

Farm-to-table at Cedar Hill: 'You can't get any fresher'

BY TORY DENIS

Residents at Cedar Hill Health Care and the Village at Cedar Hill are benefiting from a farm-to-table approach that supports local farmers while including fresh ingredients, sometimes picked the same day from surrounding farmland.

The practice is evident in Cedar Hill's kitchens, which all offer balanced, delicious home-cooked meals prepared with fresh, local flavors.

Dietary staffers include fresh Vermont dairy products and in-season local foods in a variety of meals for residents whenever possible. In fact, one of the farms is just minutes away.

A short road through the woods leads directly from the Village at Cedar Hill to nearby MacLennan Farm, and that makes for quick delivery.

MacLennan Farm is a family-owned, 70-acre wholesale vegetable farm on Route 5 in Windsor that uses traditional small scale farming methods and specializes in pumpkins and fall ornamentals, sweet corn, and asparagus.

Farmer and owner Alex MacLennan said he started farming in 1985, and has owned the farm next to Cedar Hill since 1991.

MacLennan said because the farm is so close, he can have fresh-picked asparagus, corn or pumpkins delivered to the Village's kitchen doors in minutes.

Sourcing food from area farms is "good for the local economy," MacLennan said.

"It means fresher food for the residents. You can't get any fresher. It gets picked and driven over. It's 10 minutes old," he said.

The produce they provide for Cedar Hill depends on the season, with asparagus coming up in the late spring, and sweet corn available in the summer.

John Vigneau, Dietary Director at the Village, said recently that some of the benefits of buying fresh from local farms is that the practice supports the local economy, and is much fresher.

"It's good to know where your food is grown, and where it's coming from," Vigneau said.

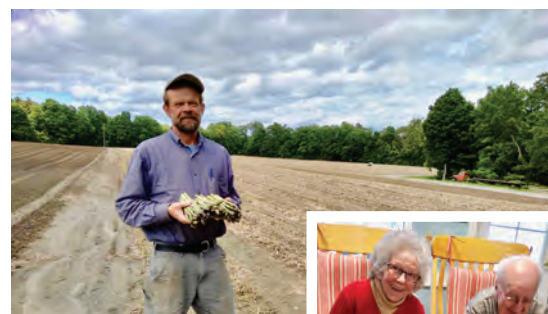
In addition to MacLennan Farm, Vigneau said Cedar Hill purchases other foods and dairy products through local vendors including Thomas Dairy, Green Mountain Creamery, Upper Valley Produce, and from David Morse, who is the son of a resident and is also a



Residents and visitors enjoy shucking fresh corn on the cob with MCC Activities Director Pam Crosby at the Judith Brogren Memory Care Center.



Cedar Hill Health Care Center cooks Liddy Merritt, left, and Sherri Burton start preparations for a gourmet lunch of Fettuccine Alfredo with roasted zucchini.



Alex MacLennan, owner of MacLennan Farm, holds a large, freshly picked bunch of asparagus destined for the kitchens at Cedar Hill.



At right, more residents shucking fresh corn.

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Cedar Hill Continuing Care Community

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Our View

BY PATRICIA HORN AND
MARY LOUISE SAYLES

Quite frequently, we have families who come to tour Cedar Hill looking to find a new home for their loved one. One of the main reasons they hesitate is they have promised their parents that they will “never place them in a nursing home.”

Yes, moving into a nursing home or an assisted living home means you have physical or cognitive disabilities that make it difficult to live without a lot of help and without an environment that fosters independence, but it shouldn't mean you leave your community or family behind, or that a larger life can no longer be enjoyed.

Two of the main goals of our life enrichment and activities programming is to bring families and community to our Cedar Hill campus and to bring our residents out into the community. You will find lots of examples of that in this issue.

We love that the Village at Cedar Hill - led by our Memory Care - honored Windsor's EMT service. The EMTs sat with our assisted living residents for lunch and then went to Memory Care for dessert. See the article on page 7.

