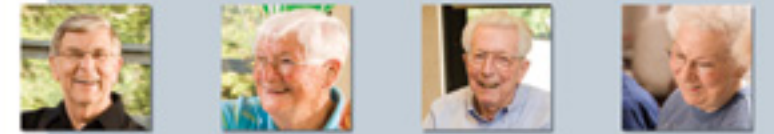
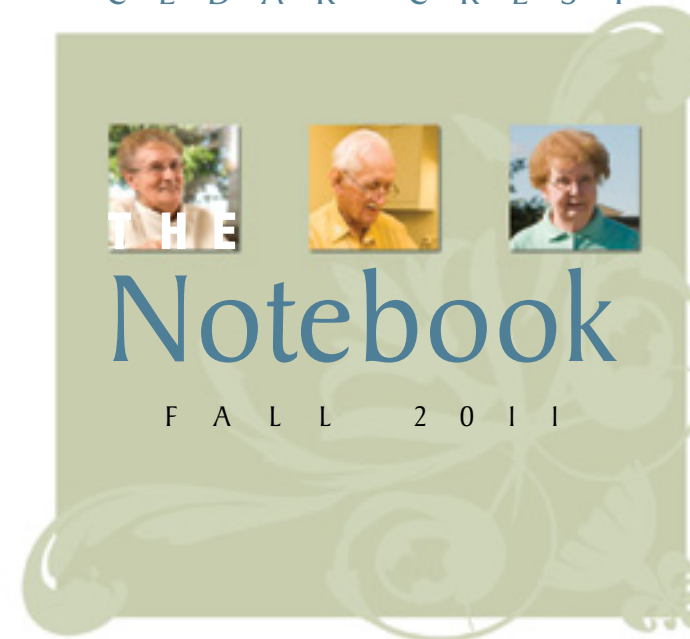


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C E D A R C R E S T



With the needs of its residents in mind, Cedar Crest is constantly looking for ways to enhance its services and facilities. To better serve its short-term rehab patients, a dedicated rehab wing was established.

The rehab wing was designed to help staff members and short-term patients concentrate on rehab therapy. Marion Wozniak, President and CEO of Cedar Crest, explained, "The area promotes healing, independence, and a focus on returning home. The staff is able to focus on the special care requirements of patients in a therapy setting."

Within the same footprint of the building, rehab patient accommodations are located near the rehab therapy treatment rooms. Each private patient room features a private bath. The area has a separate entrance and a residential kitchen with a breakfast bar where meals are served and patients congregate with their friends and family. Traditional dining service is also offered.

This designated rehab area has been well received by patients and family members. It allows short-term patients to bond and work toward a common goal. "A camaraderie exists here as patients work to heal and return home," Darci Pitkin, Assistant Director of Nursing explained. "Everyone is working toward the same objective."

"Friendships are formed, and people cheer on one another," Pitkin added. "It helps patients cope with their transitions in rehab because they are surrounded by people who can relate."

Cedar Crest Rehab Wing Promotes Healing and Returning Home for Short-Term Stays



Rehab Wing Breakfast Bar

INSPIRATIONAL QUOTES

"The future belongs to those who believe in the beauty of their dreams."
~Eleanor Roosevelt

"Faith is believing in things when common sense tells you not to."
~George Seaton

"Just living is not enough. One must have sunshine, freedom, and a little flower."
~Hans Christian Anderson

Contact Us

"I wish I had moved here years ago!"
It's common for new Cedar Crest residents to tell us just that! Moving to Cedar Crest can improve your quality of life by providing maintenance free living, scrumptious dining, and access to a wide variety of activities.

Whether the town homes are your preference or you choose an independent living apartment to be your new home, you will have ample opportunities to be involved in the community by attending workshops, seminars, and socials.

Don't wait too long! Call us today to discuss your future in our wonderful community. Call Rick Sheridan at 608-373-6304 for more information or to arrange a private tour.

