

## SAVE THE DATES

families welcome to join

### VILLAGE @ CEDAR HILL ASSISTED LIVING:

- January 31
- 1/31 Watching the Lights Go Out
  - 2/2 Memorial Service
  - 2/14 Valentine's Dance
  - 2/25 Mardi Gras
  - 2/28 Slide Show—One room school houses in VT
  - 3/17 St. Patrick's Day
  - 3/27 Slide Show—First In Flight
  - 4/4 Easter Egg Hunt
  - 4/12 Easter Dinner
  - 4/24 Volunteer Lunch

### MEMORY CARE CENTER:

- February 14
- 1/22 Photo from Rafting the Grand Canyon
  - 1/28 Chinese New Year—Year of the Rat
  - 2/2 Super Bowl Sunday
  - 2/14 Valentine's Party
  - 2/19 Photos from Alaska
  - 3/11 Photos from New Mexico
  - 3/17 St. Patrick's Day
  - 4/12 Easter Dinner

### NURSING HOME

- March 12
- 1/15 Beach Party
  - 2/14 Valentine's Day
  - 2/25 Pancake Party
  - 3/17 St. Patrick's Day
  - 4/12 Easter Dinner

2019  
The Village  
HOLIDAY  
Open House



## Caring for Those with PTSD

BY CATHY LEONE  
Nursing Home Administrator

Long term care facilities, as part of the new regulations by Centers for Medicare and Medicaid, are required to provide what is called Trauma Informed Care to those residents who may be impacted by a traumatic event anytime in their lifetime.

One of the disorders associated with trauma is PTSD (post traumatic stress disorder) which is one of the mental health conditions that is triggered by a terrifying event.

If someone has experienced severe trauma or a life-threatening event - whether during a time of war or in a noncombat situation - they may develop symptoms of post-traumatic stress. Maybe during an event, they felt as if their life or the lives of others were in danger, or that they had no control over what was happening. While in the military, they may have witnessed people being injured or dying (events/death of family or friends or others) or they may have experienced physical harm themselves.

It is not just the symptoms of post traumatic stress disorder, but also how one may react to them that can disrupt one's life. They may:

- Frequently avoid places or things that remind them of what happened
- Consistently drink or use drugs to numb feelings
- Consider harming themselves or others
- Start working all the time to occupy their mind
- Pull away from other people and become isolated.

Counseling and medication treatment have been shown to be effective for treating PTSD. Research has shown several specific types of counseling to be effective for treatment of PTSD. Medications can also be used to help reduce tension or irritability, or to improve sleep.

Cedar Hill nursing facility has developed a culture to support those affected by trauma and assist residents to identify and address/mitigate and/or eliminate their triggers, based on each individual's needs and wishes.

Residents, families and staff enjoyed the upbeat holiday music played by Mark Harding with his electric guitar at the Village 2019 Holiday Open House.



## Animals Bring Love and Joy to Cedar Hill

BY LINDA QUINLAN  
SNF Admissions Director

Our residents light up with smiles and exuberance whenever they get to see Denver a 16-week-old Golden Labrador Retriever puppy that visits us.

Denver is the newest regular visitor to our skilled nursing facility and his owner is Milissa Howard, our Human Resources Director.

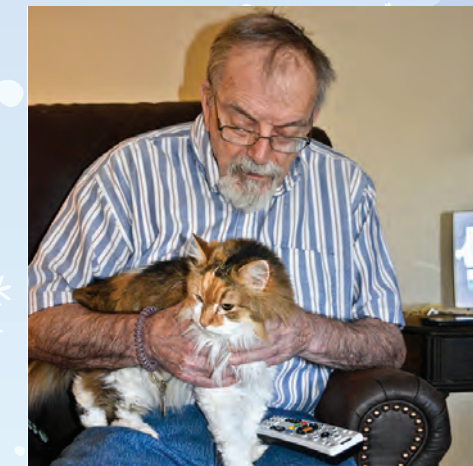
Cedar Hill's residents, even the most reserved, can be found petting and holding our many furry visitors with joy.

At the Village, you are welcomed by our Administrative Assistant Barbara Greer and her Shiatsu, named Diva, who lays graciously at our front entrance where visitors, residents and staff stop to pet her and give her treats. Diva has been coming to work for four years and makes the day a little happier for all who touch her.