During our Family Picnic, we host more than 100 family members for BBQ, family visiting and music. We hope you joined us on September 14th for this annual tradition.

Many of our residents love to go places. This summer about a dozen residents traveled to Portsmouth to see a Tall Ship in Portsmouth and then ate at one of New Hampshire's best seafood spots. Our residents have cruised Lake Sunapee, talked to the animals at Sanctuary Farm, communed with butterflies, and eaten locally made ice cream this summer.

Please mark your calendar for our annual Holiday Open House on Sunday, December 8th from 2 to 4 pm. This is another time when your family member can host you for an enjoyable afternoon of holiday music, good food and love.

Both of these events require RSVPs. Please let us know well in advance if you want to join us for Thanksgiving and Christmas.

We hope you can attend our Village Craft Fair this October as a vendor or a shopper. Our vendors include our residents, community members, and local artists! Talk to Ruth Barton if you would like a vendor table.

Happy Fall,
Patricia and Mary Louise

Snapshot of recent events...



Shout out to Melissa Snyder for so many of our wonderful photos!



What a beautiful day for our annual Lake Sunapee picnic

BY MELISSA SNYDER



The weather couldn't have been more perfect for this Community-wide field trip that included residents from The Village Assisted Living & Memory Care and the Nursing Home for a yummy picnic lunch provided by the Village kitchen staff, followed by a picture-perfect boat ride aboard the M.V. Mt Sunapee.

We arrived early to have our picnic in the park at the dock, and enjoyed the view of the harbor, marina, and lovely gardens.

We even had the famous Ducks of Sunapee looking for a snack or two.

On the M.V. Mt. Sunapee II, The Captain

and First Mate were great. They allowed us to board early to get everyone seated and they made sure we were all settled in before the rest of the passengers came aboard.

The Captain was very informative and personable, with a great sense of humor. He pointed out the homes of Aerosmith's Steven Tyler and Filmmaker Ken Burns among many others, and gave lots of tidbits of history and trivia about the lake.

People in their lakefront cottages waved as we sailed by, ringing the ship's bell, and one group even performed "New York, New York" for us, complete with high kicks, before jumping off their dock into the crystal clear water!

Lake Sunapee is over 1,000 feet above sea level, a rarity in New England. The lake is fed by springs at the bottom, which is why it is so clean. The water was smooth and the air dry and clear, so the views were grand.

Some residents stayed on the shady lower deck while a few adventurous souls got front seat views from the sunny top deck, but everyone had a wonderful time. The 90 minutes went by quickly and we're already looking forward to next year!

What a great way to spend a summer afternoon, on beautiful Lake Sunapee.

PHOTOS BY MELISSA SNYDER



The Village at Cedar Hill Presents



FALL CRAFT FAIR

The Village at Cedar Hill
Continuing Care Community

SATURDAY, OCTOBER 19, 2019, 10AM - 3PM

92 Cedar Hill Drive, Windsor, VT •
www.cedarhillccc.com
 For more information
 call Ruth Barton at 802-674-2254
 or email info@cedarhillccc.com



Day trip to Portsmouth, NH

Days like this are why we love what we do!

We took a group of Village residents on a day trip to Portsmouth, NH to see the US Coast Guard Cutter Eagle. What a beautiful sight! We were greeted by friendly volunteers who helped us get to the ship via golf carts, we listened to a history of the ship by a brand new Coast Guard Cadet, then afterwards we had a fantastic lunch at lovely Newick's Restaurant in Dover. As we were leaving, a customer came out to the parking lot to tell us that they had been watching our group and wanted to let us know how much they appreciated all we were doing for our res-



idents. Their heartfelt compliment made us all feel so good, and we want them to know how much we appreciate it!

On the way home we stopped at Sanctuary Dairy Farm in Sunapee, where we were treated to our ice cream for free! Thanks to everyone there for their incredible generosity!

It was a great day and we can't wait to do it again next year.



