passed away six years ago and she decided it was time to move to the Ridge! Along with genealogy and music she loves spending time with her seven grandchildren. Welcome, Priscilla!



*Al and Joan Steffes*

#### **Al and Joan Steffes**

Joan grew up in Gay Mills, Wis. and Al grew up in St. Cloud, Wis. They met at a party his sister was having in Milwaukee. They married three years later and raised seven children in Whitefish Bay. They love to square, line and round dance. They looked at five other senior facilities and found the Ridge best suited for them and their lifestyle. They love walking and our setting is perfect for their love of nature and the outdoors. Beside walking and dancing, their large family is their greatest joy. Al loves paying Sheepshead and hopes to join a group. We welcome Al and Joan as part of our family at the Ridge!

### Marathon Bridge

The annual awards and luncheon is Wednesday, June 15 at noon at the Top of the Ridge Restaurant. All scores should be turned in to Tensa Fields the first week of June. Looking ahead to the 2011-2012 season, a kickoff luncheon will be held on Thursday, August 11 for new and former players. Please direct any questions to Tensa Fields, 262.338.0835.

## Men's Breakfast

Our speaker this month is Gary Karnitz, safety and security coordinator for Cedar Community. Gary spent 10 years as a deputy sheriff with the Washington County Sheriff's Department and joined Cedar Community in 2000. His law enforcement training has been continuous and he is also a certified firefighter 3. Our community is safer thanks to Gary. Please sign up at the Village or Ridge bulletin boards by noon Thursday, June 16. Any questions, call John Swanson, 262.338.3808, or Frank Turpin, 262.306.8628.

**Date:** Friday, June 17

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

**Location:** Top of the Ridge Restaurant

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

## "David"

*Cedar Ridge SAE-sponsored event through Personalized Tours*

Written by the team of Hamilton and Richardson (authors of "The Rock & The Rabbi," "The Witnesses" and "The Child") the new musical "David" is a hit for the whole family! The show tells the story of the young man David, how he grows from shepherd to singer to warrior to King of Israel. One of history's most engaging characters, David lived a life filled with danger, romance, music, laughter and faith. It is said that David was "a man after God's own heart." The musical traces his life from his epic battle with the giant Goliath all the way to his coronation as King. The last day to sign up is Wednesday, June 1.

**Date:** Thursday, July 7

**Time:** 8:30 a.m. bus departs from Cedar Ridge lobby

**Location:** Fireside Dinner Theatre

**Cost:** \$86

## "Seven Brides for Seven Brothers"

*Cedar Ridge SAE-sponsored event through Personalized Tours*

With its high-stepping athletic dancing, its exuberant high spirits, its sidesplitting good humor and its sweeping romantic escapades, this is as joyous a musical as you'll see anywhere. You'll laugh and cheer at this time-honored tale of seven

boisterous unruly mountain men who go to hilarious lengths to find and marry the women of their dreams. What could be better than a happy ending? Why, seven happy endings, of course! The last day to sign up is Monday, Aug. 1.

**Date:** Thursday, Sept. 8

**Time:** 8:30 a.m. bus departs from Cedar Ridge lobby

**Location:** Fireside Dinner Theatre

**Cost:** \$86

## Village SAE

### "Our Town"

*Presented by Jim & I Productions as a benefit for Habitat for Humanity of Washington County*

**Date:** Sunday, June 19

**Time:** 2 p.m.

**Location:** Schauer Arts & Activities Center, Hartford

Those signed up will receive a confirmation note with ticket and carpool information. Contact Sherry McElhatton with questions, 262.306.4554.

## Timmer's Fish Fry Evenings

We will take the pontoon boat to the restaurant. Only 20 participants will be able to sign up for transportation on the boats, weather permitting. Those riding the boat should meet at the north dock at 4:15 p.m. All other meet at Timmer's Restaurant on Big Cedar Lake at 4:45 p.m. In case of inclement weather, we will keep the dinner reservation and ask that all meet at Timmer's at 4:45 p.m. The sign up lists for all three evenings will be located at the Village bulletin board beginning Wednesday, June 1. Sign up closes on Tuesdays the week before the outing. No refunds will be given. Contact person: Mary Miller, Kettle Heights, Village SAE, 262.243.5960.

