



A NEWSLETTER FOR CEDAR HILL FAMILY AND FRIENDS

# The View



**"Yoga is a preventative medicine," says Dianna Leone, Cedar Hill's talented Yoga instructor who has recently returned from a training in Guatemala.**

## *Secret to the mythical fountain of youth resides in your mind, body, and soul*

BY MEGAN FOSTER

Why is it so important to stay active as we age?

Being active helps you maintain or lose weight. As metabolism naturally slows with age, maintaining a healthy weight can be challenging. Exercise helps increase metabolism and build muscle mass, helping to burn calories.

When I asked Heidi in Physical Therapy what she thought was most important about staying active while you age, she said: "It's important to stay active so that you can maintain your strength in order to prevent falls."

When I spoke with Adam from our Physical Therapy department, he used an old saying to describe the importance of staying active. "If you don't use it, you lose it," he said. "If you sit in a wheelchair all day long without using or stretching your legs, you will lose the ability to use them. It's as simple as that!"

Studies show that the most prominent factor in aging is psychological stress. The more stressed you are, the faster you age and this is where yoga enters the picture. I met up with Dianna Leone, a talented Yoga instructor at Cedar Hill who recently came back from a training in Guatemala. She explained that "yoga is a practice of being present and mindful." The breathing exercises that yoga provides allow residents to be present and in control of the moment. At times, it can be hard for residents with dementia to connect what they're thinking to what they are doing and yoga helps that connection. "Yoga is a preventative medicine and therapy for current ailments," says Dianna.

Dianna comes to Cedar Hill weekly to teach yoga to both residents and staff at

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## *Cedar Hill: One of Vermont's Best*

Cedar Hill was recently awarded its 6th "Best Nursing Home" award by *U.S. News & World Report*, the global authority in health care rankings.

The Community has also won the award in 2013, 2014, 2015, 2016, and 2018.

The *U.S. News* nursing home ratings are based on data from Nursing Home Compare, a program run by the Centers for Medicare & Medicaid Services (CMS), the federal agency that sets and enforces standards for nursing homes.

"Several million Americans will spend at least some time in a nursing home this year, whether undergoing rehab after a hospital stay or as long-term residents," said Brian Kelly, editor and chief content officer of *U.S. News*. "Finding a nursing home that meets an individual's specific needs can be overwhelming. The Best Nursing Home ratings are designed to help potential residents and their families navigate this important decision."



**Pictured with the award are from left: Sara Neily Assistant D.O.N., Megan Foster H.R Assistant, and Nina Hines D.O.N.**

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**Cedar Hill Continuing Care Community**

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## Our View

*Let's get outdoors!*

It's that time of year after a gloomy winter and spring. Our summer will be filled with time on the terrace or the gardens, a boat trip on Lake Sunapee, our Father's Day Car Show, Senior Fitness Day, BBQ days, and other fun outings. Let's absorb all the Vitamin D and fresh air we can.

In this issue, you will read about the importance of fitness even when we are at our oldest. Fitness and exercise not only help our bodies, they also helps us emotionally and cognitively. We have a variety of programs to help our residents stay fit and many participate in our balance, yoga and other fitness classes. We also have our therapists, therapy assistants and restorative aides to help residents on an individual basis. Read all about this in Megan Foster's article.

One of our most rewarding days of the year is our two days of staff awards – one at Cedar Hill Health Care and one at the Village at Cedar Hill. We give awards to our staff for perfect attendance, longevity, and in our other categories. The staff, residents, and families vote for the four awards: Hero, Most Positive, Most Professional and Team Player. Look inside to see the winners.

Our Father's Day Car and Tractor Show is one of our biggest family events of the year. It's a fun day for families to visit and enjoy their family member, root beer floats and old cars that bring back good memories. We hope you will join us this year.



Our Family Picnic is our big event during our lovely Vermont summer and fall. We will be announcing the September date.

Enjoy these busy days of summer,

*Patricia and Mary Louise*



Resident Frieda O'Neill got a smile out of the tractors at last year's Fathers Day Car and Tractor Show.



Vivian Derrick, Sara McCracken and Robert Beardsley absorbing the Spring Vitamin D.