Then there is Milo, a Coon Hound who mingles easily among residents, staff and visiting family members. Claire Falcone who owns Milo, originally found her after she had been abandoned as a two year old, nurturing the dog in her home. Milo is now a registered pet therapy dog who our residents love and know very well.



Amy and Peanut



David and Smidget



Gloria and Prince



Stacie and Scooter

### IN THIS ISSUE

|   |       |
|---|-------|
| Our View.....                             | 2     |
| Cedar Hill Veterans.....                  | 3     |
| Scenes from Our Holiday Celebrations..... | 4 & 5 |
| Out and About with the Village.....       | 5     |
| Having Fun While Raising Funds.....       | 6     |
| Wildlife Encounters.....                  | 7     |
| VINS Visits Cedar Hill.....               | 7     |
| Save the Dates.....                       | 8     |
| Caring for Those with PTSD.....           | 8     |
| The Village Holiday Open House.....       | 8     |

Milo recorded her 100th community pet therapy visit at Cedar Hill in October.

According to studies by Therapy Dogs International, Inc., holding or petting an animal can help lower blood pressure, release strain and tension, and draw a person out of loneliness and depression. Pet Therapy overall has expanded to include cats, bunnies, birds, and other animals.

Therapy animals are trained to be particularly gentle and to enjoy being patted by different people, and to be at ease with

wheelchairs, walkers, canes and any assisted devices in most health care settings

In short, pet therapy animals bring a truly special animal-human bond to people in assisted living facilities, memory care units, hospitals, skilled nursing facilities and other places where residents no longer have easy access to pets.

Here at Cedar Hill we encourage local farmers and family members to help normalize residents' experiences and

CONTINUED on page 2

Cedar Hill Continuing Care Community

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# Our View

by Mary Louise Sayles & Patricia Horn

We are just coming off the holiday season and all the lively family and friend events, and now we move into the dark and coldest days of winter. This is the time of year we need to light up our homes inside, play lots of music and games, paint and create other crafts, enjoy Valentine's Day and St. Patrick's Day fun, curl up with good books and movies, keep up our social ties, and rest up to burst outside in the spring.

This is a time of year when we often reflect on the importance of social engagement and how hard it can be to keep that up during the winter months in rural areas when our moods are not lifted by the long days of sunshine. But important it is, and that is one reason we try to amp up our inside activities on our campus during the winter.

According to the National Institute on Aging in Bethesda, Maryland, several research studies have shown a strong correlation between social interaction and health and well-being among older adults and have suggested that social isolation may have significant adverse effects for older adults.

According to the NIA, study results indicate that:

- Social relationships are consistently associated with biomarkers of health.
- Positive indicators of social well-being may be associated with lower levels of interleukin-6 in otherwise healthy people. Interleukin-6 is an inflammatory factor implicated in age-related disorders such as Alzheimer's disease, osteoporosis, rheumatoid arthritis, cardiovascular disease, and some forms of cancer.
- Some grandparents feel that caring for their grandchildren

makes them healthier and more active. They experience a strong emotional bond and often lead a more active lifestyle, eat healthier meals, and may even reduce or stop smoking.

- Social isolation constitutes a major risk factor for morbidity and mortality, especially in older adults.
- Loneliness may have a physical as well as an emotional impact. For example, people who are lonely frequently have elevated systolic blood pressure.
- Loneliness is a unique risk factor for symptoms of depression, and loneliness and depression have a synergistic adverse effect on well-being in middle-aged and older adults.

More research is needed to understand the actual links to positive health and determine the importance of social interactions as they relate to disability, falls, memory, and overall health benefits for older adults.

All of this makes so much sense to us. It is one reason we do what we do. All of us can reach out to our isolated neighbors, call older family members, and make sure to stop by and visit our loved ones.

We hope to see you often at Cedar Hill. Our next newsletter is just three months away when we will be on the cusp of crocuses and daffodils.

## Animals Bring Love and Joy to Cedar Hill

CONTINUED from page 1

have the opportunity to see and pet a variety of animals like "GU-Gus" the baby lamb, "Minnie" the bunny, and "Gretel" a gray cockatiel bird, and, even visiting donkeys. We also encourage family members to bring in their family pets to visit so residents can feel that Cedar Hill is more like living at home.

Cedar Hill's ability to incorporate pet therapy into our daily activities is a fundamental part of our ongoing philosophy for improving Senior Living experiences.

