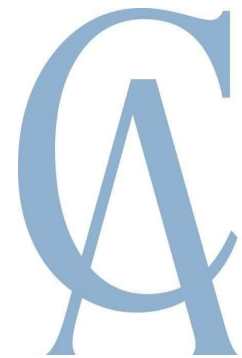


## ACTIVITY PICTURE OF THE MONTH



The Bar Lab stopped by the Cedars and dropped off some homemade treats for our residents. We would like to take the time to thank Gracie from The Bar Lab for the wonderful yet delicious treats.

We would also like to give a thank you to those who donated this amazing treats for our residents. Your kindness is a true gift and will never be forgotten. Meaning of kindness: "We share love with others through kind acts such as a smile, a nice word, an unexpected deed, or a planned surprise. "



## MARCH BIRTHDAYS

Come and celebrate with all our March Birthdays on Friday, March 22nd at 1:20 p.m. Entertainment by The Mellow Fellows.

March 6th Randy Tindal

March 7th Robert Wolf

March 10th Christopher Heston

March 10th Pauline Field

March 27th Delores Moe

March 29th Dale Rosenthal

March 30th Dorothy Gullickson

*\* Sorry if there are any errors.*

## EMPLOYEE OF THE MONTH



Congratulations to our Employee of the Month, Payton Gilmer! Payton is a residential care assistant who is coming up on her 1 year anniversary of being a part of the Cedars' family. Payton was nominated by a memory care family member. Payton takes the time to find out the interests of the residents so she and the residents can share stories. Through her interest she found out that one of the residents and her grandfather were both in the air force. This became very important and meaningful to the resident.

Payton discovered that a resident had an interest in race cars. Payton replicated one of the resident's race cars from a bead kit, framed it and hung it on the resident's wall. Payton goes above and beyond her job duties to ensure that the residents she cares for feel loved and valued.

Payton is pursuing her nursing degree. We are so fortunate and blessed to have Payton as part of our Cedars Family and we know she will make an amazing nurse!



700 1st Drive NW Austin  
507-437-3246

### Cedars Directory

Executive Director 355-7103  
Rec/Well Director 355-7112  
Heath Care Dir. 355-7111  
Business Office 437-3246  
Executive Chef 355-7101  
Maintenance 355-7116  
Housekeeping 481-5304  
Rec./Wellness 355-7102  
Beauty Shop 355-7110  
Marketing 355-7105  
Nursing 355-7106



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*The Cedar*  
**Chatter**

March 2024

# CEDARS

SENIOR LIVING COMMUNITY



Did you know that the Cedars of Austin has been here since 1985! The Cedars has been honored to assist thousands of seniors and their loving families and caregivers for over 37 years! And we have something new to share with you.

The Cedars of Austin has a new website and we are very excited to share it with you. Take the time and look at our website and encourage your family and friends to look and browse as well.

[www.cedarsofaustin.com](http://www.cedarsofaustin.com)



## Nursing Notes: Preventative Testing

A wide range of screening and preventive measures are available and recommended for people over the age of 65 by the Centers for Disease Control (CDC) and are based on extensive clinical data.

The following lists some of the important preventive and screening measures for seniors.

- Influenza vaccination
  - Pneumonia vaccination
  - Vaccination against shingles (60 and older; some doctors recommend starting at age 50)
  - Colon cancer screening for adults between ages 50 and 75 (younger starting age in high risk groups)
  - Breast cancer screening with yearly mammogram for females between 40 and 75 (younger starting age for high risk groups)
  - Prostate cancer screening with annual rectal exam and PSA (prostate sensitive antigen) in males above age 50.
  - Osteoporosis screening with bone density scan in women above age of 65
  - Lipid disorder screening yearly for men above 35 and women above 45.
  - Diabetes screening in people with high blood pressure, high cholesterol, obesity, or previous high blood sugar levels with or without symptoms of diabetes.
  - Blood pressure screening at least once a year.
  - Smoking cessation counseling.
- Other screening tests may be recommended by doctors are: vision and hearing exams, skin cancer screening, cardiac stress test, thyroid function test, mental status exam, peripheral vascular disease screening.