Stewart and Sara McCracken enjoyed the more sporty cars last Father's Day.





## Stay Cool and "Be Cool"

Prevent the risk of dehydration  
this summer!

BY CATHY LEONE, RN, CEDAR HILL  
NURSING HOME ADMINISTRATOR

It's not always easy to notice when a senior is dehydrated. It is important to know what some of the warning signs are as dehydration in the elderly can lead to increased risk for medical conditions like urinary tract infections, respiratory infections, constipation, and kidney stones. Some of the signs to watch for are:

- More noticeable mobility issues, like difficulty walking
- Dizziness, confusion, or frequent headaches

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Residents Harry Ryan, left, and Joseph McClellan made sure they kept hydrated when taking part in our recent Senior Fitness Day.



Christine Porter, the director of the Windsor Library, leading one of our monthly Book Club discussions over a cup of tea.

## Books, Tea and Cookies

BY RUTH BARTON, VILLAGE LIFE ENRICHMENT DIRECTOR

A few months ago we started the Book Club at the Village with the help of Christine Porter, the Windsor Library director.

The group meets once a month in the south living room and over tea and cookies talk about the book they just read, books in general, and the fun and benefits that go along with reading. Christine brings a new book each month.

"I like the fact that they all come from very different backgrounds and bring a different perspective on each book," she said. "This is a great bunch of ladies."

Here is what members of group enjoy:

Harriet: "I like that it's something different to read. I love the book club and the socialization with the other club members."

Joan: "I like the different comments about each book by other club members. I have liked all the books so far but one. Christine is great."

Betsy: "I like the meetings everyone has something interesting to say about the book."

Maria: "I like being in a club that uses our brain."

Books read so far include *The Soloist*, *Mr. Frembre*, *24 Hour Book Store*, *The Boys in the Boat*.



One of our most popular "preventive medicine" activities is armchair yoga.

## Secret to the mythical fountain of youth...

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Cedar Hill Health Care and in the Memory Care. She holds the class for employees every Wednesday at 1:30 pm and 2:45 pm on the third floor of the Victorian House section of Cedar Hill Health Care.

She said she values providing yoga for the staff here at Cedar Hill because "you're all healers. Everyone here is a part of a healing community and you're all so busy healing others, at the end of the day you lack the energy to heal yourselves." Brandie Armstrong, Social Services Director, attends Dianna's classes and says she feels "less tense, more calm, cool and collected after a class."

There are other ways we incorporate movement into our residents' daily lives. Our therapy team leads balance classes in the assisted

living and Memory Care. This class strengthens muscles crucial to maintaining balance. Our campus also incorporates physical activity into our residents' daily activities. In the nursing home, for example, the activity staff and residents play games such as bean bag toss, kickball, noodle ball, bowling, and ring toss. Our Senior Fitness Day, held every spring, helps to promote physical activity and being outside.

As the saying goes, "we're only as old as we feel." No matter what age we are, we need to strive to find a balance between staying active, fit, mindful and present. That is where the fountain of youth can be found in each and every one of us, right there tucked away in our mind and body.





# Memory Care Residents Create Garden Peace Posts

BY PAM CROSBY

Inspired by world-wide Peace Poles, Memory Care Residents recently painted five colorful and meaningful 4" x 4" garden posts of various lengths.

Although based on the message of peace, each post has a different theme:

- Let There Be Peace,      • Kindness,
- Happiness,                • Love and Patience.

We placed the posts strategically so residents will be able to view some posts from the sunroom and the others while outside. The posts provide a destination for walking and inspire conversation. The chosen words reflect the qualities and characteristics necessary to be a part of the Memory Care family.

On May 1st we invited family, friends, staff, administrators and residents to a ceremony led by Reverend Janice to celebrate placing the poles in our garden. After the service and song, we celebrated with cookies and punch.



Above, Reverend Janice entertained and led residents in a special ceremony to mark the placing of our "Peace poles", right.



## Memory Care Center Celebrates Mother's Day and the Arts

BY PAM CROSBY

Our 3rd annual Mother's Day ice cream social was once again a success.

Families and residents made their own sundaes: choosing flavors of ice cream, sauces, toppings, chopped walnuts, whipped cream, and cherries.

