

cedar 
community

Live More

AUTUMN 2021



**Volunteer highlight:
Activities like no other**



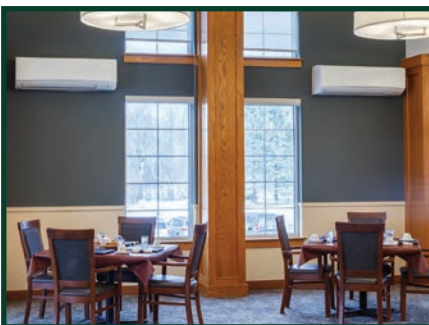
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- *An opportunity to explore, enjoy, and embrace your best life!*



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Enjoy, explore, and embrace your best life!

Live More is published for the neighbors of Cedar Community. If you would like to add a neighbor's name to our mailing list, please contact us at 262.338.2819.

To view *Live More* online, visit cedarcommunity.org/live-more-magazine/.

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ON THE COVER

Frank Laycock and Mike and Sue Kucharik enjoy touring residents and guests on the golf cart around Cedar Community.

OUR MISSION

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



SAVE THE DATE

Celebrating Martin Luther King, Jr.

Monday, Jan. 17, 2022

Look for details on cedarcommunity.org closer to the event date.



Remember to celebrate life's moments

While we all continue to face the challenges of living in a time of pandemic, here at Cedar Community, we have also chosen to rise above and take the time to celebrate the important milestones around us—celebrations of life, celebrations of legacy, and celebrations of friendship and fellowship.

In this issue of *Live More*, you will read about one of these milestone celebrations—the rededication of the Schowalter sculpture on our Cedar Ridge Campus. The commemorative service was held on a beautiful, sunny day, and it was a wonderful celebration with generations of the Schowalter family and members of our Cedar Community family. One of Pastor Philip and Audrey Schowalter's grandsons, Eric, spoke of his grandfather's legacy of service and faith. It was a privilege to be a part of such a wonderful day.

As I reflected upon that celebration, it brought up memories of my own grandfather, Claude. He was the owner of a small corner grocery store for more than 50 years, working tirelessly for his family and his community. He often talked about the importance of kindness and treating others with respect, and he modeled this belief in everything he did and said. I was privileged to spend many afternoons at the shop as a child, witnessing how selflessly he cared for his community, and learning about his commitment to service. As I thought about my grandfather's impact on our family, a passage from his favorite poem, "Desiderata," by Max Ehrmann, came to mind:

"GO PLACIDLY amid the noise and the haste, and remember what peace there may be in silence. As far as possible, without surrender, be on good terms with all persons."

In my childhood years I recall this poem being framed over my grandparents' bed. In my college years, a copy of it sat on my own nightstand table. Today, I realize the deep impression these words have made on me.

It is hard to escape the noise and haste that exists in each and every day—that is simply life. But what we must not escape is the importance of kindness. Some days it feels like we have forgotten how to speak to one another with compassion and empathy. But even in the midst of noise and haste, we should all remember that we can have different thoughts, beliefs, and perspectives. But above all, we must also remember to have patience and kindness.

At Cedar Community I see this patience in our team members—who are exhausted but continue to care so deeply for our residents. I see the kindness among our residents, team members, and volunteers, who understand that a smile or a thoughtful gesture can have such a positive impact on someone who might be having a difficult day.

As we embrace this autumn season of change and look forward to the holidays ahead, let's remember to celebrate the large and consequential events. But let's not forget to also celebrate the small victories we achieve each day through service, faith, patience, and kindness. Both Philip and Claude would want us to.



Nicole Pretre
Chief Executive Officer



Julie Jennings
Vice President of Spiritual Care and Wellbeing

Change. It's all around us.

Outside the leaves are changing...again. Even as much blurring of time has happened inside our homes and buildings over the last 18 months, we have only to look and move outside to register that the seasons continue to change. Creation is marking time in much the same way it always has, and there is beauty beyond the blur.

Many of us are changing, too. Perhaps our bodies are looking a little different. Maybe our homes are emptying of children off to college or simply off to school and after-school events. For some, our homes are filling with younger life in the form of babies or puppies and other pets. For others, our homes are filling with older life as parents move in or spouses and partners retire and are around more. Perhaps we are dealing with declining health or new diagnoses. Or maybe we are preparing for new adventures and opportunities.

Our world is changing. Climate change is escalating to precarious tipping points. Natural disasters are altering our landscapes. Nations are turning upside down and realigning. Leaders are exiting the global stage and new ones are entering. And the virus that held us in isolation and fear for much of these last 18 months is morphing right along with everything else.

There are changes happening at Cedar Community, also. New executive leadership is in place. New homes are being built and occupied by new residents at a pace faster than expected. New improvements to existing buildings are being enjoyed and more are being considered. New ideas are emerging. New team members are arriving. New programs are being offered. New strategies are being discovered.

It is easy to lose focus in the midst of such change. It is hard not to be overwhelmed. We may be despairing. Or we may feel hopeful. We may welcome change. Or we may resist it.

As we live with change and changing, it is good to remember that some things stay the same. There is beauty in every day when we take the time to see it. There is good being done in our lives and in the world. There is compassion being shared and grace being extended.

And here, at Cedar Community, there is commitment to mission. There is courage in the face of change. There is love for the people we serve. And there is hope for all that is to come.

2021 Butterfly Release and Celebration of Life

In recent years, Cedar Community has honored, remembered, and celebrated the lives of loved ones through our annual Butterfly Release and Celebration of Life.

In a year that has brought with it so many challenges and heartaches, gathering to celebrate life and legacy meant so much more.

Special thanks to the friends and sponsors who helped us take the celebration to members of our Cedar Community family. Live music, butterfly cookies, crafts, uplifting ministry messages, and devotional reflections were shared on each of our campuses.

In the words of one of our neighbors, *"I almost feel like a butterfly emerging from a cocoon."*



**Thank you to our 2021 sponsors and donors who helped make
this wonderful celebration of life possible:**



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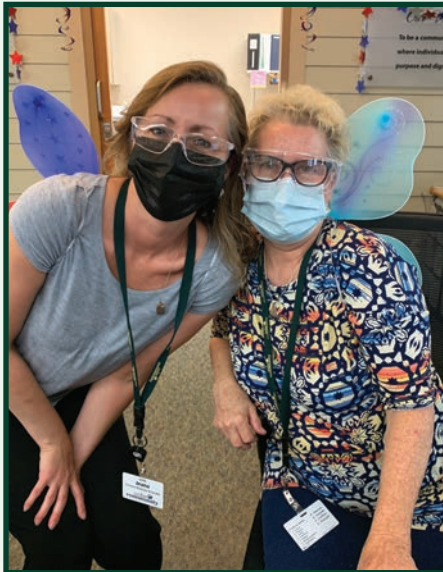
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**Visit
cedarcommunity.org
to view the
2021 Butterfly Release!**





Iconic sculpture rededicated as Cedar Ridge celebrates 35 years

In 1986, Cedar Community began a new chapter in the organization's story with the opening of Cedar Ridge—the first apartment-style independent living campus. While still under construction, Philip and Audrey Schowalter were the first resident managers to move to the facility. Together, they managed all aspects of campus development, including construction oversight, apartment rentals, and eventually serving the needs of new residents as building managers until Philip's passing in 1989.