Join our Team! Cedar Hill Forget-Me-Nots

2019 Walk to End Alzheimer's - Upper Valley
 Lyman Point Park at Hartford Municipal Building
 171 Bridge Street, White River Jct, VT
 Sunday, September 22, 2019
 Registration at 9AM

2019 NATIONAL PRESENTING SPONSOR

Edward Jones

alz.org/walk





It's been busy over at Cedar Hill

BY JENNIFER GRIMES

It may have been raining during our Father's Day car show, but the residents still enjoyed their rootbeer floats and walking around all the antique cars and tractors. Rain or shine, Roy was blasting out the tunes. Everyone had a great day.

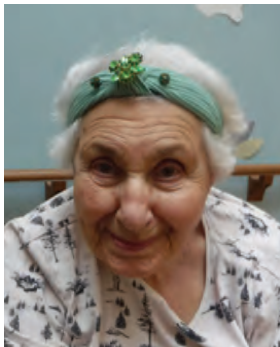
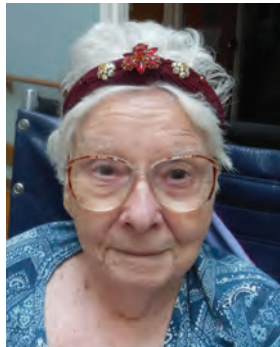
Cedar Hill would like to give a huge thank you to Lorraine Zigman. She really made fourth of July special by donating strawberries for a Strawberry shortcake party. It was a big hit. Thank you, Lorraine!

Cedar Hill also welcomed two new bundles of joy! Genevieve Rose and Atlas Matthew. During August, the residents got a chance to meet our first little angel at Sara's Sip and See. The residents couldn't resist baby snuggles. We will be meeting Atlas in September so stay tuned.

With all the amazing weather we have been having the residents couldn't wait to get out on our amazing patios and enjoy the sun and the flowers. Fun and smiles all around.

Our queen for a day event was such a great success that we have decided to keep it going. Here are a few queens showing off the crowns they made with our Activity staff Holly and Molly.

Every month at Cedar Hill we have a Monthly Birthday party and July was no exception. It was everyone's un-birthday. We enjoyed a Special tea party with fancy cookies that the Mad Hatter would have been proud of.



Top 10 gift ideas

When Christmas approaches, you may find yourself trying to come up with gift ideas for your friend or family member that resides here at Cedar Hill. We have come up with the top ten gift ideas for The Nursing Home, Assisted Living and our Memory Care Unit. Hopefully you will find this helpful. Happy shopping!

NURSING HOME GIFT IDEAS

- 1.) Stationary, note cards, greeting cards, pens and stamps
- 2.) Cardigan sweaters, sweat suits and pajamas
- 3.) Non skid slippers
- 4.) DVD's of favorite past time T.V. shows or music. 20's, 30's and 40's
- 5.) Electric or disposable razors
- 6.) Brushes, combs, hand held mirror
- 7.) Beauty products, such as lotion.
- 8.) Framed family photographs
- 9.) Gift certificate to the facility's hairdresser
- 10.) Fleece blanket, soft throws

ASSISTED LIVING GIFT IDEAS

- 1.) Magazine/newspaper subscription
- 2.) Gift Certificate to facility's hair dresser
- 3.) Art supplies/puzzles
- 4.) Nail or manicure kit/supplies
- 5.) Cozy fleece blanket or soft throw
- 6.) Anything that applies to their favorite hobby (yarn for knitters)
- 7.) Washable fabric walker caddy
- 8.) Automatic night lights
- 9.) Stationary with stamps
- 10.) Scrapbook with photos and letters from family members.

