

# Notebook

## New Cedar Crest Residents Hail from Illinois, Will Serve as Houseparents to the Visually Impaired

As people approach retirement age, there are many big decisions to be made. For Jack and Donna Allord, who recently chose to leave their home in Glenwood, Ill., the biggest decision was where to go next.

“When we started looking for a new place to live, we were thinking about our future,” Jack said. Donna spent time searching online for possibilities – places that offered the level of comfort and style to which they were accustomed. They narrowed the prospects down to four.



*Jack and Donna Allord on their new front porch at Cedar Crest.*

It took the Allords a few months of research and travel to make the difficult decision. “We made a couple different visits to Cedar Crest,” Jack said, “and it was much nicer than the others we visited.”

The decision to move wasn’t the only choice the Allords recently made. They also chose to continue working, taking a job as houseparents for the Wisconsin Center for the Blind and Visually Impaired (WCBVI) located about a mile northeast of Cedar Crest on State Street. The WCBVI operates the Wisconsin School for the Visually Handicapped (WSVH), a residential school for blind and visually impaired K-12 students – the only school of its kind in Wisconsin.

As houseparents, the Allords will be mentoring to the blind and visually impaired, assisting with

homework, extracurricular activities, and meals. For the previous seven years, they had done similar work in Glenwood. “If it’s like our job in Illinois, we’ll also be helping the students with learning good behavior and manners,” Jack said. “Hopefully, we’ll be helping them to become more independent.”

Independence is also something the Allords are interested in maintaining. In late August, they moved into their new three-bedroom Cedar Crest condominium and began the next exciting step in their lives.

Today, as they contribute to the WCBVI’s mission to prepare visually impaired students for living independent, full, and rewarding lives, the Allords are able to do the same themselves at Cedar Crest.

# Two New Resident Spaces Called 'Jewels' of Cedar Crest Independent Living

When Cedar Crest's expansion project opened earlier this year, the finished product included 30 new apartments, a remodeled and expanded resident lounge, renovated hallways for Cedar Crest residents, and a new break room for employees. It also included two fabulous recreated spaces for the use of residents: the new library and new woodworking shop.

## The Jane Ferris Memorial Library



*Cedar Crest residents keep up with their reading.*

Funded by the generosity of the children of Janesville native and former Cedar Crest resident Jane Ferris, the library that bears her name has become an amazing facility where Cedar Crest residents come to enjoy reading, puzzle making, and quiet socializing with their friends and neighbors.

The 1,400 square foot facility features a working gas fireplace, cozy and comfortable seating areas, a puzzle making table, and reading materials. Lots and lots of them!

Cedar Crest's extensive collection includes more than 2,500 books in a variety of genres, more than 50 different magazine subscriptions, and nine newspapers. The

facility is maintained and organized by a group of Cedar Crest resident volunteers led by Ed Young, a retired educator and now resident of the senior living community.

"We set up a system (in the library) so the workers can keep it in good order and so the users can easily see authors and titles," Ed said. "We use traditional library subject areas and organize the books alphabetically."

The library opened last November and has been met with great reviews by Cedar Crest residents and visitors alike. It's one of the many unexpected treasures found within Cedar Crest!

## The Jack Pregont Woodworking Shop

The humming, tapping, and roaring heard coming from the lowest level of Cedar Crest, adjacent to the new underground parking garage, is the sound of dedicated woodcrafters in the newly appointed Jack Pregont Woodworking Shop.

Jack and his wife Carol generously donated the funds to purchase the state of the art equipment in the workshop. Cedar Crest resident craftsmen have the opportunity to build cabinets, shelves, woodcraft projects, and more in the 1,100 square foot workshop.

Many residents are already enjoying the projects completed within the new facility. Resident Bob Stone is a frequent user of the workshop and its equipment. Bob stated, "When we sold our home, I had to sell my table saw, but I haven't had to give up on the woodworking I love. The amazing Cedar Crest workshop is just a few steps from my front door!"



*Bob Stone enjoys working in the new facilities.*

He added, "I enjoy woodworking projects. In fact, I've already completed one and have a second one in mind."

Instructors from Blackhawk Technical College provided a safety class for all workshop users prior to the opening of this facility. The university will offer occasional recertification classes for residents and instructional courses for new residents.

## "I'm ready to move, but where do I begin?"

Many of Cedar Crest's new residents express similar concerns about where to begin when planning a move from the home they've owned for many years. With the help of a senior move management firm, those worries are eliminated!

Cedar Crest has partnered with several area firms who provide assistance to older adults who are downsizing their homes and their belongings and moving to Cedar Crest. These firms work closely with you to help you decide what to keep and what to give away. Then they arrange for everything, from removal of unwanted items to moving vans that will take your belongings to your new location. Senior move managers will even help arrange your furniture and hang pictures in your new home.

As a special service to potential residents, Cedar Crest is offering a \$500 gift certificate for professional senior move management services provided by one of our partner firms when you sign a contract and schedule a move-in date at Cedar Crest.

Call Rhonda Hartwig at 608-756-0344 for information on making your move to Cedar Crest and this special Senior Move Management offer.



## Cedar Crest To Use Nintendo Wii For Recreational and Intergenerational Programs

Residents around the Cedar Crest campus will soon have a new way to play together – with the Nintendo Wii. This new, high-tech video game system is being installed in lounge areas of Cedar Crest's independent living, assisted living, and health care center.

The Wii will have a variety of social and therapeutic uses. Bowling, golf and tennis games have been purchased and the bowling leagues are being formed for residents of the assisted living and health care center.

The game system will also be the focus of a new intergenerational program at the community. Cedar Crest activity director, Kristine Scheider, is working with area youth groups to develop the program, which will offer important interaction between the age groups as well as training for the seniors on using the video system.

## Here's What's Cooking at Cedar Crest!

### PUMPKIN BARS



#### INGREDIENTS:

##### Pumpkin Bars:

2 cups all-purpose flour  
2 cups white sugar  
1 cup vegetable oil  
1 cup chopped walnuts (optional)  
2 tsp baking powder  
2 tsp salt  
2 tsp ground cinnamon  
4 eggs

2 cups canned pumpkin

2 tsp baking soda

##### Cream Cheese Frosting:

1 8 oz pkg cream cheese, softened  
1/3 cup butter, softened  
1-2/3 cups sifted confectioners' sugar  
3/4 tsp vanilla extract

#### DIRECTIONS:

Preheat oven to 350 degrees. Grease two 9x13 pans or one full sheet pan. Mix all of the Pumpkin Bars' ingredients until well blended. Bake for about 25 minutes. In a separate bowl, whip together all the ingredients for the Cream Cheese frosting. Allow bars to cool before frosting. At Cedar Crest, we top them with the chopped walnuts instead of putting the nuts in the batter. Makes 20 servings. *Enjoy!*

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## Inspirational quotes

Healing takes courage, and we all have courage, even if we have to dig a little to find it. — *Tori Amos*

It's not how big your pencil is; it's how you write your name. — *Dave Mustaine*

Now my imagination is the only thing that limits the bar and its rise to the heights. — *Alanis Morissette*

Our lives teach us who we are.  
— *Salman Rushdie*

Anything's possible if you've got enough nerve. — *J. K. Rowling*

Love and magic have a great deal in common. They enrich the soul, delight the heart. And they both take practice.  
— *Nora Roberts*

*Live the Life You Want™*