Visiting with loved ones is EXTRA special when ice cream is involved!

This year we also held an Art Sale featuring art the residents had worked on throughout the year.

We made several paintings into 8 x 10" prints and 12 works into notecards. In addition, we have selected 12 projects to feature in a 2020 calendar we will be producing with money raised from the Art Sale. The calendar will also feature other individual creative pieces of art.

The calendar would make a terrific gift and will be for sale this fall. Please contact Pam Crosby or Tory Denis at (802) 674-4054 for more information on purchasing or ordering prints, notecards or a 2020 calendar from the Memory Care Center Activities Program.



Top, our residents' art work proudly on display. Middle, residents and guests admiring and buying art-work. Bottom, Volunteer Chip Crosby and visitor Arnold Shulin chat and enjoy Mother's Day lunch ice cream. His wife Thelma lives in the Memory Care unit.



One of the benefits of coloring is similar to the calm that is achieved in meditation.



BY PAM CROSBY

We have hats to color for protection from the sun. We have quilt blocks that require coloring and we frequently color pre-printed posters or pages. Why are we coloring as adults?

We color because three elements of coloring – repetition, pattern, and detail – prompt positive neurological responses.

When coloring, our mind concentrates on the task and the effect on our brain is similar to what is achieved in meditation. Coloring lowers anxiety and stress, it slows the heart rate, a slower heart rate is achieved and changes our brain waves.

Coloring also temporarily prevents negative thoughts and emotions. It is used commonly as a positive distraction and one that has predictable results.

Please, drop by and color with us!





# Babies, Lambs, Cakes, and Yoga

BY JENNIFER WHITE,  
DIRECTOR OF LIFE ENRICHMENT,  
CEDAR HILL HEALTH CARE

The residents at Cedar Hill Health Care have been busy since our last newsletter with animal visits, baby showers, crafts, and amazing holiday events.

Maggie Ondre, our LNA and Artist, was at it again during the month of April with a harbinger of Spring and Summer activity, helping residents make ocean scenes with seashell accents. In May, we made May Day door hanger baskets.

Our residents also had an amazing time at the Cedar Hill baby shower for our Assistant Director of Nursing Sara Neily and LNA Rachelle Parker, enjoying reminiscing about their own baby showers and commenting on all the gifts the moms-to-be were getting. The residents were amazed by the cakes made by Housekeeper Sam Ferris: pink and a blue baby bump cakes. Soon we will be meeting these little bundles of joy.

I enjoyed seeing all the families gathering to enjoy Easter dinner together prepared by our Cedar Hill Dietary department. Thank you, extraordinary cooks!



Sara and Judy reminiscing.



Resident Lorraine having a conversation with Gus, the visiting Lamb.

We had a special surprise a few days before Easter when one of our volunteers brought in a sweet baby lamb to visit. Many of our residents had a chance to hold him.

We continue to have our yoga classes weekly and joined in a campus-wide Senior Fitness Day in May. Don't forget to drop by on Father's Day for our always fun Father's Day Car and Tractor Show.

See you at Cedar Hill.

## Looking Ahead And Recollecting The Village Activities

BY RUTH BARTON, DIRECTOR OF LIFE ENRICHMENT,  
VILLAGE AT CEDAR HILL



Mother's Day 2019 at The Village.



Barb and John Mills with her artwork.

Thank goodness Spring is here and summer is on its way! Let's get outside.

Our plans for this summer include monthly bowling and pizza. We will be taking another trip this summer to see The Tall Ships in Portsmouth, N.H. and will also do our annual cruise on Lake Sunapee.

We have restarted our Village Speaker Series. We hosted one by Windsor Attorney Jon Springer on estates and durable power of attorneys.

We are also hosting a six-part series of talks on Diabetes Prevention. The first took place on Thursday, May 2nd and will be held every Thursday at 1:30 pm for six weeks. Please join us!

Over the past few months, we have been on several new adventures. Back in April, the Kurn Hattin School invited us for a concert and lunch. Several residents went and thoroughly enjoyed both.

We had a packed room for a talk and slide show on a trip down the Appalachian Trail by one of our resident's daughters.