MEMORY CARE GIFT IDEAS

- 1.) Create a memory box a group of items, in a special container, that promote positive reminiscing. Please, no heavy or sharp objects and nothing that is irreplaceable. Attempt to include as many textures as you can that are appropriate for your loved one's interests and happy memories.
- 2.) CD's and DVD's from the 30's and 40's
- 3.) Activity lap blanket with sensory fabrics such as buttons and zipper, scented pillow.
- 4.) Electronic photo frames
- 5.) Collage blanket with pictures of family members, past and present.
- 6.) Photo album with friends and/or family members at various ages with their names.
- 7.) Desktop clock with date and time displayed.
- 8.) Flash cards with various pictures to exercise the mind.
- 9.) Large piece puzzles
- 10.) Blue sky, White clouds. A book for memory challenged adults
- 11.) Deluxe 5 piece Red ware dining set. In Alzheimer's patients, red color dining ware is found to increase food intake by 24% and liquid intake by 84%.

RSVP Please!

Please keep in mind that during the holidays we are extra busy in our kitchens and with our life enrichment staff at Cedar Hill and the Village. Thanksgiving, Christmas, Easter and Mother's Day dinners and open houses require an RSVP two weeks in advance. Please keep in mind that putting on each of these meals is the equivalent of putting on a wedding. Each meal includes ordering food and other supplies, creating seating charts, setting up table and chairs, decorating the tables, and at times renting any extra of what we need. We want to accommodate all of you and make these meals enjoyable and memorable for your families. That requires a lot of thought and care in advance, not on the day of. Please be thoughtful and respond by the RSVP deadline. Once the deadline is past, we will not take additional reservations.



Sanctuary Farm

BY MEGAN FOSTER

The Village at Cedar Hill, along with their Memory Care family, kicked off their August with a fun trip to “Sanctuary Farm” in Guild N.H. Sanctuary farm is set up on a quiet hill where beautiful trees shade the picnic tables that surround a mixture of goats and rescued donkeys. It's a dairy farm that is famous for their homemade ice cream. It has been in the same family for over 10 generations. The owner explained that a past elderly family member use to go to McDonald's every day, but with little to no money. He would wait around for hours, hoping that someone would buy him a coffee or an ice cream. Some days he waited and waited and left without either. Now, the owner of the farm honors that family member's memory



by providing free ice cream to all seniors in Assisted Living or other senior housing. Thank you so much for providing our seniors with free ice cream and a beautiful place to enjoy it!



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maple syrup maker.

Fresh products include milk, creamers, yogurt, and in-season produce at this time.

Vigneau said he is also looking at some local farms for potential local meat sources.

At Cedar Hill Health Care, cooks Sherri Burton and Liddy Merritt were in the kitchen recently, preparing for a gourmet lunch of Fettuccini Alfredo with roasted zucchini.

Although the skilled nursing home is not as far along as the Village in adopting farm-to-table practices, each year the cooks there do incorporate more local foods cooked fresh, according to Patricia Horn, Cedar Hill Community Executive Director.

In the kitchen, Burton also said that freshness is a benefit of farm-to-table foods, along with showing support for local businesses.

Another benefit of farm-fresh foods is harvesting a bit of pure joy from fresh deliveries of corn. Residents of the Memory Care Center enjoy the occasional chance to shuck fresh corn on the cob, an activity with MCC Activities Director Pam Crosby that brings a round of big smiles. It also helps bring memories of younger days, farm chores, and raising children, as residents reminisce.

Cedar Hill also recycles food waste through a food composting program overseen by Grow Vermont, which works closely with local farms to transform food scraps and other nutrient-rich organic material into “rich, fertile soil for the growth of verdant space, the production of clean energy, and the health and well-being of the earth,” according to the company’s website.

“Every year we work on incorporating a little more from local farmers and vendors,” said Horn. “This provides more nutritious food for our residents and staff, reduces processed foods, supports our local economy, and improves our overall food system.”

Dogs, Arts and Life Savers

BY PAM CROSBY - Activity Facilitator of The Memory Care Center

SNUGGLES WITH SOPHIE

Sophie visits The Judith Brogan Memory Care Center every few weeks. She is half Bernese Mountain Dog and half Newfoundland. When we met her, she was 8 weeks old. Many residents held her in their laps. Her feet were big and we knew she would grow into them. Now at 6 months, Sophie weighs 100 pounds and she WILL continue to grow!