Rev. Louis Riesch, Cedar Community visionary, founder, and CEO, commissioned the work *"Eternal Life"* as a memorial to Rev. Philip Schowalter—in thanks for his faithful and dedicated service. In 1990, the work was dedicated at the northwest entrance to the Cedar Ridge Campus.

The abstract work was intended to evoke the strong spiritual legacy of Pastor Schowalter. Words from the original dedication text describe the work:

- Three steel triangular sections representing the Holy Trinity and a strong spiritual foundation.
- Two outstretched steel arms representing welcome and service.
- One stainless steel ring in the center of the sculpture, representing the fulfillment of Christ's redeeming work.

In 2020, the sculpture was moved to accommodate construction of the Cedar Ridge Homes. For over a year it was carefully stored until a suitable location could be found for its new home. This summer, it was relocated to a peaceful location in the prairie near the Ichthys Pond on the south side of the building surrounded by newly planted commemorative trees. Consistent with Rev. Riesch's love of religious imagery, the pond was intentionally shaped in the form of a fish—matching a symbol adopted by early followers of the Christian faith. It is fitting that the *"Eternal Life"* sculpture has found its new home nearby.



Cedar Community continues to “create life-enhancing relationships, services, and environments” by expanding living options available on the Cedar Ridge Campus. After receiving feedback from prospective residents, the Cedar Ridge Homes are being built on the north end of the 50-acre campus. These brand-new duplex ranch homes offer larger living spaces with two-car garages. Cedar Community’s independent living apartments continue to offer a variety of options from one bedroom to suites and amenities like our bistro, Top of the Ridge Restaurant, and indoor pool and fitness center.

Whether considering a ranch home or an apartment, Cedar Community offers those 55 and better a comfortable and maintenance-free lifestyle with opportunities to engage in friendship, fellowship, and fun.

To learn more about the Cedar Community lifestyle, call Cathy at 262.338.4615, or Abby at 262.338.4617.

As Cedar Community’s Cedar Ridge Campus marked its 35th anniversary, the statue was rededicated on August 22 with a commemorative program. The rededication service included remarks from Cedar Community’s CEO, Nicole Pretre; a reflection from Julie Jennings, vice president of spiritual care and wellbeing; and family recollections shared by Eric Prom, Audrey’s grandson. With Audrey’s family present, the rededication included an opportunity to celebrate not only Philip’s memory, but the blessings of the past 35 years.

Cedar Ridge has changed a lot from those early days that Audrey remembers—with an indoor pool, bistro and full-service restaurant, shuffleboard court, outdoor gardens, and a well-appointed woodworking shop. But one thing has not changed—the warm welcome and sense of community shared by our residents. Audrey (and her family) are happy she made the move to Cedar Community 35 years ago. She is thankful for the safety and security it provides, *“I am really lucky to be here and have met so many wonderful friends.”*

A life of service: an interview with Francis (Frank) Miezio

BY: Tom Blumenberg

Resident, Cedar Community Independent Living

**With a hearty laugh,
Frank Miezio shares that he
believed the Navy slogan,
“Join the Navy, see the world!”**



The early years

Francis (Frank) Bruce Miezio was born in Milwaukee, Wisconsin, on November 21, 1945. His father, Stanley, worked as a supervisor for the Milwaukee Transport Services Company and his mother, Eleanore, was a homemaker. His older brother, Thomas, was a special needs child. His sister Madelynn (also a Cedar Ridge resident) was, and remains, 11 months older than Frank. Over the years Frank's parents cared for 32 foster children—making the Miezio household a busy one, with plenty of diapers!

Frank's early schooling was in the Greenfield and Greendale area and he attended high school at a Catholic seminary boarding school in Canton, Ohio. Beginning in 1963 he studied at St. Joseph's College in Indiana for two years and then at St. Mary's for his

“silent year,” studying in the morning and working in the afternoon. No television, radio, newspapers, or magazines were allowed.

Making a change

In August 1966, Frank Miezio made a decision that changed the entire course of his life—he left the seminary. The very next day he enlisted in the Navy to “see the world.” He was inducted into the U.S. Navy in November 1966 and began his world-wide adventure when he reported for duty at the San Diego Naval Base.

After completing boot camp, Frank was assigned to Jacksonville Naval Station in Florida and was trained as an aviation electrician. Utilizing all of the latest test equipment and procedures, Frank learned to troubleshoot and repair systems that connect electronic systems from the cockpit to the entire aircraft.

When he was not training, Frank volunteered to participate in the nine-person Navy Drill Team. Members of the drill team are experts in the art of close order drill. The drills utilized a standard Springfield rifle with a 10-inch fixed bayonet. As part of the drill team, Frank represented the Navy in various parades and public events.

Frank went on to serve U.S.-based duty stations in Maryland and San Diego. His work included maintenance and testing of weapons systems and various aircraft, including the A-4 and the F-8. Testing sometimes occurred in extreme climate situations like Panama, and in the cold winter climates of the northeastern U.S.

As with any job, sometimes there was the need to battle boredom. Like every other soldier, Frank was often assigned to the tedium of

watch duty. But leaning on his parochial and seminary choir experience, he was able to make the best of it. Frank smiles when recounting how he would sing to the aircraft that were lined up in hangars. Singing in the middle of a four-hour night watch helped him stay alert. “There were great acoustics in the hangars,” laughs Frank.

“See the world”

Frank was eventually stationed in the Philippines for eight months, where he was assigned to an administrative role in the aircraft maintenance department. When off-duty Frank was able to “see the world” a little more, traveling to Manila and the scenic mountain area of Baguio, where he enjoyed learning about the people, their customs, and their foods.



Civilian life

In August 1970, Aviation Airman 2nd Class Frank Miezio flew from the Philippines to Great Lakes Naval Station, where he was honorably discharged. While away, Frank's father had died and he wanted to be closer to home to assist his family as needed.

Upon his return, he enrolled at the University of Wisconsin-Madison under the G.I. Bill, eventually earning a bachelor's degree in business administration followed by a master's degree in health care administration. In the civilian career that followed, Frank held administrative positions in nursing homes, retirement communities, and services for the

aging—working in Illinois, Minnesota, and Wisconsin.

A new kind of service: Cedar Community

In retirement, Frank was faced with the decision about where to make his home. He was torn between remaining in Illinois with the friends and community he had established there, or relocating back to Wisconsin with family. Reflecting on visits to Cedar Community to see his sister Madelynn, he chose to make the move north. In April 2016 Frank moved to Cedar Ridge, where he remains on "active duty."

Frank is active in all aspects of life and leadership at Cedar Ridge, serving as President of

the Cedar Ridge Resident Council, a representative of the Social Activity and Education (SAE) Committee, coordinating Cedar Ridge donations to West Bend's Full Shelf Food Pantry, and overseeing the campus display of U.S. flags for patriotic holidays.

One more flight

Frank was nominated by his cousin to participate in a Stars and Stripes Honor Flight to Washington, D.C. and will be taking flight in October. It is a fitting honor for one who has served, and continues to serve, so honorably.

