

Volume 1, Issue 1

September 2023



season of
REFLECTION

NATIONAL ASSISTED LIVING WEEK®
SEPTEMBER 10-16, 2023



Cedarwood Assisted Living


Cedarwood Chronicle

Grandparents Day, Sunday, September 10th:




Grandparent's Day was spent listening to Jeff Hammer and his Variety Band. We had stations of axe throwing, ladder ball, and cornhole. Jeffs Gone MAD-helped us with the games. Soft Serve ice cream was a hit with everyone.



///  ///

*A Grandparent
is a little bit
parent,
a little bit teacher,
and a little bit
best friend.*

///  ///

Remember When: Show & Tell– Monday September 11th



Judy Kinghorn (above) shows a very special doll that was her grandma's.

Connie Mahlman (below) showing a set of salt and pepper shakers she received on her honeymoon from the hotel in Geneva.



Don Mahlman (above) showing a wooden cut out of himself in high school playing football.

Verna Horky (pictured below) Has poem written by her 10yr-old grandson about his vision from the news on 9-11



Reflections of our past Careers



Homer (right) showing his Hobby of wood working. Homer was in the Army, he was a farmer, a banker and even Fairbury's Mayor.



Cleo (above) wearing all white and holding a picture of her working at the Fairbury Clinic 55 years as a nurse.



A Senior and Junior from Fairbury High School joined us today to visit with us about our careers. We had an afternoon of reflection and conversation.



Entertainment by Paul Seibert

Paul played beautiful Patriotic music for us on 9/11





Sip and Paint 2023

Deena Schultz, Leap of Faith Studio and Dona (left). Dona was Deena's oldest painter.

Dona, and family member Mary, painted together. The pictures shown to the right are pictures Dona has painted in the past!



All our talented artists.



Potluck Thursday



The tenants loved our potluck provided by the staff members! We also were able to celebrate 2 birthdays on this day!



Betty Prellwitz

Elvera Olson



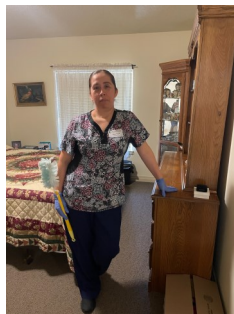
Husker Tailgate Friday 15th



While making our Assisted Living video we had 2 guest videos from Dr. Carstens and Joe Selig (Kathleen's son). Dr. Carstens sent pictures and Joe told us his history of working at UNL. Thank you to you both.



A hero is someone who has given his or her life to something bigger than oneself. This is the A team! Your kindness is felt every day.





Charlotte Heller (pictured left) was the trophy winner of the cornhole tournament.

Judy (pictured right) giving it a try. Cornhole is a popular sport here at Cedarwood.



September Activities



Johnny Rae Gomez came to see us. We had visitors come and Johnny had some clever comments to give us all a chuckle. Thanks Johnny



3rd Thursday was "School Time" with Coffee with Friends. We had 27 join us. We had a great time reminiscing about our school years.

Roll the dice. We have quite the rollers. (Picture right) Winner was Kathleen Selig, 2nd place was Virginia Roskilly and 3rd was Doris Falck and Idonna



Eliza Kroeker

October 4th

Becky Bruce

October 10th

Amy McKillip

October 22nd

Staff Birthdays

Connie Mahlman

October 2nd

Ruth Schmidt

October 5th

Doris Falck

October 25th

Homer Ward

October 28th

Tenants Birthdays

Kathleen Selig

October 30th

Hello Cedarwood Friends and Family!

It is hard to believe it is time for Medicare prescription drug coverage open enrollment again! Time goes so fast. This year we will have Eunice Stark reviewing all of your prescription drug plans. If you do not want this service please let us know. Open enrollment is October 15th through December 7th. We would also ask that if you change plans and are provided a new insurance card, we need to make a copy. Please bring it to the front desk and Matisyn can assist you!

We appreciate the time that you took to respond to our survey. They are anonymous and the results get tallied off site. We had an overwhelming amount of positive comments when we received our results. The survey findings will help us keep doing things that are reflected as positive on our results and change up some things that are areas of improvement. This is important to us.

I would encourage you to stop in and introduce yourself to Matisyn. She has hit the ground running and is anxious to meet all of you.

Our Mission is to provide the highest quality of hospitality, services, activities, security, companionship and freedom to tenants in a caring and loving environment they are proud to call home. We strive to live this and thank you for your trust in us!

Grace and Peace,

Becky Bruce

Staff Spotlight



Irene Hulse (pictured above with Bill Chrastil and friend). I grew up in Bruning Ne. but lived most of my life in Fairbury. I have a son and a daughter, 3 grandsons 17, 13, & 7 . The 17 & 7yr old have the same birthday 10 years apart.