**Date:** Wednesdays, June 22 (sign up by June 14), July 13 (sign up by July 5) and August 31 (sign up by August 23)

**Cost:** \$13.60 per person which includes three-piece hand breaded cod with fries, rolls and coleslaw, tax and tip.

## specials

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

### Market Café weekly panini specials - \$3.75

**May 30 – June 4** – Portabella mushroom

**June 6 – 11** – Toscana smoked turkey

**June 13 – 18** – Roast beef cheddar melt

**June 20 – 25** – Southwestern chicken

**June 27 – July 2** – Spinach and sausage

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

### Mondays

½ cold sandwich & soup or small garden salad for \$3.75 +tax!

### Wednesday, June 1

Come to the Café after Coffee Hour and have a delicious brat with the fixings for \$2.75!

### Tuesday, June 21 – Summer Day

Sloppy Joe's and chips for \$4.50

### Thursday, June 30

Cedar Ridge 25<sup>th</sup> Anniversary

*Are you watching your diet? Come to the Café and try one of our hot soups or freshly made salads.*

### June 6 – 11

Caramel cashew sundaes for \$2!

### Breakfast specials

Come try a hot bowl of oatmeal with toppings for \$1.50 or a breakfast sandwich for \$3.50 +tax! All day, everyday!

### Dessert specials

We are now serving soft serve ice cream sundaes for \$2.50 and shakes for only \$2! We also have ice cream cones and dishes for \$1 or with topping for \$1.50.

### Coffee specials

Come get a café mug for \$1.50! Your first cup is on us! Refills are just \$0.55 +tax. Buy 9 cups of coffee get the 10th FREE! (Red Café Mugs are included.)

### Muffin specials

Come join our muffin club at the Café!  
Buy 8 muffins get the 9th FREE!



**FREE ice cream cone with  
any panini sandwich**

GL# 015255257105

For use only at The Market at Cedar Ridge, 113 Cedar Ridge Drive

expires: 6/30/2011

**All-Village picnic at the lake**

Bring a dish to pass and your own beverage. Brats, buns and paper products will be provided. Bug transportation will be available from the prairie parking area beginning at 11:30 a.m. In case of inclement weather, the picnic will move to the Cedar Bay East Activity Room.

**Date:** Monday, July 4

**Time:** Noon

**Location:** Beach House

**“Hello, Dolly!”**

*Presented by the Hartford Players and sponsored by the Village SAE committee*

This ebullient and irresistible story glitters with happy songs, shines with loving scenes, and is alive with the personality of one of the musical stage’s most fabulous characters – Dolly Gallagher Levi! Classic numbers include “*Put On Your Sunday Clothes*,” “*Ribbons Down My Back*,” “*Before the Parade Passes By*,” “*Elegance*,” “*It Only Takes A Moment*” and “*So Long, Dearie*.” Sign up at the Village bulletin board through June 13. We will carpool for this event. Please indicate on the sign-up list if you are willing to drive and how many passengers fit in your vehicle, including the driver. Contact Sherry McElhatton with questions, 262.306.4554. Sign up closes Monday, June 13.

**Date:** Sunday, July 17

**Time:** 2 p.m.

**Location:** Schauer Arts & Activities Center, Hartford

**Cost:** \$13 per person

**Betty Lou Luncheon Cruise**

This is a rain or shine event. Betty Lou Cruises has a no refund/ no cancellation policy. If the captain deems the weather too poor for lake cruising, the luncheon will be served indoors at the Mariner’s Inn Restaurant. Contact person: Judy Koepl, Moraine Hills North, Village SAE, 262.353.3703.

**Date:** Thursday, July 21

**Time:** Meet at dock by 11 a.m.; cruise is 11:30 a.m. to 1:30 p.m.

**Location:** Lake Mendota, Madison

**Piano lessons**

Have you always wanted to learn to play the piano? Did you take lessons as a child and now want to continue where you left off? Are you seeking an activity to help stimulate your brain and increase your concentration? If you answered YES to any of the above, why not try piano lessons? Darlene Cole is offering piano lessons in the Cedar Ridge Music Room. We are hosting private “get to know the teacher” meetings at Cedar Ridge. If interested, contact Sherry McElhatton to sign up for a 15-minute meeting with Darlene to discuss your goals. There will be no charge or obligation. For more information, contact Sherry at 262.306.4554 or smcelhatton@cedarcommunity.org.