Meet Tom Blumenberg

Since 2020 Tom Blumenberg has been a resident of Cedar Community's independent living Cedar Ridge Homes. He is a retired pharmacist and public health professional who served 20 years in the United States Public Health Service Commissioned Corps—a uniformed division of the Department of Health and Human Services of the U.S. government. He retired at the rank of captain in 2006 and launched his own consulting firm. Tom has a passion for telling the stories of our service men and women. He has written and submitted 27 articles to the Veterans History Project—archived in the Library of Congress—and also the Wisconsin Veterans Museum.

Tom and his wife, Sandy, have been married for 48 years. Sandy is a retired registered nurse who has service experience of her own. When not writing, Tom is a volunteer at the Albrecht Free Clinic in West Bend and tends to the plants in the Conservatory at the Cedar Ridge Campus. He is also a master gardener and keeps a garden plot on campus. Tom lives a busy life fulfilling his bucket list, including teaching himself to play harmonica.

Tom's veteran's articles will be featured in the autumn and spring editions of *Live More*. If you are a Cedar Community resident and veteran who would like to share your story, please reach out to Carrie Sturn at csturn@cedarcommunity.org or 262.306.4216.

LIVING WELL, BEING WELL

Cedar Community's approach to wellbeing focuses on seven dimensions:

emotional, environmental, intellectual, physical, social, spiritual, and vocational.

EMOTIONAL

Recognizing, acknowledging, and expressing one's feelings in healthy ways, and constructively managing conflict and solving problems.

ENVIRONMENTAL

Recognizing the dependence and impact one has on the natural world, caring for creation and stewarding environmental resources responsibly, and respecting one's physical environment.

INTELLECTUAL

Continually learning and exploring different ideas and perspectives, applying critical thinking, challenging the mind, and embracing new experiences.

PHYSICAL

Engaging sound nutrition and regular physical activity to support cardiovascular health, flexibility, balance, and strength, and employing available resources to adapt to changing needs and live safely.

SOCIAL

Developing healthy relationships and friendships with others through sharing experiences, activities, or events.

SPIRITUAL

Seeking meaning and purpose in one's life, making connections and exploring our interrelatedness, finding and appreciating beauty, and living with hope and grace.

VOCATIONAL

Pursuing meaningful and purposeful endeavors that encourage personal fulfillment and contributing to the wider community.

Intellectual well

When talking about wellbeing, there is more to the topic than just physical activity and healthy eating. At Cedar Community, we strive to support the seven core areas of wellbeing: *emotional, environmental, intellectual, physical, social, spiritual, and vocational.* We will explore these seven areas through education, programs, and resources.

Are you open to new ideas? Do you like to think critically? Are you always looking for ways to be creative? Intellectual wellbeing can be achieved when you engage in creative and mentally stimulating activities. These activities should expand your knowledge and skills while allowing you to share what you've learned with others. This health dimension can be developed through reading and academic pursuits, cultural involvement, community engagement, and practice of personal hobbies. As knowledge grows, you are able to grow your skills and personal resources to complement other areas of wellbeing. Together, these lead to achieving a more balanced life.

Intellectual wellbeing encourages learning. It is important to explore new ideas and expand your understanding of the world around you. When you focus on intentional learning, you become more mindful and well rounded. Curiosity is important because it motivates you to try new things and develop an understanding of how you see the relationship between yourself, others, and the environment. Achieving an optimal level of intellectual wellness flows from a spirit of curiosity and exploration of the world around you.

Your journey to intellectual wellbeing begins when you are intentionally open to other cultures, ideas, environments, and the community around you. When you have an open mind, the world is truly yours. This allows you to explore issues relating to problem-solving, critical thinking, learning, and creativity.

being and

YOU YOU YOU



Alyssa Sommerfeldt
Wellbeing Specialist

Tips to enhance your intellectual wellbeing:

- Be open minded.
- Listen. When you participate in active listening, you are able to fully comprehend the information that is being given to you.
- Take up a hobby. Hobbies are great ways to increase your skill set. They can also be fun!
- Travel. The best way to gain knowledge and develop an appreciation for another culture is to experience it yourself.
- Express your creative side by exploring different avenues of creativity and artistic expressions.

Wishing you more intellectual focus this fall!

BODY, *and* SPIRIT

A special touch

An integral part Cedar Community's comprehensive wellbeing program is our expanded massage therapy offerings. Our team consists of three licensed massage therapists who offer a variety of massage specialties including Swedish, therapeutic/sports, lymphatic, craniosacral, myofascial, fibromyalgia treatment, lymphedema maintenance, and neuromuscular therapy.

The many benefits of massage include:

- relaxation
- improved circulation and lymphatic function
- increased range of motion
- reduced muscle tension
- reduced blood pressure
- strengthened immune system
- headache relief
- TMJ relief
- relief from carpal tunnel, fibromyalgia, and more

Meet our massage therapists



Trina Keup

Trina Keup has 13 years of experience and brings with her a focus on relaxation and calming the nervous system through fascia release, breathing, and deep tissue massage as needed.

Trina also has a background in Chinese medicine, finding acupoints along the meridians that need attention and allowing the flow of energy through the body. She uses lymphatic massage to enhance circulation and immunity and employs essential oils to address stress and sinus problems.



Michelle Mueller

Michelle Mueller has 20 years' experience with a deep background in aesthetics.

Her specialties include therapeutic, Swedish, and hot stone massage. Michelle incorporates essential oils throughout her therapies and abides by the philosophy that massage helps the mind and body heal itself.



Jean Runte

Jean Runte has practiced massage therapy at Cedar Community for more than 25 years. She specializes in lymphedema maintenance therapy, geriatric, benevolent touch, and myofascial release therapy. Each massage is carefully tailored to the individual's needs. Jean thoughtfully evaluates her clients' needs and progress—encouraging them to seek additional treatment if massage therapy is not fully addressing their needs.

Malchow wins Scott M. Cutlip Professional Fundraiser Award

Sarah Malchow, vice president of development at Cedar Community, has been named among the Association of Fundraising Professionals Southeastern Wisconsin 2021 National Philanthropy Day awards recipients—receiving the Scott M. Cutlip Professional Fundraiser Award. The award honors a fundraising executive in Southeastern Wisconsin who has distinguished themselves professionally—exhibiting a proven track record of continued fundraising success, possessing a strong reputation as an ethical and respected fundraiser, exercising excellent stewardship of donor dollars, and demonstrating volunteer participation for the profession and the community.

Malchow is the executive leader of the marketing, sales, fundraising, and volunteer engagement teams of Cedar Community. She has an extensive background in strategic and relationship-based fundraising practices, grant writing, donor stewardship, and campaign development. *“Sarah has a unique gift of building trust through kindness, genuine thoughtfulness, and her dedication to the mission, vision, and values of Cedar Community,”* says Nicole Pretre, CEO.

Sarah has demonstrated continual advancement and commitment to professional development throughout her career—building upon her experience, knowledge, and fundraising success. In 2020, Sarah completed the rigorous requirements through education, experience, performance, and examination and was named a Certified Fund Raising Executive (CFRE).

“What a humbling and deeply appreciated honor! To be recognized by my peers at the Association of Fundraising Professionals—Southeast Wisconsin is truly a gift. Heartfelt thanks to AFP, the mentors who have graciously shared their time and expertise, and the selfless donors who make our work possible,” says Sarah.