I enjoy going on bus trips, I have 2 trips planned for next year. I will be going with Bill Chrastil to Nashville in April. I work night shift and enjoy my job immensely. You are all very special to me!



Hi my name is Paige Smith. I am 22 years old. I was born in Beatrice then moved to Fairbury when I was in the 3rd grade. I graduated from Fairbury High School in 2019. When I am not working at Cedarwood you can find me at the gym or home with my 2 dogs Ed and Winston. I enjoy painting, working out, watching movies and board games. I have been working at Cedarwood 4 years now and look forward to many ,many more.



Hello ,my name is Jaylen Green. I am currently nursing school at SCC in Beatrice now. My hobby's are listening to music and playing with my dog Zeke. There are many thing I could list about what I love about working here

Activity Calendar

October 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
(C) 2:00 Church with Ina (everyone welcome)	(AR) 10:00 Exercise (LO) 1:30 Rickshaw/pedicab rides (SR) 2:30 Ice Cream <i>Sign up for Fingernails in the Activity Room</i> <i>Connie Mehlman B-Day</i>	(C) 1:30 Mitch Zabokrtsky program (AR) Sign up for Bus outing to Thayer County Museum	Toenail (AR) 10:00 Exercise (LO) 12:30 Load Bus for Belvidere (SR) 2:30 Ice Cream <i>Eliza Kroecker B-Day</i>	(LO) 9:00 Shopping (C) 9:00 Father Birkle (C) 12:45 Church with Dave Conde <i>Ruth Schmidt B-Day</i>	(AR) 10:00 Exercise (AR) 1:30 Sort and Bundle Cards (SR) 2:30 Ice Cream	(C) 1:30 Movie
8	9	10	11	12	13	14
(C) 2:00 Church with Pastor Emery	(AR) 10:00 Exercise (DR) 1:30 Joe Taylor entertainment	(AR) Fingernails <i>Becky Bruce B-Day</i>	(AR) 10:00 Exercise (AR) 1:45 Messages (group 4 Kim will scheduling) Fun with Christ's girls in AR (SR) 2:30 Ice cream	(LO) 9:00 Shopping (C) 9:00 Father (C) 12:45 Church with Dave Conde	(AR) 10:00 Exercise (AR) Bucket Ball Tournament (SR) 2:30 Ice Cream	
15	16	17	18	19	20	21
(C) 2:00 Jansen Bible Program (Everyone welcome to join)	(AR) 10:00 Exercise (AR) 1:30 Mending Club (AR) Door Decorating (SR) 2:30 Ice Cream	(AR) 10:00 Coffee Talk with friends (C) 2:00 Program with Nancy & Sharon	Toenails (AR) 10:00 Exercise (DR) 1:30 Halloween Jingo with penpals (SR) 2:30 Ice Cream	(LO) 9:00 Shopping (C) 12:45 Church with Dave Conde (AR) Door Decorating	(AR) 10:00 Exercise (DR) TAILGATE Snack and drinks cart	(C) Movie at 1:30
22	23	24	25	26	27	28
(C) 2:00 Church with Pastor Ken Hart <i>Amy McKillip B-Day</i>	(AR) 10:00 Exercise (AR) 1:30 Make trick or Treat bags (SR) 2:30 Ice Cream	(AR) 10:00 Tenant and employee make door decorations (DR) 1:30 Resident Council Meeting	(AR) 10:00 Exercise (DR) 1:30 Dan Reynolds entertainment <i>Falck B-Day</i> <i>Doris</i>	(AR) 9:00 Door Decorations continue (LO) 9:00 Shopping (C) 12:45 Church with Dave Conde	(AR) 10:00 Exercise (DR) 1:30 Auction Bingo October Bday party	<i>Harmer Ward B-Day</i>
29	30	31				



828 22nd St

Fairbury, NE 68352

Important Contact Information

Administrator	becky.bruce@jchealthandlife.org	Becky Bruce, LPN
Administrative Assistant	matissyn.welsch@jchealthandlife.org	Matisyn Welsch
Director of Tenant Services	andrea.kline@jchealthandlife.org	Andrea Kline, LPN
Activity Director	kim.bush@jchealthandlife.org	Kim Bush
Life Enrichment Coordinator	jan.klaus@jchealthandlife.org	Jan Klaus
Public Relations	lana.likens@jchealthandlife.org	Lana Likens

For your free subscription to the Cedarwood Chronicle:

Call us! Phone: 402-729-6100

You can also view the Chronicle in color and online at: www.cedarwoodal.org

Remember to “like” and follow us on Facebook!!