Lori, Sophie's mom, brings treats for Residents to give to Sophie. Lori also brings a bandana to wipe the "Sophie slobber" off their hands. Lori's parents lived in Memory Care for a time and she enjoys giving back the love and attention her parents received.

Pet visits are important for many reasons. Many people were dog owners and a visit with Sophie brings back pleasant memories. The Residents' heart rates are lowered, as well as their blood pressure. The stress hormone cortisol is reduced and the hormone serotonin is increased. Sophie can make someone smile ear to ear, when previously they were sad or expressionless.

Therapy Dogs have been used for years to help humans with various disabilities. Dogs have proved themselves to be crucial in treating and managing a wide array of conditions. Sophie is not yet an official Therapy Dog but she provides therapy to all who are here during her visits.



ARTS & CRAFTS SHOW

The Village Assisted Living and The Memory Care Center will be hosting a show to sell the creations of our very talented Residents. Outside vendors may purchase a table space for \$30.00. Please, contact Ruth Barton at (802) 674-2254 for more information. The date for this special event is October 19th, from 10 - 3, rain or shine. The sale will be located in the Assisted Living area.

Notecards and prints of Resident masterpieces will be available. 2020 calendars,



with a Resident's artwork displayed for each month, will be available for \$15.00. Iris paper folding technique will be used to create blank cards by the Memory Care Residents. There will be a variety of creations! Please, stop by to see them for yourselves.



THANK YOU for our E.M.S. in WINDSOR and ASCUTNEY



August 20th is International Day of Medical Transporters. The Village at Cedar Hill celebrated by inviting Windsor Police, Fire and Ambulance crews for lunch. The Memory Care Center shared dessert with these emergency responders.

A small way to say thank you for all they do for our community. Residents were able to meet and chat with these people in a relaxed atmosphere. This may help reduce some anxiety if their help is needed for an emergency.

Medical Transporters originated in WWI when Field Ambulances transported the wounded to where they could be treated. Transporting people from home to dr. appointments or dialysis, moving people from the ER to the X-ray dept., providing emergent care on the scene and care to keep one stabilized on the ride to the hospital are all examples of what a Medical Transporter may do.

Medical Transporters spend their working hours protecting our health by bringing us where we need to go for the needed treatment. Medical Transporters can hold your life in their hands. THANK YOU to ALL Medical Transporters.



SAVE THE DATES



CAMPUS WIDE EVENTS

- 9/14 Cedar Hill and Village Family Picnic - 12-2pm
- 9/22 Walk to End Alzheimers with Alzheimers Association
- 12/8 Cedar Hill and Village Holiday Open House for Families, 2-4pm

VILLAGE AT CEDAR HILL

- 9/14 Family Picnic 12-2pm
- 9/16 Calvin Coolidge 9am-5pm
- 9/30 Hog Back Mnt. 9am-4pm
- 10/4 Fall Prevention Classes
- 10/19 Craft Fair 10am-3pm
- 10/31 Halloween party 2-3:30pm
- 11/11 Vet's Lunch 12pm
- 11/28 Thanksgiving meal 12pm
- 12/8 Open House 2-4pm
- 12/25 Christmas Dinner 12pm

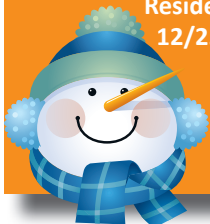


MMC

- 9/14 Family Picnic Campus wide
- 9/22 Walk for Alzheimers
- 10/18 Presentation from VINS, 11am
- 10/19 Craft Fair upstairs in The Village 10am-3pm
- 10/31 Annual Face Painting and Trick or Treating in MCC
- 11/28 Thanksgiving dinner
- 12/8 Open House 2-4pm
- 12/14 MCC's annual Cookie Decorating with family members
- 12/25 Christmas