Cedar Community receives Post-Acute Care Certification from the American Heart Association

Cedar Community has earned the Post-Acute Care Heart Failure Certification offered from the American Heart Association®. This first-of-its-kind certification acknowledges the efforts of skilled nursing facilities to consistently provide high-quality patient care, improve outcomes, and reduce hospital re-admissions for heart failure patients.

The Post-Acute Heart Failure Certification provides skilled nursing facilities with tools to bridge gaps and integrate standardized care, quality initiatives, clinical best practices, and the latest scientific guidelines into their post-acute heart failure patient care processes.

“Participation in this certification benefits the patient and the facility by standardizing care coordination practices between discharge and the skilled nursing facility,” said Ileana L. Piña, MD, MPH, FAHA, Professor of Medicine at Wayne State and a heart failure/transplant cardiologist who helped develop the criteria for the certification. *“When there is clear communication between every phase of care, patients have the best opportunity for positive outcomes.”*

Many heart failure patients admitted to skilled nursing facilities after being discharged from the hospital are readmitted to the hospital within 30 days. Among the proven results of the certification are reductions in the 30-day re-admissions per the Centers for Medicare & Medicaid Services rates.

“Heart failure patients need high-quality post-acute care that follows the evidence-based guidelines promoting the best patient outcomes,” says Heather Suarez Del Real, RN, director of nursing. *“At Cedar Community we want to be trailblazers and continue to utilize innovative methods to give our heart failure patients the best care—this is an honor to have our processes and efforts be recognized in this way.”*



Steffes benefits Cedar Community residents through her Amazing Ride for Alzheimer's

Washington County Insider's Judy Steffes left Milwaukee on July 27 to continue her Amazing Ride for Alzheimer's. Funds raised during her bike tour generously support music therapy for residents of The Cottages, Cedar Community's memory care campus. Judy's travels and fundraising efforts are an ongoing tribute to her father, Al, who suffered from Alzheimer's. This summer, her adventure followed the path of the legendary Bonnie and Clyde as she pedaled from Louisiana back to Wisconsin. Each year, Judy rides to raise awareness for Alzheimer's as well as to raise funds for local supportive programs. So far this year, Judy has raised \$1,283.46 from friends in the Washington County community. Cedar Community is grateful to Judy for her compassion and her dedication to those facing Alzheimer's. If you would like to make a gift in support of Judy's Amazing Ride for Alzheimer's, please visit <https://www.cedarcommunity.org/give/>.



Volunteer highlight: Activities like no other

Residents enjoy miles of wooded trails and paths as well as access to the shores of Big Cedar Lake—just steps from their front door on Cedar Community’s 245-acre Cedar Lake Campus. This private, serene setting affords many opportunities for unique senior living and life-enriching activities, including pontoon boat and golf cart rides to explore the lake and nature. Rides are available for residents and their guests.



This was the best move we ever made."

Cedar Community became home to **Frank Laycock** and his wife, KC, in 2005 when they moved to an independent living home on the Cedar Lake Campus, after six years on the waiting list. They were very familiar with the property since KC spent summers with her family on Big Cedar Lake. The Laycocks wanted to move to a place where there was safety, security, and additional support if they needed it—and Cedar Community's Cedar Lake Campus was it. Volunteering was in their blood and they signed up immediately to help. Frank wasn't a golfer and had never driven a golf cart, but he enjoyed rides through the prairie with resident Dorie Alff, who had a passion for flowers. *"When she could no longer drive, I became her driver,"* says Frank. He also began taking residents on rides along the trails and through the prairie. *"My love for this place allows me to share Cedar Community's history along the ride, pointing out several historical places—probably telling people more than they want to hear,"* laughs Frank. Frank did a lot of research on the history of Cedar Community and enjoys being able to share it with new residents who may not be as familiar with the early beginnings of the organization. Frank suggests taking a ride several times a year because the prairie is constantly changing. Ever the teacher, he also trains new drivers. The golf cart tour is a perfect fit for Frank, who was a high school teacher for 42 years and taught theater, speech, and English at Whitefish Bay High School. He also served as the theater director and even had Oprah Winfrey as a student during one summer session! *"I will continue to volunteer as long as I can keep doing it,"* says Frank.

Carol Smiles-Fahs retired from M&M Mars after 32 years in sales management. She has several friends at Cedar Community who encouraged her to sign up as a volunteer. *"I had extra time after retirement that I could give to somebody else,"* says Carol. She has helped out with bingo, happy hour, shopping trips, and luncheons, but most of all, Carol loves the water. She lives on Little Cedar Lake and is happy to serve as a trained pontoon boat driver (captain) for resident outings. Carol is a very active person and likes to keep moving. She was very excited about being a captain and couldn't think of a better volunteering opportunity. Carol can't say enough about Cedar Community, *"Everyone is so friendly and kind. I really enjoy interacting with residents and this is such a great place to be."* Carol also volunteers at the Washington County Humane Society for several of their special events and spends every other week helping out her 90-year-old mom, who lives in the Chicago area. When not volunteering, Carol enjoys traveling, scuba diving, and teaching Jazzercise in West Bend and Kewaskum several times a week. *"I don't know how I could have ever fit in work—I am so busy in retirement,"* laughs Carol. *"If you have time, there are so many different activities and volunteer opportunities to choose from that meet your interests."*

Thank you!

Pontoon boat drivers

Lee Anderson
Jerry Balsler
Bob Bliese
Dave Braby
Dennis Brugger
Don Gruendemann
Tom Hildebrandt
Sue Kapke
Gary Knoke
Bob Leaverton
Rich Miller
Keith Ruesch
Jeff Schwitz
Carol Smiles-Fahs
Dick Spiering
Dick Stefanowski
Bruce Whitmore
Ruth Whitmore
Harley Wickus
Mike Wisnefske
Tom Zarling
Tom Zielinski

Golf cart drivers

Wes Falk
Mike Kucharik
Sue Kucharik
Frank Laycock
Jim Lorch
Dale Zarling

Dennis Brugger was a mechanical engineer and business owner for many years prior to retiring in 2010. He enjoys home remodeling and built a home in Florida in 2008, where he enjoyed playing golf and relaxing. Dennis lost his wife in 2004, but was fortunate to meet Mary Lou—mother of Erin Faust, Cedar Community director of life enrichment. Dennis and Mary Lou were married in 2009. He loves the outdoors—hunting, fishing, gardening, and boating. Erin knew he would make a great pontoon boat driver (captain), especially for memory care residents. Dennis' first wife suffered from early onset Alzheimer's and he was her caregiver for almost five years. This special perspective makes him a fabulous captain. *"I enjoy it. I know what it's like to have cared for someone with memory loss. I like to joke around with the residents, bringing a little humor to their day and seeing the joy on their faces. The thank yous from residents mean a lot,"* says Dennis. When not volunteering, he keeps busy with a list of projects around his condo.