The Hood Museum of Art at Dartmouth College recently finished a major renovation. We enjoyed a trip to view the expanded collection followed by a lunch out at Salt Hill Pub nearby. Speaking of lunches, we are pleased to announce that we have started a monthly men's lunch outing.

We hope you had a chance to enjoy our Mother's Day Brunch and Art Sale. See you at the Village!

### Upcoming Events

4th of July BBQ and lawn games



# Cedar Hill and Village Staff Awards 2018

A big shout out to our 130 staff members for everything you did in 2018.

Every day they do great things. These awards recognize, on an annual basis, the achievements and efforts of our staff in a community that operates 24/7/365.

The Hero, Positive Attitude, Most Professional and Team Player Awards are voted on by the staff, residents, and families.

## ★ CEDAR HILL AWARDS ★

### Cedar Hill Hero Award

This award goes to the employee who demonstrates “above and beyond the call of duty” qualities towards Residents, family members and staff. Our winner for 2018 is Nina Hines, Director of Nursing.

### 2018 Positive Attitude Award

This award goes to the employee who demonstrates a positive, caring attitude with co-workers, Residents, families, and visitors. Our winner for 2018 is Linda Quinlan, Activities Assistant.

### 2018 Most Professional Award

This award goes to the employee who has demonstrated the pursuit of excellence in their chosen profession. Our winner for 2018 is Dulcie Warner, LPN.

### 2018 Team Player Award

This award goes to the employee who recognizes the importance of building a strong team which works together for the common good and demonstrates the on-going ability and willingness to assist and go the extra mile for co-workers with high-quality resident care in mind. Our winner for 2018 is Maggie Ondre, Licensed Nursing Assistant.

### Cedar Hill Perfect Attendance 2018

This award goes to employees who did not miss a work day in 2018: Brandie Armstrong, Erika Osgood, Nina Hines, Sara Neily, Maggie Ondre, Deb Martin, Linda Quinlan, Joshua Martini, Cathy Leone, Mark Cohen.

### Cedar Hill Longevity Awards

3-5 years: Amy Bellimer, Mark Cohen, Milissa Howard, Jamie Jones, Crystal Mason, Sara Neily, Nina Hines.

5-10 years: Kim Jacobs, Diane Mason, Shana Mortenson, Pat Read, Mike Silver.

10 plus years: Brandie Armstrong, Barbara Flinn, Jennifer Grimes, Christa Hartzell, Patricia Horn, Joshua Martini, Liddy Merritt, Erika Osgood, Corrie Perrigo, Kandi White.

## ★ VILLAGE AT CEDAR HILL AWARDS ★

### 2018 Village Hero Award

This award goes to the employee who demonstrates “above and beyond the call of duty” qualities towards Residents, family members, and staff. Our winner for 2018 is Amy Chisamore, LPN, Assistant Memory Care Manager.

### 2018 Village Positive Attitude Award

This award goes to the employee who demonstrates a positive, caring attitude with co-workers, Residents, families, and visitors. Our winner for 2018 is Danielle St. Lawrence, Resident Attendant.



Patricia Horn, Cedar Hill Community Executive Director, far left, pictured with Village staff award winners.



Nursing Home staff award winners with Patricia Horn, Cedar Hill Community Executive Director, far left.

### 2018 Village Most Professional Work Award

This award goes to the employee who has demonstrated the pursuit of excellence in their chosen profession. Our winner for 2018 is Ruth Barton, Activities Director.

### 2018 Village Team Player Award

This award goes to the employee who recognizes the importance of building a strong team who works together for the common good and demonstrates the on-going ability and willingness to assist and go the extra mile for co-workers with high-quality resident care in mind. Our winner for 2018 is Timothy Fitzpatrick, Resident Assistant.

### Village at Cedar Hill Perfect Attendance 2018

This award goes to the employees that have not used sick time or called out sick in 2018. The following employees received this award: Brad Blanchard, Deb Branch, Amy Chisamore, Cathy Connors, Timothy Fitzpatrick, LeviHazen-Foster, Corrine Kelley, Alicia Laplante, Mike Parkinson, Noah Rosenzweig, Regina Snyder, Liz Smith, Sue Spadaro, Doreen Stoodley, John Vigneau, Adrienne Wailes.