NURSING HOME

- 9/11 Memorial service for Residents that have passed 10am
- 9/14 Family picnic 12noon-2pm
- 9/18 Baby Atlas sip and see 2pm
- 9/22 Alzheimer's walk
- 10/30 Trick or Treat for staff kids and resident families - Evening
- 10/31 Halloween party and entertainment with Roy
- 11/11 Veterans day service 10am
- 11/28 Thanksgiving Dinner 12noon
- 12/8 Open House 2-4pm
- 12/20 Reading of the night before Christmas with Santa 6:30 -7pm
- 12/24 Opening Christmas gifts with Residents 2pm
- 12/25 Christmas dinner 12noon



Do I have Arthritis?

BY CATHY LEONE, RN, LNHA
Cedar Hill Health Care Administrator

It's a good question if you are having joint pain, and the Arthritis Foundation is glad you asked!

Some people think they have arthritis, but never discuss it with their doctors. Older people often accept joint pain as a part of aging that can't be avoided and believe nothing can be done to alleviate the pain. This idea can pass from generation to generation, even though a variety of treatments are now available.

Arthritis might seem "simple", but it is complex and varied diseases. Arthritis can come on slowly and be mild, or it can start suddenly and cause intense pain that surges in a few hours. The signs and symptoms come and go over time. Early signs of arthritis might be mistaken for an injury or the result of "too much" activity.

Arthritis is not a single disease. Instead, it is an informal way of referring to joint pain or joint disease. There are more than 100 types and related conditions of arthritis.

Common arthritis joint symptoms include swelling, pain stiffness and decreased range of motion. Symptoms can stay the same for years, or may progress or get worse over time. Arthritis symptoms can result in chronic pain, inability to perform daily self-care activities, and make it difficult to walk or climb stairs. These changes can be visible, such as knobby finger joints. Or the damage can only be seen on x-ray. Some types of arthritis affect the heart, eyes, lungs, kidneys and skin as well as the joints. If you have arthritis, you want to find out early so you can take steps to protect your joints from ongoing pain and permanent damage of uncontrolled inflammation. Early diagnosis and treatment can save more than joints. It can protect your overall health.

Being diagnosed can be a lot to handle, but step by step you can do it. Learn all you can about the disease, and maintain an open line of communication with your medical provider. Determine what it is that needs to change and make a plan with a support team to help keep you on track.

1. Manage pain and fatigue.

With arthritis, it is important not to allow pain and fatigue to become overwhelming. You can combine your medication regimen with non-medical pain management techniques. Fatigue is a common problem that can be caused by the underlying disease process or the stress of living day to day with the pain and limitations of a chronic disease. Learning and using natural therapies to manage fatigue is key to living well with arthritis.

2. Stay active.

Even though it might seem like the last thing you want to do when you're in pain, exercise is beneficial for managing arthritis and your overall health. It can strengthen muscles that support your joints, preserve and increase joint range of motion, improve sleep quality, boost your mood and sense of well being and help you lose excess pounds that add stress to painful joints.

3. Balance activity with rest

Rest is important when your disease is active and your joints feel painful, swollen or stiff. Lighten your schedule and obligations and ask for help when you need to. Pace yourself and take breaks to conserve energy.

4. Eat a healthy balanced diet.

Healthy diet, when combined with exercise, can help you achieve and maintain a healthy weight. Also, adding foods with anti-inflammatory properties and that are rich in antioxidants can help control inflammation.

5. Improve sleep

Poor sleep habits can worsen arthritis pain and fatigue. Make your bedroom dark, cool and quiet, avoid caffeine or strenuous activity before bedtime. Talk to your medical provider about a change in, or the timing of your medications.

Residents of Cedar Hill can benefit from the exercise programs available, healthy meals, and a medical provider that can work with you to help you to take good care of yourself.

Arthritis Foundation. www.arthritis.org Stay informed and sign up for arthritis information and newsletters.