One visit to Cedar Community's independent living homes was all **Bruce and Ruth Whitmore** needed to make the move to the Cedar Lake Campus in 2019. The move allowed them to be closer to family and they appreciate the opportunity to create new friendships in such a close-knit and welcoming community. Ruthie is a retired teacher and Bruce enjoyed a long career in agriculture in addition to 33 years as a volunteer firefighter. Living at Cedar Community, Ruthie appreciates the friendliness of residents and team members, and all the available activities. She even bought a kayak, going out often on Big Cedar Lake. Bruce enjoys the variety of wildlife and the natural setting that Cedar Community offers. Both enjoy driving the pontoon boat for fellow independent living residents—especially nighttime cruises. *"I love being on the water and look forward to many new adventures while living at Cedar Community,"* says Ruthie. Bruce spends time gardening and enjoys attending Milwaukee Brewers games with fellow residents he has met at Cedar Community. Bruce and Ruthie have both been actively involved in life at Cedar Community, including maple syrup collection, sugaring off, and bottling. Ruthie also spends time in the Art Studio and playing games and cards.

After 29 years in their home, **Mike and Sue Kucharik** moved to a Cedar Community independent living home on the Cedar Lake Campus in 2018. Mike suffered a stroke in 2015, thankfully regaining most of his movement with the exception of his right arm. He retired shortly after and decided the upkeep on their home was becoming too much. Mike and Sue both felt at home at Cedar Community—enjoying the same wildlife and woods they enjoyed at their home. They received the *Live More* magazine in the mail and attended several seminars at Cedar Community’s independent living apartments. The apartment lifestyle was not for Sue, but when they learned about the independent homes available on the Cedar Lake Campus, they were all in. After 11 months on the waiting list, they now enjoy the peace of mind that comes along with the move to Cedar Community. *“The neighbors are wonderful. I was nervous about moving into a neighborhood because we didn’t have the best neighbors where we lived,”* says Sue. At Cedar Community they are actively involved helping out whenever needed. A bug ride through the prairie with Frank Laycock sparked Mike’s interest in volunteering as a driver, something he knew he could do in spite of his stroke. Mike drives the bug and Sue narrates the ride, taking notes from her rides with Frank on Cedar Community’s history. While Mike enjoys being actively involved and around people, Sue also likes her alone time. *“This was the best move we ever made,”* say both Mike and Sue. *“We love everything about Cedar Community.”*



To learn more about the many volunteer opportunities available at Cedar Community, contact Bonnie Amerling, volunteer coordinator, at 262.306.4218 or bamerling@cedarcommunity.org.



Resident profile: Merlin Gerner

BY: Gladys Sachse

Resident, Cedar Community Independent Living

Merlin Gerner was born in the town of Saukville and grew up on a dairy farm with one sister and three brothers. Like generations of other farm families, working hard has always been a part of his life. But Merlin also had a special gift for gardening as well—you could say he has a “green thumb.” At age 14 he was hired as a gardener and was responsible for mowing and taking care of the flower gardens—including lots of zinnias. At home, he helped with the milking and farm work, and as he got older he was left in charge of his uncle and aunt’s farm when they were away.

Merlin attended St. John’s Lutheran School in Newburg, and graduated from West Bend High School in 1947. Immediately after graduation he was hired by Kiekhaefer Marine Co., which was later bought by Mercury Marine. He started work the day after graduation, working up the ranks to management and inventory control. He recalls an experience when his boss assigned him to be the caretaker of a farm near Ixonia. The farm was owned by a friend of his employer and the two hired help had quit, leaving no one to manage the farm. He milked 50 registered Holstein cows, took care of the young stock, and hundreds of chickens. Merlin had no idea of the farm’s schedule, specific routines, or preferred feed for the animals—but he quickly figured it out. Looking back, he doesn’t know how he ever did it! Merlin took care of the farm seven days a week for three months until new help was hired and then gladly returned to his regular (and much easier) job at Mercury Marine. In 1951 he was drafted into the U.S. Army and served for two years, eventually deployed to a duty station in Seoul, Korea, as a quartermaster and dispatcher for officer vehicles.

Merlin met his wife, Sylvia, through work. She was born in the Village of Fredonia and grew up with four sisters and one brother. The gentleman she rode to work with introduced her to Merlin. Twice she turned him down for a date, but the third time she accepted. They were married one year later on June 25, 1955. She worked in quality control at Mercury Marine, retiring in 1988. Merlin retired in 1989. Wanting to keep busy, he took a part-time job at the West Bend Country Club in 2006—working as a locker room attendant even though he says he never swung a golf club.

Merlin and Sylvia moved several times, living in Fredonia, the Town of Cedarburg, Fond du Lac, and the Town of Saukville. Through the years they traveled to Europe, Germany, and Switzerland. They particularly enjoyed a trip to Hawaii and every spring they took a 10-day bus tour to either California and the West Coast, or Florida.

Their home in Saukville was nestled on 40 acres and was perfect for gardening pursuits. Merlin was an avid gardener with a vegetable garden, flowers, and many fruit trees. In time, as Sylvia developed more health problems, he provided care for her and also did the cooking and housework. When it was time to downsize in 2017, they moved to Cedar Community’s independent living apartments and lived there for four years. When Sylvia needed more care they moved to Cedar Bay East—Cedar Community’s assisted living—in March 2021. Soon after the move she was placed in hospice care. Sylvia passed away in April after 65 years of marriage.

Merlin continued gardening after each move. While living on the Cedar Ridge Campus he was known for his colorful, beautiful gladiolas and zinnias that attract butterflies. He would generously share his gladiola bouquets in the chapel for services and in the lobby for the enjoyment of his neighbors, and he planted and maintained the flowers and pots at the front entrance. Merlin also kept active with walking and attending exercise classes and chapel services.

While at Cedar Bay East, Merlin continues to garden—planting and watering the raised flower beds and pots in the courtyard and greenhouse. He feeds and watches the birds and is proud of the very tall sunflower plant outside his window, which came up from seeds dropped by the birds. He continues to keep active with an hour walk each day and exercise classes.

Merlin has many nieces and nephews and every July his family gathers for a big reunion. In spite of health issues of his own, Merlin is happy, keeps active, and is enjoying life at Cedar Community!

Celebrating outstanding team members

Every quarter, Cedar Community recognizes team members who go above and beyond their everyday tasks for our residents, families, volunteers, and their fellow team members. Cedar Community is proud to announce our Team Members of the Quarter award winners:

Cathy Majkowski, director of sales, and Denise Wetzel, RN



With many fond memories of playing school as a child, it was **Cathy Majkowski's** dream to become a teacher. But when a high school teacher told her she would be a perfect fit for a career in marketing because of her outgoing personality, a light went on. *"I came from a family of nine kids so attending a four-year college really wasn't an option for me because my dad was in ill health,"* says Cathy. And a new dream was born.

After earning an associate's degree in marketing, Cathy went on to a job in sales and marketing for a manufacturing company. Over the next several years she moved through various jobs in the field, but she always had an entrepreneurial spirit. *"I was selling books for my dad at age 10,"* laughs Cathy. She appreciated the freedom and flexibility her dad had as an entrepreneur and sought roles that provided both.

When Cathy got married and had her two children, she redirected her energy to raising her family—choosing to put her full-time career on hold. In time, she made a friend who owned a travel business and was looking for someone to take over following her retirement. She felt that Cathy's outgoing personality and ability to connect with others would make her the perfect fit. In 1999, Catherine Tours was born. She organized and planned trips all over Wisconsin and the United States. *"A lot of the residents who live at Cedar Community were my tour clients at one time,"* says Cathy.