**Cedar Ridge**

The Spring Festival was a huge success this year! The cream puffs made by the Village residents sold out, there wasn’t much rummage left in the Grand Hall, jewelry and collectibles nearly sold out and all of the silent auction items were sold! The woodshop reported their best year ever and crafts and bakery did very well also.

It was a beautiful day and the “bugs” were busy giving rides to the woodshop and around the grounds to help guests take all their “loot” out to their cars. Thank you to the many residents, staff and community volunteers who helped make the day a success! We even had music in the Top of the Ridge this year! Darrell and Carrie played the tuba and ukulele and sang songs.

The raffle winners were: Carrie Sturn (\$100), Lucy Eiden (\$100), Alyce Winnemueller (Cedar Valley spa package), Lisa Kelling (weekend at Cedar Lake cottage), Crystal Berg (quilt) and Amy Meyer (cedar garden bench). Congratulations to all of the winners!

The next “big thing” is the Cedar Ridge 25<sup>th</sup> Anniversary on Thursday, June 30 from 2 to 4 p.m. Come celebrate with us! Enjoy some Rockin’ Ridge Butter Pecan ice cream made by

*continued on page 15 ...*

### Abuzz with activity

Spring has come to our 14-acre campus in the heart of Elkhart Lake, with a flurry of activities replacing flurries of snow. Our 'snow birds,' residents who head south for the winter secure in the knowledge their Cedar Landing home is well-tended, are returning to their carefree lifestyle, while others who stayed cozy in their home here this winter are venturing out to see nature spring back to life once again on our lovely grounds.

There's plenty to do in the coming months! Please join us!

- Area women are invited to enjoy Afternoon Tea the last Friday of each month from 2 – 4 p.m. in the Cedar Bay Bistro. Guests may bring a favorite teacup to display and use. Upcoming date is Friday, June 24.
- Area coffee lovers are invited to weekly Koffee Klotsches Thursdays at 9 a.m. in the Cedar Landing Clubhouse. Make new friends or bring your own!
- Village Home models are now open each week for tours. "Wednesday Walk-Throughs" are held from 2 to 4 p.m., starting at the Fairway model, 11 Cedar Lane. Guests will be provided a map to conduct their self-guided tour.
- The Widowed Women's Club meets the first Tuesday of each month in the Club House from 4 – 6 p.m. Bring an hors d'oeuvre to pass and enjoy some laughter and camaraderie. Upcoming date is June 7. Call for details.
- Summer Band Concert Series in July and August. Watch for details!
- Walking programs, Bingo, Bunko, barbecues, potlucks, theatre outings and more continue throughout the summer!

Activities are free with advance registration and most are open to community members. Visit our Calendar of Events online at [cedarlanding.org](http://cedarlanding.org) or call 920.876.4050 for details or to reserve your space.

### Create a masterpiece!

Calling all would-be artists! Learn "The Joy of Painting" at Cedar Landing Wednesday, June 8 from 10 a.m. to 3 p.m.! Bob Ross-certified instructor Jim Lackner guides participants through the process of creating their very own masterpiece to keep and share. No experience required! The \$55 per person cost includes all supplies. Visit [cedarlanding.org](http://cedarlanding.org) Calendar of Events for details or call 920.876.4050 to register. Space is limited and the deadline to register is May 31.



*Jim Lackner demonstrates how to mix the paints on the palette to create more colors. He will be coming to Cedar Landing.*

### Volunteers appreciated

As a not-for-profit, faith-based care provider, Cedar Community's mission is "to create relationships, services and environments that enhance the lives of the individuals we serve."

With a growing number of fun resident events, services and activities, Cedar Bay Assisted Living at Elkhart Lake is looking for your time and talent to help us serve our mission! Volunteer opportunities include:

- Piano player for ecumenical services
- Activity assistants
- Bistro attendants
- Doctor visit drivers/companions

For details, please call 920.876.4050. Thank you for your help!