Mary Louise Sayles, co-owner of Cedar Hill Continuing Care Community, has been a lover of animals and plants from an early age. As Mary Louise's career in nursing led to nursing home administration, she made pet therapy a focus for elderly residents.

"I have had animals my whole life," she says. "They are a big part of my life and go everywhere I go. I would not want our seniors to live without access to animals. Pets bring that wonderful unconditional bond of love and joy that we all need in

our lives. Animals bring us that sense of life and home like environment."

The Village at Cedar Hill is home to nine cats and two dogs.



## Wildlife Encounters

BY PAM CROSBY

Founded in 2004, Wildlife Encounters Ecology Center and Farm School, Barrington, NH is run by the owner, family and employees. It is a community focused educational organization. The owner and several staff are members of various zoological, conservation and wildlife entities. Staff members have degrees in biology, ecology, sustainable agriculture, conservation and more! The focus is on communicating the interdependent relationship between people, animals and Earth.

This unique program has been seen on The Today Show, Live with Kelly & Michael and WMUR's Chronicle. Many schools, elder facilities and other places around New England have had "meet and greet" opportunities to learn more about animals not indigenous to our area.

On Dec. 4, 2019, we had Educator Jennifer and 7 animals as our guests for an hour long presentation. The Residents of Memory Care were involved with the selection of visitors. There were lists of possible small and medium sized animals. The lists were quickly narrowed down by crossing off ALL snakes and tarantulas! We had the following animal ambassadors: alligator, hedgehog, Tegulizard, sugar glider, chinchilla, armadillo and an Umbrella Cockatoo. We could not touch the alligator or the armadillo but could feel the others. Residents and staff the Memory Care, the Village and the nursing home were awed and amazed by these creatures.

What an EXPERIENCE!



Jim and a red tailed hawk



Residents from the entire campus attended



Residents from the entire campus attended



Dave and Ken touch a snowy owl wing



Looking at and touching talons

## VINS Visits Cedar Hill

BY PAM CROSBY



October 18, 2019 was an exciting day for approximately 30 Residents and Staff of the Cedar Hill Community. VINS is the New England premier avian wildlife rehabilitation clinic and one of the educators brought us 3 guests. It has been a leader in environmental education and wildlife conservation since 1972. VINS is located relatively close in Quechee, VT.

Educator Jim, from the Vermont Institute of Natural Science, brought a red tailed hawk, an American kestrel and a screech owl for us to learn more about. The red tailed hawk was the largest bird we saw this day. This one had a wing injury that prevented it from being released back into the wild. This hawk has a wingspan of 3.5 - 4.5 feet. It eats mostly small mammals but will eat other birds when hungry and prey is scarce. We were all impressed with the sharp beak and the long pointy talons. We had a demonstration of how sharp its eyesight is when one of the Resident's cat

snuck by the audience!

We then met an American kestrel, North America's littlest falcon. This small bird is extremely powerful for its size. It can see ultraviolet light. The male we saw has colorful feathers. We learned kestrels will hide surplus kills to save food for leaner times. Several times we heard him "speak" to us.

The last bird we met was a screech owl, named Miami because that is where it came from to VINS. He was VERY talkative. The big yellow eyes located in the front of his head were beautiful. (The other two birds had eyes located on each side of their heads.) This tiny owl is about the size of a pint glass. Jim was able to walk through the rows of Residents so they could have a closer look.

Residents were able to touch wings from several types of birds. David and Ken were particularly fond of the Snowy Owl feathers. Ruthie and others were able to feel talons from a hawk and an owl. We all learned a great deal from Jim and enjoyed being so close to these special birds. The hour presentation went by QUICKLY!





# Having Fun While Raising Funds

BY SUE SPADARO

This year, The Village decided to undertake two projects as fundraisers for our activity entertainment fund. The first one was the town of Windsor's Autumn Moon Festival sponsored by Windsor Rotary. What a great festival. Main Street was closed to traffic as the vendors set up for the night, including The Village. We set up a booth to showcase our residents' artistic talents. All prints, cards and calendars were created by our

residents in both assisted living and memory care and continue to be on sale.

The second project was our Craft Fair which was quite successful. We had 15 vendors set up throughout the building. Residents and the public enjoyed browsing and buying all the wonderful hand-designed pieces. We enjoyed talking with the artists and catching up with our former Activity Director Andrea Lapins. We earned enough money with both fund raisers to hire more entertainers for the upcoming year.