A floundering economy caused Cathy to rethink her future. A tour client who worked as a caregiver for a local company encouraged her to apply for a sales and marketing position. Over the next several years she gained experience and eventually met Nicole Pretre, who was, at the time, working in sales and marketing at Cedar Community. In 2014, Cathy joined the Cedar Community assisted living sales team and after two years, she moved into independent living sales. Today, Cathy serves as the director of sales for Cedar Community and oversees the West Bend independent and assisted living sales team.

When she is not busy touring potential residents, Cathy is at home enjoying the outdoors—hiking, running, gardening, visiting the mountains, and joining her husband, Rick, on their Harley. She also spends time caring for her 90-year-old mom and enjoying her new granddaughter, Lainey Mae. Her family and friends bring her great joy.

Cathy's warm personality and caring heart make her especially loved by residents and team members alike. Her upbeat and professional demeanor, her ability to connect with current and potential residents, her caring attitude, and outstanding sales abilities set her apart. *"Cathy's sales acumen and abilities are a perfect marriage of heart and art,"* says Sarah Malchow, vice president of development. *"She models and reflects the best of who we are as Cedar Community—selfless, servant leadership, with a true love for her neighbors. She is cheerleader, coach, and supporter for her sales team and a faithful colleague and friend to all."*



The words *quality assurance, performance, and improvement* are not just part of **Denise Wetzel's** title, but they also sum up how she approaches her work as an RN. Denise has “grown up” at Cedar Community, and her team members showed their appreciation for her 31 years of dedicated service by nominating her as Team Member of the Quarter. *“Denise exemplifies the very mission, vision, and values of Cedar Community.” “She is an amazing teammate, taking great pride in her work.”*

Denise's grandfather moved in with her family when she was about 12 years old. Watching her parents care for him sparked her interest in a nursing career. Denise's sister worked at Cedar Community as a nursing

assistant as well, and inspired her to take a nursing assistant training course while in high school, ultimately earning a two-year registered nurse degree from MPTC. While in school she participated in the nurse extern program at Cedar Community, *“I was able to use my skills and knowledge from what I was learning in school at the time on the job while under the direction of a registered nurse,”* says Denise.

After graduation Denise joined the team at the new rehab unit at Cedar Community, working for several years as a charge nurse and then nurse supervisor. During that time, she was approached by MPTC to teach a nursing assistant class for high school students. *“Everything was coming full circle for me. I began my career path in the same class I was now teaching. It was exhilarating for me to watch the students learn and grow and I felt like I had a meaningful impact on them,”* says Denise.

After a stint as a nurse educator, Denise joined the home health and hospice division, where she worked as an RN case manager and enjoyed the opportunity to see patients in their home environments and hear their life stories. *“Often when patients are in their own homes they are more comfortable and open up more,”* says Denise.

In 2020, Denise moved into her current role, which involves reviewing clinical documentation—making sure that records meet all regulatory standards. Denise is still able to marry her love of teaching and nursing as she provides orientation for new team members and continuing education opportunities for current team members. *“Denise's commitment to Cedar Community and our mission is evident in everything she does. Her attention to detail is impressive. She rolls up her sleeves and does what needs to be done for our patients and families and her heart is always in the best place—with our patients and our team,”* says Nancy Chevremont, administrator of home health and hospice services.

Denise feels blessed to have such a full career. *“There have been so many opportunities for me to explore while working at Cedar Community. I grew up here and I raised my family while I was here,”* says Denise. When Denise is not at work, she loves spending time with her family, musky fishing, traveling with her husband to state and national parks, hiking, and kayaking.

To learn more about the rewarding opportunities available at Cedar Community, visit our careers page at cedarcommunity.org.

TIME, TALENTS, AND TREASURES



Residents at Cedar Community can enjoy, explore, and embrace their best life through many life-enriching opportunities. In addition to the many amenities we offer, there are also a variety of ways to use your time, talents, and treasures to help others and enrich your own life. And, if you want to learn something new, you can be certain to find someone willing to share their knowledge and skills with you. Each quarter we plan to spotlight a few of our neighbors and friends who make life at Cedar Community a little better because of the time, talents, and treasures they share. We hope they inspire you to *Live More!*



Idelle Breitbach has been knitting since she was seven years old. She started a knitting group shortly after moving to Cedar Community's independent living apartments in 2019. Today, the group has 12 members, working at their own pace, and generously donating the fruits of their hands to organizations in need. They meet every Monday at 11 a.m. in the Club Room at Cedar Ridge. Idelle carefully creates kits, which include patterns and yarn for each project. Idelle logs about 130 volunteer hours each month. The knitting group is always willing to help out local organizations. If you have a need for any of these knitted items or if you would like to get involved, contact Idelle at Idelleb@earthlink.net. If you would like to help, the group needs 4-ply acrylic worsted yarn. Donations can be dropped off to Idelle's attention at the Cedar Ridge Campus reception desk, 113 Cedar Ridge Drive, West Bend.



The knitting group has donated:

- 106 dialysis sleeves to Fresenius Kidney Care in West Bend for patients to keep their arm warm during treatment.
- 100 hats and 100 pairs of mittens to the West Bend School District Head Start program.
- 60 hats and 33 pairs of mittens to St. Ben's Parish in Milwaukee.
- 24 premie covers and blankets—for babies too fragile to be swaddled—to St. Joseph's Hospital Milwaukee's neonatal intensive care unit.
- 14 prayer shawls and 20 chemo caps to Chix 4 a Cause.
- 5 prayer shawls to Kathy Hospice.



Residents enjoy many musical opportunities available at Cedar Community—from singing to strumming. **Julie Gundrum** learned to play the ukulele when volunteer Carrie Skibinski offered to teach a group of residents in 2016. Many people joined the group without any musical experience or knowledge. Residents enjoyed strumming with Carrie until she decided she had taken them as far as she could musically. That's when Sherry McElhatton, music therapist, took over in 2019. Today, the group goes by the name WbAUI—West Bend Area Ukulele Initiative—and welcomes members from the greater West Bend community. The group currently counts 15 members and meets every Thursday at 10 a.m. *"The sound and camaraderie has all been amazing,"* says Julie. The group has played at several Cedar Community events including the Butterfly Release, as well as many local community events like Germanfest. To learn more about WbAUI, contact Sherry McElhatton at 262.306.4554 or smcelhatton@cedarcommunity.org.