### Cedar Community: A Culture of Giving



Amy Johnson  
Director of Philanthropy

I'm constantly reminded how generous Cedar Community residents, staff and community members are both financially and in volunteering of their time. As I was working at Cedar Ridge during the Spring Festival on May 7, I was stunned by the number of volunteers it took to run this successful event. There were dozens and dozens of

people on all three floors!!

The other day I took a walk around Cedar Ridge and saw another resident outside gardening. I see community volunteers entertaining our nursing home residents with their music or participating in our boards and committees. According to Bonnie Amerling, Volunteer Coordinator at Cedar Community, volunteers logged in 36,576 hours last fiscal year. That is almost 18 full-time equivalent staff members and more than \$760,000 savings to the organization! "While we notice those volunteers who are visible, 80 percent are working 'behind the scenes,'" says Amerling. "Cedar Community counts on our volunteers to do so many different things and it would, in some cases, be impossible to operate without them," she added. Cedar Community's youngest volunteer is eight years old. She is part of a family that works together. The oldest is 97 years old.

### An Evening Aboard the Orient Express

ALL ABOARD! The Orient Express is leaving on Saturday, Nov. 5 as this year's 39<sup>th</sup> Annual Benefit Gala travels from Paris to Istanbul. The volunteer committee unanimously voted on this theme at its last planning meeting. Proceeds from the Gala will be used to support Cedar Hospice's "Dream Team" efforts to fulfill final wishes for patients. Mark your calendars for what should be a special evening of dining, dancing, entertainment and more.

### 39<sup>th</sup> Annual Benefit Gala Planning Committee

Bonnie Amerling	Donna Olsen
Shirley Birkholz	Judith Olsen
Jerry Chmielewski	Jan Petri
Amy Johnson	Carrie Sturn
Mary Miller	Mary Beth Wundrock
Rich Miller	Bonnie Yogerst

... 'Cedar Ridge' continued from page 13

Kelly Creamery. Steve Jaberg, CEO of Cedar Community will address guests at 3 p.m. in the Grand Hall along with a couple of other surprises sure to entertain.

### Cedar Lake Village Homes

May was a busy month at the Village Homes. Of course, many of the Village residents worked at the Spring Festival and helped make it a success!

"Bug" rides are scheduled weekly. A "bug" is an eight-passenger golf cart which takes residents on tours of the many trails, forest areas and prairie on Cedar Community's beautiful campus. Our volunteer drivers are well-versed on the many plants that grow along the paths and in the prairie areas and are excellent tour guides.

Welcome Herb and Trudy Hannam who moved into their Village Home on April 16! Please join me in welcoming them to the Village.

Jill PINK  
Cedar Ridge and Village Homes Housing Manager

# GUYS AND DOLLS

*Heritage House Museum Open House*



Sunday, June 12

1 – 3 p.m.

A collection of G.I. Joes along with all their military gear and treasured dolls of the 19<sup>th</sup> and 20<sup>th</sup> centuries will be on display for all to enjoy.

**This event is free and open to the public.**

## Welcome to the Stained Glass Shop

Ridger Clyde Crass spends a great deal of time at the Stained Glass Shop at Cedar Ridge.

(below left:) Clyde is surrounded by many of his masterpieces.

(right:) Clyde shows visitors the process of making a stained glass piece.

(middle:) Clyde concentrates on a work in progress.



**Following are some of the wonderful programs and events being held at Cedar Valley Center during the next several months.**

### **Art & Handwriting**

Handwriting is a “crystallized” expressive gesture. In looking at how one’s pen “moves” on paper we are able to decipher how one moves through life. Professional handwriting examiner Lisa Schuetz will share her insights into the handwriting of 10 famous artists, including Michelangelo, Dali, DaVinci and O’Keeffe, and bring their personalities to life. Participants also can apply graphologic fundamentals learned to their own handwriting, as well as family and friends’. Pre-registration is required.

**Date:** Saturday, June 11

**Time:** 9 to 11 a.m.

**Cost:** \$15. Join Lisa for lunch after class and extend your discussion of handwriting with her. Additional fee of \$8.50 plus tax for lunch.

### **The Joy of Painting**

Certified Bob Ross instructor Jim Lackner returns by popular demand to guide you through the process of painting your very own masterpiece, suitable for framing, after just one class. Spend the day experiencing the true joy of painting. 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. Registration and pre-payment is required. Space is limited so sign up as soon as possible to reserve your space.