## Remembering Cedar Hill's Veterans

CONTINUED from page 3

Arthur was a member of the Junior Sports League for 27 years, the last five as chairman. He also helped form the little league and Babe Ruth League in Claremont, N.H.

When speaking with Arthur, it doesn't take long to figure out what seemed to touch his heart the most. He is very proud to say that for 72 years he was a certified

basketball, baseball, football and soccer official in New Hampshire, Vermont, Maine, and even Florida. Arthur gets a little choked up when talking about officiating sports.

A fond and emotional memory of his is when he was approached at a baseball game and told that he would never need to pay for concessions again.

Arthur has also contributed his time to

the Big Brother program and more important has contributed his life to helping and serving others in the community and the United States.

He was the fourth recipient of The Lena Brown award, which is given to individuals who dedicate themselves to the labor movement and Vermont's working families.



## Remembering Cedar Hill's Veterans Through One Veteran's Story

BY MEGAN FOSTER

*In this article we highlight the life of Arthur P. Palmer. He is just one of our veterans here at Cedar Hill and although space unfortunately does not allow us to feature them all, we would like to recognize and thank ALL of them for the service and sacrifice they have so willingly given to our country.*

Arthur P. Palmer, a WWII veteran, retired with 23 years service with the Navy, Army and the Reserves. He was aboard the USS Savannah in September 1943 when it was hit by a "large armor piercing radio controlled bomb" killing 206 of his shipmates.

After the war ended, Arthur made the 12,000 mile trip on The USS Alaska from China to Boston Harbor. On December 21, 1945, he was the very first soldier to disembark the ship. After catching a train in Boston the next day, he noticed a picture of himself and a few of his shipmates on the front page of the newspaper. Arthur keeps this picture, along with many others, in his binder of memories. Included in the binder



are pictures of the USS Alaska and USS Savannah.

Arthur has a roster of all of the shipmates from the Alaska. He also has the Administrative remarks from Sep 11, 1943 regarding The Savannah, including how and when everyone left the ship.

He has been a life long advocate for the Democratic Party. His very first ever campaign was with John F Kennedy.



"I will never forget the people that filled the City Hall and Town Square. It is the most people there's ever been."

Arthur later became Democratic Chairman of the County and went on to help Jimmy Carter with his campaign and was able to meet and talk with him at the White House after he was elected.

Among his many accomplishments,

CONTINUED on page 6

## Cedar Hill Honors Veterans

Cedar Hill takes pride in making sure our veterans are honored, especially on Veterans Day.

The Village at Cedar Hill welcomed Speaker Pastor Gerry Piper who is a chaplain for The Civil Air Patrol.

Some of our local community's veterans, along with our residents at Cedar Hill and The Village, sat down for a lasagna luncheon made with love by Village Dietary Director Katie Taylor.

It was a great afternoon with our Veterans reminiscing about their service. Ruth Barton, Activities Director at The Village, handed out American Flag pins to all our veterans.

Right next door, at Cedar Hill Nursing Home and Rehabilitation Center we honored our veterans by presenting them with a Certificate of Thanks.

Our Activities Director Jennifer Grimes drove to Applebee's to pick up each veteran a steak dinner. We also celebrated with prayers and music with Reverend Janice.

A special thank you to Applebee's for offering a free meal to all veterans on this special day!



caption





# Scenes from Our Holiday Celebrations



Pam's Pics



Pam's Pics



Pics



Thanksgiving blessings with our Memory Care community.



Pam's Pics



# Scenes from Our Holiday Celebrations



## Out and About with the Village

BY RUTH BARTON

The Village has been busy this fall with many trips and entertainment. We had an exceptional evening performance by the Chester Brass Quintet. The school children sang for us along with the Springfield Songsters. Lorraine Z. shared her poetry with the staff and residents, and our Book club continues to meet monthly.

We took a trip to Hog Back Mountain in Brattleboro, Vt. where we observed owls, snakes, snapping turtles and other creatures. The views from the lookout were breathtaking.

Our holiday season was amazing. Our dietary staff prepared delicious meals for both Thanksgiving and Christmas. They did a fantastic job, keeping residents and families happy with their culinary delights.

All of us at The Village wish you a Happy New Year.