*“St. Patrick’s Day is a day to celebrate our green heritage.*

*The ancestry of Ireland. It is a day to celebrate what it means to be Irish and of Irish descent.”*

*- Anthony T. Hicks*

## MEMORY MOMENT: Supporting Well-bring through Meaningful Experiences

Leisure is more than fun and games; it's more than diversional activities or a therapeutic means towards a functional end. Leisure is the celebration of freedom at its crowing point. Like all citizens, people living with dementia have a right to leisure wherever they may reside. Those living with dementia described these meaningful experiences as follows:

Being Me: Opportunities for self-expression and for simply being, including experiences that are personally meaningful and connected with current and/or past interests.

Being With: Opportunities to be with other people, pets, and/or nature that foster a sense of connection and/or community.

Seeking Freedom: Opportunities that provide a break from the norm; an escape from the stress of daily tasks and responsibilities' an escape from restrictive relationships and/

are or environments. Finding Balance: Opportunities to find or create a sense of balance between relaxation and keeping busy - too much or too little of either is not good.

Making a Difference: Opportunities to fulfill a sense of purpose, to contribute and feel helpful and valued.

Growing and Developing:

Opportunities to grow and develop by challenging the mind and the body, learning new things, and/or having novel experiences.

Having Fun: Opportunities to feel pleasure, enjoyment, happiness, playfulness, and to share a sense of humor.

Source: Alzheimer's Today, Volume 17, Number 2, Page 12.

*When people have regular opportunities to engage in the meaningful experiences they can live well with dementia.*

## Cedars Notes: Mary Barajas, ED

Greetings All!

We would most likely all agree that getting and retaining qualified and caring staff is vital to our business. Hiring and retaining in today's world has changed dramatically over the years. Years ago, I had to turn people away because all my positions were filled. New jobs are uploaded every minute on Indeed and prospective employees are alerted to any new positions that they may be interested in. It seems like folks are always looking for something different. It is our job as the Management Team at the Cedars to create a culture where we have employees who feel valued. This means not only receiving a pay check which made people happy years ago, but also what else can we do to make them feel appreciated. Many times you may see us with small gifts, snack baskets or holding a fun event in which to promote a positive work culture. It is our hope that through these small gestures our employees feel valued and are working in a positive atmosphere. This helps our residents receive continuity of care. Staff turnover is not only expensive but compromises quality of care.

I am so honored, humbled and proud to have some of the finest folks to work with. Recently, two aides from Memory Care bought flowers for the spouse of one of the men that resides at The Cedars. He was constantly telling our aides how much he loved his wife. Out of their own pockets they bought flowers. Another aide noticed one of our residents who loved racing cars. She bought a bead kit out of her own money, made a replica of his favorite care, framed it and hung it. Another aide bought activity packets based on a resident's interests out of her own funds. There are too many of these stories to put into one article. These stories touch my soul to its core.

Therefore, any chance we can get to celebrate these amazing employees by giving them a special treat or gift seems like a small price to pay to retain such amazing people!

You can help by nominating someone for Employee of the Month. The winners truly love being honored in such a manner. It means so much to them to be recognized. Is there an employee from nursing, activities, housekeeping, maintenance, dietary or administration that you would consider nominating? It would be a great investment of your time, I promise!

## Safety Tips by Ashley Farr Fjelstad

This month's article focuses on the importance of bed safety. Here are a few tips to make your bed and bedroom as safe as possible.

If you need to get up in the middle of the night, either leave a light on or have a light close to your bed that is easy to turn off and on. Battery operated push lights that are about the size of a coaster can be purchased online and can be mounted to furniture or a wall if you choose. These can be easier to activate at night versus a traditional lamp. Ensure you have a clear path from your bed to the bathroom, and that the path is visible at night. Secure cords and remove clutter from the floor around the bed to help reduce the risk of tripping/falling.

Keep your emergency pendant within easy reach while you are sleeping. Put it in the same place each night when you go to bed. If you must get up in the middle of the night, bring your pendant with you.

Please remember, it is MANDATORY that you let our staff know BEFORE you install any type of positioning device or rail on or near your bed. Many such devices have been found to be unsafe and have been recalled due to safety concerns. Our staff are able to assist in ensuring any such device you may need to use has not been recalled and is installed properly. Sleep tight (and safe) everyone!