**Date:** Saturday, July 9

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

**Cost:** \$55. This includes all supplies to complete a 16" x 20" painting.

*During a previous class, Jim Lackner helps Keely MacGregor get her technique just right on her own masterpiece.*

### **Relax, unwind and smell the roses**

#### **Women’s Weekend Retreat**

Do you yearn to have some time for yourself, relax, unwind and let your creativity flow? This retreat is designed especially for you! Come by yourself, with friends or other family members. Activities include drumming ceremony, wellness program, integral movement workshop, Georgia O’Keeffe-style painting class, movie, campfire talks, nature walks, swimming, relaxing on the beach and more! Registration and pre-payment is required. Space is limited. Spa services will also be available if scheduled in advance for an additional fee.

**Date:** Friday, July 22 to Sunday, July 24

**Time:** 7 p.m. Friday to after lunch on Sunday

**Cost:** Cost is \$185 Single Occupancy, \$165 Double Occupancy. Cost covers two nights’ lodging; breakfast, lunch and dinner on Saturday; breakfast and lunch on Sunday, and all program sessions and supplies.

#### **Cedar Valley Art Club and Cedar Valley Photography Club**

Each meets once a month. Call for more details or visit [cedarvalleycenter.org](http://cedarvalleycenter.org).

**Spaces are limited for all programs. First come first served. To register call 262.629.9202, email [cvc@cedarcommunity.org](mailto:cvc@cedarcommunity.org) or directly on the website at [cedarvalleycenter.org](http://cedarvalleycenter.org).**



## Update from the Administrator



*Joanne Bodien  
Administrator, Director  
of Clinical Operations*

Last month we announced the Chestnut household's conversion to an additional short-term rehabilitation unit. This added another possible 24 subacute beds to our existing 33 beds for a total capacity of 57 on our Cedar Lake Campus. We quickly filled those beds with a record 71 admissions in April.

All departments experienced challenges meeting the needs of these newly-admitted short-term patients and I want to thank them all for the teamwork. Things have settled down a bit as some staff have assumed new roles and new systems have been put into place.

In April, the health and rehabilitation center had its state survey and I am proud to report we had only three minor deficiencies, none involving care issues. The survey involves all departments but concentrates heavily on nursing, looking for best practice in nursing standards. Congratulations to the entire team!

I hope many of the residents and families had a chance to appreciate the work of the team during National Nursing Home Week, May 8 - 14. The staff celebrated with the theme of "Dazzling Decades," dressing in the fashions of the '20s through the '80s, making creative caricatures of those times as well as playing games that generated much fun and laughter. Again, a great display of teamwork and spirit.

*Joanne BODIEN*  
Administrator, Director of Clinical Operations

## Pharmacy Q&A

### It's allergy season again!

**Q:** What allergy medication should I use?

**A:** Allergy medicine can be divided into two major groups – antihistamines and antihistamines with a decongestant. Antihistamines are further divided into two groups – sedating and non-sedating. This gives the allergy sufferer four different ways to minimize their allergy symptoms. Two considerations are important for correct selection – symptoms and time of day. All the antihistamines will minimize the symptoms of the allergic response, but sometimes nose congestion needs more help. In that case, an antihistamine with a decongestant is helpful. Decongestants work best early in the day, but because they can be stimulative one should not take a decongestant for at least four hours before bedtime. Time of day is also important with antihistamine selection. It is best to select a non-sedating antihistamine during waking hours to help minimize sleepiness however, at or near bedtime, selecting a sedating antihistamine can help you fall asleep when you have allergy symptoms.

*John KRAAK, RPh*  
Cedar Lake Pharmacy

### Get your Father's Day massage special

Purchase two massages for \$80!

It's summer and all that yard work is ahead of you ... think ahead and purchase a massage gift card to help with those achy muscles from the spring clean up.

Purchase your gift cards now while they are on sale through June 20. They have no expiration date. Massages are given at Cedar Haven in the health and rehab center, Cedar Bays and Cedar Ridge. For Cedar Valley massage rates, gift cards and appointments, call 262.629.9202.

Take care of your body and your body will take care of you! Call Cedar Haven at 262.306.4566 to make an appointment. Stop at customer service to purchase your gift card today.