If you know him, it may surprise you to learn that **Pete Biletzky** owned a clothing store for many years—even designing clothes early on. But what wouldn't surprise you is the fact that today he is an incredibly accomplished woodworker. If you've visited his house or the woodworking shop—you've seen his work. *"I always liked working with my hands and was somewhat artistic,"* says Pete. He learned a lot about the trade while working at an architectural millwork firm doing high-end custom work. From there he built custom trade booths for Pontiac and General Motors. Pete retired in 2013 and moved to a Cedar Community independent living home in 2017. He was sold the minute he saw the privacy the homes offered and the 6,600-square foot woodworking shop at the Cedar Ridge Campus. *"I love that I am independent in my own home, but there is help if I need it without moving to another retirement community. All the levels of care are right here,"* says Pete. He is in the woodshop three to four hours each day, five days a week. There are currently 30 active woodshop members working on their own personal projects and projects that come in from the greater community, including refinishing, building tables, caning, and much more. The woodshop is open to all Cedar Community residents of all skill levels. Members, including Pete, assist those who want to learn the trade. Pete has completed many projects for Cedar Community, including kayak racks down at the lake, a podium and altar for chapel service, bulletin boards, trailhead sign structures, patio benches and credenzas at Cedar Ridge, literature racks, pens, wine corks, bowls, and anything else he can think of. He is also chairman of the woodshop committee and manages the budget, ordering, and projects. The woodshop is very philanthropic and donates pens for U.S. troops every year and makes toys for Operation Christmas Child. In 2020, the woodshop logged 3,570 volunteer hours. They also generously donate to *Partners In Caring™*, assisting fellow residents in need. Funds generated by the woodshop through community-paid projects also fund new equipment and machinery updates. Pete is multi-talented and also enjoys painting with watercolors. If you have a project you would like the Cedar Community Woodwork Shop to consider, call 262.338.2825.

Jerry Balsers's interest in photography grew out of family photo sessions with his stepfather and his three brothers. While photography was not his vocational or educational path, a family tragedy forced Jerry to take a semester off during college and he landed a job as a photo journalist for a local newspaper. *"I learned a lot during that time from the newspaper editor on how to pose people,"* says Jerry. One memorable experience was a photo he captured of Vice President Hubert Humphrey during his campaign for president. Years later, after retiring from a successful career in nonprofit leadership, Jerry took photography classes. He eventually joined a photo club run by Allen Lowy—who studied under Ansel Adams. The club consisted of highly acclaimed photographers who would share their photos for feedback and critique. Now living at Cedar Community, Jerry has joined the photo club and also participates in a local community group—the West Bend Clickers. *"I enjoy the whole process of taking photos and have gone through phases of what I find interesting to photograph—from landscapes to portraits."* He also learned about image enhancement and uses several computer formats to further improve his photos. Jerry says he now *"sees everything with a photographic eye."* With so many photos and limited wall space, Jerry has begun to create theme books to house his collection and to enjoy. One recent photobook covers the Cedar Community maple syrup volunteers' tapping and sugaring off process. His current project involves a photobook capturing the spirit of Cedar Community's Woodwork Shop—documenting the amazing talents of the residents who create masterpieces with wood. Jerry doesn't plan to stop there. In the works is also a book featuring the Memorial Garden and the Wisconsin prairie at Cedar Community.



Not to be outdone by her husband, **Kathy Balsers** also has many talents, which didn't really peak until she turned 60. *"I don't even consider myself an artist; I am an accountant,"* laughs Kathy. But while living in Arizona, there were many opportunities to take classes within the various art communities. Kathy loves art and signed up at an art gallery for a watercolor class, often painting sceneries of the Southwest. From there, she learned sculpture first using terra-cotta clay, and then plastalina clay, which goes on to be cast into bronze statues by a foundry. She has three bronze sculptures she created, the very first one being Clint Eastwood in one of his western roles. The challenging part of sculpting was making sure the anatomy was correct and the clothing was draped properly based on the way a person was standing or moving. Gourd art classes were also a favorite while living in Arizona. Since being at Cedar Community, Kathy has become interested in stained glass, creating pieces for their home and for the store at Cedar Community's Cedar Ridge Campus. As if that were not enough, Kathy also began training in racewalking at the age of 60 and competed in numerous competitions—eventually winning gold and silver medals in Senior Olympic and USA Track and Field (USATF) Masters competitions. She was named racewalker of the year in her age group twice, but her biggest accomplishment was competing in the World Masters Athletic Championship games in Italy and bringing home a silver medal in the 5k and 20k events. When she stopped racewalking she took up hiking, and at the age of 72 hiked the Grand Canyon from the north to the south rim. Today, she can be found walking the Balsers' beloved dog, Sheba, all over the Cedar Lake Campus.



Patient care is top priority for doc

For the past year and a half, Dr. Charles Sammis, DO (osteopathic medicine), has served as the medical director for Cedar Community's Home Health and Hospice division. With a rich background of experience in hospital, private practice, local clinic, and nursing home settings, he brings a commitment to patient-centered care and broad expertise to the team.

He started his own private family practice in a small southern Illinois town, even providing house calls when the need arose. It truly was a "family" practice, with his wife serving alongside him as his nurse, his sister as the receptionist, and his mother-in-law in charge of clerical support and billing. *"We did it all and it was a great way to practice medicine. Being part of a small town, we would have a knock on the door in the middle of the night with a parent holding a sick child with a high fever. We would put them in our own bathtub,"* says Dr. Sammis. He greatly enjoyed this type of practice, but the challenges of navigating insurance billing and reimbursement became overwhelming, as did the rising costs of his own insurance. In time he sold his practice and was actively recruited to join the West Bend Clinic—Kewaskum campus.

Dr. Sammis worked at the Kewaskum campus of the West Bend Clinic for 15 years, providing excellent and compassionate care to individuals and families in the surrounding area. However, the desire to spend more time with each patient and give them highly individualized care led him to return to private practice. Eventually opening a private practice in Mayville, he provided direct primary care—meaning, patients paid a flat monthly fee instead of going through medical insurance. With this creative and family-friendly model, patients could visit the clinic as often as needed and the monthly fee covered all in-office services.

In order to provide the highest level of care possible, he limited his patient count to 300 individuals and saw great results in patient outcomes. *"I believe in providing whatever care my patients need and seeing them through all aspects of their life,"* says Dr. Sammis. The clinic even provided in-home visits, which was of great benefit during the pandemic. However, this incredible dedication to his patients meant being on-call 24 hours a day, seven days a week, 365 days a year. As he was nearing retirement age and was hopeful to spend some time traveling with his family, Dr. Sammis sold his practice in 2020.

Full-time retirement, however, was not in the cards for Dr. Sammis, as soon after "retiring" he received a call from Cedar Community. With a reputation for compassionate end-of-life care, Dr. Sammis was asked to join the Cedar Community team. He brings with him a specialized and person-centric approach to patient care—focusing on respect and dignity during end of life.



Cedar Community Home Health & Hospice—focuses on mind, body, and spirit while providing you and your loved ones compassionate and best-in-class care.

Recent surveys say...



"The team at Cedar Community is truly top notch," says Dr. Sammis. In his role he is responsible for determining hospice eligibility, following Medicare guidelines, obtaining orders for admission, reviewing medications, monitoring patient care, and adjusting treatment as needed. The hospice care team meets every two weeks and reviews each hospice patient individually. The team consists of Dr. Sammis, nursing team members, a pharmacist, a social worker, a chaplain, and Cedar Community's volunteer coordinator. Their singular goal is to keep patients comfortable at end of life, following a patient's wishes for plan of care, listening to the patient and family, and honoring the patient during their journey home. "Coming from treating a patient to make them better and going to hospice care means changing your thinking process from healing to providing comfort care," says Dr. Sammis. "Hospice involves a respectful and delicate balance, listening to what the patient wants and needs."

