

Leonardtwn High School  
**DRIVE-BY**  
Holiday Parade

Beep! Beep!  
Watch from your window  
or bundle up and come outside  
to see these creative kids  
and their families circle  
Cedar Lane's campus  
in their decorated cars.

**Monday, December 20, 2021  
10AM**



The best gifts aren't the ones wrapped up in a box. They're the ones you wrap in a hug. Treasure the people who bring joy into your life. To all our friends at Cedar Lane, we wish you a joyous and peaceful holiday.

**Welcome Flavaz Catering!**



Cedar Lane has entered into an agreement with Flavaz Catering to lease our kitchen. *Read on to get to know the company's owner, Chef Clinton Robinson.*

Chef Robinson is a food enthusiast with a passion for amazing experiences and good eats. Born in Washington D.C. and raised in St. Mary's County, he grew up loving soul food and seafood. His father, a professional chef, introduced him to an array of cooking styles. Wanting to follow in his father's footsteps, he started cooking at the tender age of eight, working as a prep cook in a veterans' home.

That experience convinced him that he wanted to cook for a living. After graduating from college, he spent years travelling, honing his craft and looking for new cooking styles and techniques. It was during these travels that his signature "Gourmet-Soul" culinary style was created.

In 2013, Chef Robinson dedicated himself to doing work in the community by becoming a manager and cook of a local soup kitchen. That work gave him extensive experience in cooking great food for large crowds of people.

At the start of 2019, FLAVAZ Catering & Food Services was born and has seen great success since its launch. We are excited to see what great things Chef Robinson has in store next in his FLAVAZ culinary journey!



**Courtesy Resident Dinner  
Provided by  
Friends of Cedar Lane  
Catered by Flavaz  
Thursday,  
December 23, 2021**

*To reserve your meal, RSVP to the Front Desk by December 17.*

**Please note, residents will need to pick up their packaged meals between 4 p.m. and 5 p.m. in the Dining Room.**

**Strollings**  
COMMUNITY NEWSLETTER



HOLIDAY 2021



**Season's Greetings**

I want to pause at this joyous time of year to thank you all for welcoming me into your home. Getting to know you as individuals has been so valuable to me as I work to keep our community growing in meaningful ways. Here's hoping that your holidays are full of light and merriment. I am counting my lucky stars that I am a part of Cedar Lane.

*Happy Holidays!*



Eric Golden,  
President/CEO

**Busy Cedar Lane elves stuff goodie bags for Leonardtown's Christmas on the Square event**

Thank you to residents Roberta Armstrong, Jackie Thorne, Maralyn Thompson, Joyce Cooper, Ellen Quade and Activities Coordinator Tonya Tyer for volunteering to help fill more than 300 goodie bags.



**Cedar Lane is launching a new logo in 2022!**



Look who's getting a fresh, new look! Cedar Lane worked with Baltimore-area graphic designer Stephanie Coustenis to redesign our community logo. Stephanie's clients include the Baltimore Symphony Orchestra, Black and Decker, Campbell Soup Company, the Baltimore Zoo, the National Aquarium, the Smithsonian Institution, and numerous nonprofit organizations like ours. The new design features three cedar cones, representing the three buildings within our community. We believe it sends a clear message that Cedar Lane continues to evolve to meet the wants and needs of residents, and together, we are set to accept any challenge the future brings our way.



Cedar Lane was a proud sponsor of the 46th Annual Veterans Day Parade & Memorial Wreath Laying Ceremony on Thursday, November 11, 2021. To all veterans, we thank you for your service and your dedication to protecting our freedoms. *Pictured here are Cedar Lane's own Eric Golden and Sharon Best with Maryland Governor Larry Hogan.*



### REMINDER

**Cedar Lane staff and management team members are not permitted to accept gifts or gratuity from residents.**

If you would like to show your appreciation to our team this holiday season, please consider making a donation to our Employee Recognition Fund through Friends of Cedar Lane. Donations are always welcomed in the Finance Office.

## Welcome New Team Members



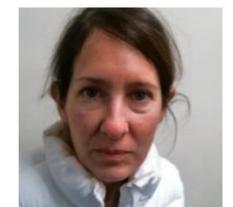
### Chloe Collins, Service Coordinator

Chloe is a Southern Maryland native and part of the St. Mary's County Somerville family. Some of you may know her great uncles, Deacon James and Walter Somerville. She has an extensive background as a Certified Nursing Assistant, program assistant and community case worker. Her hobbies include horticulture and spending time with her dogs, Snacks and Miyoshi. She is looking forward to providing the residents of Cedar Lane with an exceptional level of service.



### Mary Leresche, Executive Administrative Assistant

Mary grew up in northern Virginia in a large family where she was one of seven children. Today, she has a teenager of her own. Mary has been an administrative assistant for over 25 years. Her experience includes eight years as a secretary in the Cancer Care Unit of St. Mary's Hospital. She is looking forward to her new job responsibilities and meeting the great people who call Cedar Lane home.



### Mauri Sylier, Housekeeping Associate

Mauri has been with Cedar Lane since November 1 and has quickly proven to be a dedicated and efficient addition to our Housekeeping team. Her favorite thing about working here at Cedar Lane is getting to know residents. Outside of work, Mauri can be found keeping fit with yoga and Pilates or relaxing with the latest romance novel.

# 7 Winter Safety Tips

Follow these precautions to stay safe when the temperature drops:

### 1. Beware of slick outdoor conditions

While we can't control winter weather, we can take steps to protect ourselves from it. Outdoor fall prevention includes these tips: wear shoes or boots with good traction; use a mobility aid; and watch diligently for ice.



### 2. Keep your house stocked

The more you can limit the number of trips outside, the more you can reduce your risk of a fall. Now is the time to stock up on canned goods, toilet paper, medicine and other daily items.

### 3. Bundle up

As we age, our bodies become less effective at regulating temperature. Certain medical conditions and medications can compound this issue. Be sure to dress in layers. You can always shed a layer if you get too warm.



### 4. Drink lots of water

It's easy to relax your water intake when it's cold outside, because you won't feel as thirsty. But dehydration is a big risk, especially if you're drinking lots of hot tea and coffee to stay warm. Keep up on your water intake for better health.

### 5. Let the sun shine in

Exposure to natural light helps balance the body's serotonin and melatonin levels, which helps with mood. Open up the shades and curtains in your apartment to help ward off Seasonal Affective Disorder (SAD).



### 6. Stay active. Stay engaged.

To beat the wintertime blues, stay physically and mentally active. Cedar Lane's activities calendar is filled with ways to do just that. Also be sure to keep in touch with friends and loved ones through personal visits and phone calls.

### 7. Get your share of Vitamin D

Older adults spend more time indoors during the winter months, which can lead to a Vitamin D deficiency. Avoid this by eating a winter time diet rich with milk, orange juice, cheese, egg yolks, grains and seafood.