... “Green” opportunities’ continued from page 3

### Community news

- Have you made your annual donation to the Cedar Community Foundation’s Partners In Caring (PIC) campaign for 2011? Donations can be sent to Cedar Community Foundation, Attn: Amy Johnson, 113 Cedar Ridge Drive, West Bend, WI 53095 or call for more information, 262.338.2819.
- The Cedar Community Board of Directors has recently changed the 62+ age minimum for residency for independent seniors seeking to live at Cedar Ridge, Cedar Lake Village Homes and Cedar Landing at Elkhart Lake Village Homes! We now accept those who are 55 years or better!

Steve JABERG  
Chief Executive Officer

### Welcome to Silverbrook

Leone Karow came to Cedar Community in February. She was born in Milwaukee, Wis. and comes from a family of seven. She has two daughters of her own that live in Milwaukee and Texas, but that doesn’t stop them from being involved. Both of them call and visit whenever they can! Since she has been here, she has made a lot of new friends and really enjoys the meals. She likes playing Bingo and thinks this is a really good place to be.

### *Volunteers are the heart and compassion of Abiders Ministry*

#### Abiders provide ...

- presence during last hours of life
- emotional support for families and staff
- opportunity for group support and sharing
- and so much more by just “being there.”

The next Abiders training class is Monday, June 13!

To learn more about this flexible and rewarding commitment, please call  
**262.306.4218.**

### support groups

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

#### JUNE DATES

**8 WED Alzheimer’s and Related Dementia**  
1 – 3 p.m., Cedar Bay West, Community Rm.

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

**22 WED Low Vision**  
1:30 p.m., Cedar Ridge First Floor North Conference Room

**15 WED Multiple Sclerosis**  
Noon, Cedar Ridge Top of the Ridge

**20 MON Parkinson’s**  
1 p.m., Cedar Ridge Education Room

#### Cancer Support Group

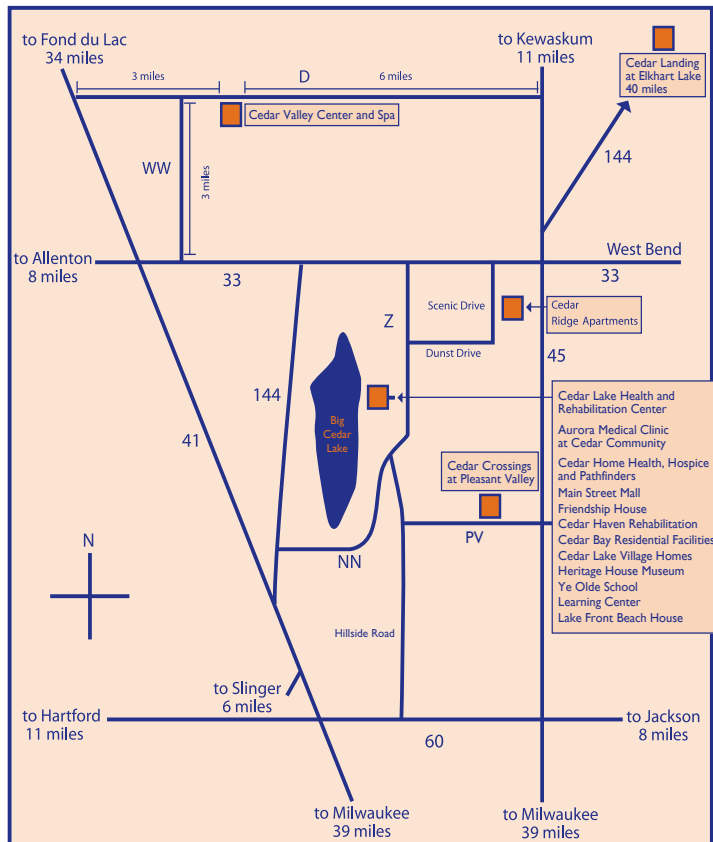
The Cancer Support Group will be meeting quarterly starting Thursday, Aug. 4 at 1 p.m. in the Cedar Ridge First Floor North Education Room.



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Cedar Community  
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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 Museum 262.338.4625
Cedar Community Foundation 262.338.2819	