Live the Life You Want™



A DYNAMIC COMMUNITY FOR SENIOR ADULTS

Golf Dinner Benefit Supports Benevolent Care

The greater Janesville community gathered for the 24th annual Cedar Crest Golf Dinner Benefit on Monday, July 11, at Janesville Country Club. More than 70 participants enjoyed lunch, 18-holes of golf, hole-in-one giveaways, a putting contest, and dinner while raising money for Cedar Crest's benevolent care fund.

The need for benevolent care for residents at Cedar Crest continues to increase. Each year more than \$850,000 is needed to help bridge the gap between individual residents' financial means and the actual cost of care at Cedar Crest. This year's



event raised \$26,000 through event sponsorships, generous donations, and registration fees. These funds will be used to help support residents who do not have sufficient funds to pay privately.

Event proceeds help Cedar Crest to continue its mission. The funds enable Cedar Crest to support the ideal that no resident should ever have to leave his or her home here because they have outlived their financial resources.

For information on the 25th annual outing, please call Barb Bobbe at 608-373-6302 to add your name to the mailing list.

Hydration for your Health

Staying hydrated is essential, especially for senior citizens. Dehydration can impact how older adults look and feel, and it can cause serious health concerns that affect the heart, kidneys, and brain. In extreme cases, dehydration can be life threatening.

Why focus on hydration?

Older adults experience a decrease in total body water and a loss of the thirst sensation, making dehydration occur more quickly and frequently. The earliest symptoms of dehydration include weakness and dizziness, which can increase an individual's chance of falling.

Consider these tips to stay hydrated:

- ◆ Drink cool water because it is absorbed faster and tastes better.
- ◆ Drink water whether you are thirsty or not.
- ◆ Avoid foods and beverages that promote water loss, such as coffee, tea, sugared drinks, and alcohol.
- ◆ Consume foods that increase water intake – oranges, watermelon, tomatoes, and leafy, green vegetables. Water is also found in various beverages, including juice, milk, and soup.
- ◆ Take a bottle of water with you every time you leave home.
- ◆ Drink more during physical activity.
- ◆ It's important to remember that one's water needs can vary day to day.



Cedar Crest's Balance and Mobility Program Keeps Residents Moving Safely



Nancy Mayhew, CWPC, CWPM, Wellness Coordinator at RehabCare and instructor for Cedar Crest independent and assisted living residents leads the classes. Cedar Crest hosted a Balance and Mobility seminar in August, which discussed why falls occur, the theory behind participating in such a program, and the importance of putting the body in situations where balance is necessary, including movement and exercise. More than 30 participants from the community attended the event.

Cedar Crest independent living residents are participating in balance and mobility wellness classes. Strong and Fit I and II, Balance Class I and II, and Walking Classes are taught right at Cedar Crest and take place three to four times each week for residents. The classes help individuals improve their strength, balance, and agility in a fun, positive environment. Participants also learn more about the right exercises and how to increase their fitness levels.

Residents have these comments about participating in the program:

"Since beginning the strength and balance classes over a year ago, I have noticed a significant change in what I can lift and how much stronger I feel."

"I have more confidence in my balance because of all the different and amazing exercises we do."

"Doing this with a group makes it something you look forward to doing, and I enjoy seeing everyone's progress."

Here's What's Cooking at Cedar Crest!

B E E F S T E W

Ingredients:

- 2 – 1/2 lbs. beef stew meat
- 1 small onion, chopped
- 4 potatoes, cubed
- 1/2 – 1 lb. baby carrots, sliced
- 2 – 3 celery ribs, diced
- 1 can diced tomatoes (optional)
- 4 tbsp. ketchup
- 1 – 2 tbsp. kitchen bouquet
- Salt & pepper, to taste
- 1 can beefy mushroom soup
- parsley flakes (optional)

Directions:

Brown the meat with the onion. Place all ingredients in large roaster. Cover tightly and bake 2.5 – 3 hours at 350° F. Liquid will reduce while baking – add more water as needed. May also be done in slow-cooker.