Dr. Sammis spends, on average, 25 to 30 hours per month at Cedar Community and is available 24 hours a day, seven days a week. *"We are very fortunate to have Dr. Sammis as our hospice medical director. His expertise is only matched by his compassion. The guidance and support he provides our team on a daily basis helps us provide exceptional care to our patients and families,"* says Administrator of Home Health and Hospice Services Nancy Chevremont.

Dr. Sammis is proud to serve with an outstanding team of nurses who all work together in the best interest of the patient. *"It's all about patient care and I can't stress that enough."*

Being available 24/7 is not always easy, but Dr. Sammis does find time to enjoy hobbies, including canoeing, fishing, woodworking—even making his own kitchen cabinets—and spending time at his cabin in the Upper Peninsula.

To learn more about Cedar Community's hospice services, please visit cedarcommunity.org/hospice or call 262.306.2691.

Home Health

Helping you meet your recovery goals and stay safely in your home.

98.9%

Likely to use services again

96%

Received excellent care by nurses

96.6%

Felt treated with respect

90.9%

Rated their care a 9/10 or 10/10

Hospice

Supporting patients and families on their journey home.

97.5%

Recommend Cedar Community Hospice

97.4%

Rated their care a 9/10 or 10/10

98.8%

Felt treated with respect

98.2%

Felt emotionally and spiritually supported

Changing seasons at Cedar Valley

Autumn is arguably the most glorious season at Cedar Valley; the beauty of the leaves changing colors, the angle of the fading sunlight at day's end, and the crisp air that quickly brings your attention to the present moment. Along with changing seasons this year, Cedar Valley has experienced some other significant changes as well. In July, our beloved Rebecca Condé passed into eternal life. Rebecca was the managing director of Cedar Valley UCCI (formerly Cedar Valley–Cedar Community) since January 2010. We recognize and honor her many years of service and dedication. So much of Cedar Valley is a living testament to Rebecca's creative spirit and faith—she will be deeply missed.

Amid this sorrow, God has blessed us with two new smiling faces. Michelle Spettel and Sam Emrick are the new managing directors at UCCI Cedar Valley. Each brings unique experience, passion, and enthusiasm to their role.

Sam joined UCCI in the summer of 2020 as our first outdoor ministry apprentice. He spent the past year learning about programming, facilities, planning, and teamwork and is excited about this new chapter. Sam is looking forward to strengthening his connection with this beautiful place. He shares, *"It's important to me that all are welcome to experience the wonder that is Cedar Valley."*

Michelle's background in nonprofit work—and her passion for the arts—makes her a perfect fit for Cedar Valley. Michelle says, *"It is beautiful to see how each job and every experience fits together like a puzzle and gives you what you need to move into your next opportunity to make an impact."* Michelle is excited to experience all that Cedar Valley has to offer and is looking forward to meeting the guests that make Cedar Valley so special.

Both fully embrace the history of Cedar Valley and are eager to welcome you!



➤ Cedar Valley is open to Cedar Community residents and team members to enjoy the winding trails and tranquil environment any time of year. When visiting, simply check in at the front desk before heading out on the trails.



UPCOMING EVENTS AT CEDAR VALLEY

One-of-a-Kind Box Making with Lynn Gordon

Workshop #1: October 23, 2021
9 a.m.–3:30 p.m.

Workshop #2: October 24, 2021
9 a.m.–3:30 p.m.

Watercolor Excitement with Joyce Eesley

November 5–7, 2021

Overnight and commuter options available

**Register online at
ucci.org/events or call
262.629.9202.**

Follow Cedar Valley on Facebook for all the latest news, upcoming and newly-added events, and some cool volunteer opportunities.

**Follow us at:
[facebook.com/
welcome.to.cedarvalley](https://facebook.com/welcome.to.cedarvalley)**



Partners In Caring™ Annual Campaign 2022

“But for the grace of God—it could one day be me.”



Sarah J. Malchow, CFRE
Vice President of Development

In the course of my work, I am privileged to have many conversations with the friends, neighbors, and donors who make up the Cedar Community family. Oftentimes, these conversations turn to the needs of others and opportunities to help. And more often than not, we end up talking specifically about *Partners In Caring™* and the opportunity we have to support our friends and neighbors whose financial resources run short.

It was during a recent visit with one of my neighbors that they shared part of their motivation for giving: *“But for the grace of God—it could one day be me.”* And you know what, it’s true—it could, one day, be any one of us.

Despite the best-laid plans, the most careful saving and spending, and the wisest financial advice, sometimes life throws you a curveball. Long-term care needs, skilled nursing, and memory care can all add up—quickly. And just as quickly the costs can drain a lifetime of savings.

That’s where we come in. When folks are welcomed into the Cedar Community family of friends and neighbors, we make it a priority to do our best to ensure their care—even if their resources run short and they are forced to rely on Medicaid and other government supports. And your generosity helps us do that.

So, as we launch our 2022 *Partners In Caring* annual campaign, and as you consider how you may choose to participate, I would ask you to keep my neighbor’s words in mind. Because it’s true—it could one day be any one of us. And, as a community of friends, neighbors, family, and team members—we all have the privilege to help.

Thank you for your consideration and your enduring support. It means so much to so many.

As you consider how you might participate in our 2022 *Partners In Caring* annual campaign, please think about how you might maximize your year-end giving. Gifts of appreciated stock, securities, or required distributions from a retirement account can help others and offer a tax benefit for you.

To learn more about how you can support the *Partners In Caring* annual campaign, please contact Deb Holtan, philanthropy manager, at dholtan@cedarcommunity.org or 262.338.4626.

For assistance with estate planning or planned giving, please contact Sarah Malchow, vice president of development, at smalchow@cedarcommunity.org or 262.306.2104.

CEDAR COMMUNITY SERVICES DIRECTORY

Independent Living

West Bend

- Cedar Ridge Apartments
 - Cedar Ridge Homes
 - Cedar Lake Village Homes
- 262.338.4615 or 262.338.4617

Elkhart Lake

- Elkhart Lake Village Homes
- 920.876.4050

Assisted Living

West Bend

- Cedar Bay East
 - Cedar Bay West
 - The Cottages (memory care)
- 262.306.4299

Elkhart Lake

- Cedar Bay Elkhart Lake
- 920.876.4050

Short-term Rehabilitation and Skilled Nursing

- Cedar Lake Health and
Rehabilitation Center
- 262.306.4240

Outpatient Rehabilitation

262.306.2150

Home Health & Hospice

262.306.2691

Restaurant and Catering

- Top of the Ridge Restaurant
and Catering
- 262.338.2812

Cafés

- Market Café (*Cedar Ridge Campus*)
- 262.338.4614
- Cedar Lake Café (*Cedar Lake Campus*)
- 262.306.2100, ext. 4128

Resale Shops

- Cedar Treasures (*Cedar Ridge Campus*)
- 262.338.8377
- Cedar Closet (*Cedar Lake Campus*)
- 262.306.2100, ext. 4119

Volunteers

262.306.4218

Cedar Community

Salon & Spa Services

- Cedar Lake Health and
Rehabilitation Center
- 262.306.4281
- Cedar Ridge Apartments
- 262.338.2813
- Cedar Bay West
- 262.306.2130, ext. 4429
- The Cottages
- 262.365.6500, ext. 5405

Cedar Community

Main Number

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Cedar Lake Pharmacy

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