### The Village at Cedar Hill Longevity awards

3-5 years: Barbara Greer, Corrine Kelley, Regina Snyder, Katie Taylor, John Vigneau, Adrienne Wailes, Miranda Miller.

5-10 years: Cathy Connors, Debra Griffin, Tammy Lafayette, Lauren Smith.

10 plus years: Sue Spadaro, Tracie Viens.



## LNA Class Graduates and Education Incentive Introduced



Pictured are the LNA Class graduates with Deputy DON Sara Neilly far left: Hallie Lafayette, Timothy Fitzpatrick, and Jenifer Minotti.

Our first on-campus LNA class has graduated and our second one has started at Cedar Hill.

Those who become LNAs can continue working at the Village or start as Licensed Nursing Assistants at Cedar Hill Health Care.

We hope to see many more graduates over the next year.

In recognition and appreciation of our employees who wish to continue their training and education, we have begun an educational assistance program.

Cedar Hill is offering up to \$5,500 in tuition assistance to employees pursuing an education that will advance their careers in our community.

For more information staff should contact Community Executive Director, Patricia Horn.

## Welcome Robert Gross

We are happy to introduce you to Cedar Hill and the Village's new facilities manager Robert Gross. Robert comes to us after serving as a facilities manager at Hanover Terrace and the Plainfield Community School.

A former registered nurse and Marine, he has had his own contracting business and managed large estates.

He is also a Master Gardener.

Welcome Robert!



Master Gardener & Marine

## Thank You Cedar Hill Volunteers



We thanked our fabulous volunteers in April with a luncheon hosted by management and staff.

In April we held a special thank you luncheon for our volunteers organized by Activity Directors Ruth Barton and Jennifer Grimes.

The luncheon was one small way of showing our appreciation for all they do to improve the lives of our residents and staff. They lead book clubs, fill bird feeders, lead religious services, play music, call bingo, visit one on one with residents and so much more.

Thank you Cedar Hill volunteers - we appreciate you and everything you do.





## SAVE THE DATES



### JULY

Fourth of July  
Sparklers and  
ice cream social 4th  
at 2pm at Cedar Hill  
Nursing Home

Special Entertainment  
Jack Lawless and  
Rebecca Mae 30th  
at 2pm at Cedar Hill  
in the living room

### SEPTEMBER

Campus Wide Family Picnic  
September 14th, 12pm-2pm



*Cedar Hill Presents*  
**SUNDAY JUNE 16TH, 2019 • NOON - 2PM**  
18TH ANNUAL *Antique* **FATHER'S DAY**  
**Car & Tractor Show**

*Have a classic car? Bring it to the show!*  
*No Registration Fees!*

Root Beer Floats & Popcorn  
Live 50's & 60's Music with Roy Munstermann  
50/50 Raffle to Benefit Resident Entertainment Fund

For more information call  
Jennifer Grimes-White  
802-674-6609

**FREE ADMISSION**

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## The Beauty of Mother's Day



Above A Mother's Day hug between resident Ruth Frizzell and her daughter Terry Heepe  
Right. Village resident Margaret Goodell and her family are all smiles enjoying their Mother's Day meal.



Above, Melissa and her Mom Vera share a laugh on Mothers Day.



## Stay Cool and "Be Cool"

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- Dry sticky mouth or nose
- Low blood pressure and rapid heartbeat
- Decreased urine output or constipation
- Dry skin and sunken eyes
- Low tear or sweat production (very common in seniors)

### Here are a few ways to help prevent dehydration:

- Drink throughout the day. Rather than consuming a large amount of fluids all at once, seniors should drink throughout the day. Create a schedule to stay on track.
- Water first thing in the morning, then with each meal. Have a water bottle nearby at all times.
- Offer foods high in water. Certain foods contain high water content, like soup, yogurt, Jello, and fruits and vegetables. They can help meet the daily water requirement.
- Avoid caffeine and alcohol. Coffee and alcohol can have a diuretic effect when they are drunk in high quantities.
- Find a beverage they enjoy. Sometimes people just don't enjoy the taste of plain water, so find a drink they enjoy. Provide herbal teas, fruit juices, and milk.

