



RESIDENTS' POT LUCK



Bring a dish to share!
Wednesday, March 23, 2022
2PM in the Dining Room

RESIDENTS' BIRTHDAY PARTY



Thursday, March 24, 2022
6PM in the Dining Room

THE GARDEN CLUB NEEDS YOUR HELP

Do you love to garden?
Tonya needs someone to help her head up the efforts of the Garden Club this spring!



It's never too late to start an exercise routine and enjoy becoming the fittest and healthiest you've ever been.

Spring is an ideal time to introduce a little exercise into your daily routine.
Need some motivation to get moving? Here are eight big benefits of exercise for seniors.

- Prevents Osteoporosis** - Weight-bearing exercise and resistance training are the top ways to build stronger bones.
- Promotes Muscle Health** - Exercise, particularly strength training, is the single most effective way to battle and reverse age-related muscle loss.
- Improves Cardiovascular Health** - Exercise reduces the risk of heart attack, stroke, peripheral artery disease, coronary artery disease, cardiomyopathy and more.
- Helps Maintain Independence** - Keeping our muscles strong reduces the risk of falling, and performing specific exercises to help with balance improves our ability to take care of ourselves.
- Decreases Risk of Depression** - Physical activity is one of the best lifestyle-related antidotes to depression in people of all ages.
- Improves Memory** - Physical activity has been linked to improved spatial and verbal memory. Spatial memory is our ability to remember things like where we left our car keys. Verbal memory is our ability to remember what we read and hear.
- Increases Cognitive Function** - Exercise is shown to reduce the risk of various types of cognitive decline, including dementia, later in life.
- Improves Quality of Life** - Stronger bones and muscles, a healthier cardiovascular system, better coordination and balance, better memory, and a healthy social life all put the "golden" in our golden years.

Strollings

COMMUNITY NEWSLETTER



SPRING 2022

New Community Sign Coming This Spring

We want Cedar Lane to be a place you're proud to call home. Plans are underway to install a new entrance sign at the corner of Cedar Lane Court and Cedar Lane Road. With the timeless appearance of brick and stucco, this well-made, beautifully-designed sign will make a fantastic impression on everyone passing by.



New Computers Are Here!

The perks of living at Cedar Lane keep growing. We recently replaced the computers in the library and business center with three new Dell OptiPlex 3090 computers. Each computer runs on Windows 10 and features Google Chrome and Microsoft Edge for browsing the web, plus a full suite of Microsoft Office programs.



COMPUTER BASICS CLASS

Looking to enhance your computer skills? Join Theresa Rossi for a fun learning session. Theresa is a Cedar Lane resident and a former computer science teacher!
THURSDAY, MARCH 24 - 1PM – ACTIVITY ROOM



Friends of Cedar Lane 2022 Capital Campaign

Friends of Cedar Lane is the fundraising organization for our community, led by a volunteer Board of Directors. Their goal for 2022 is to raise \$50,000 to fund a community van for Cedar Lane. Every donation counts. If you or a family member would like to donate toward the van fund, you can do so online at www.cedar-lane.org or by mailing a check, made out to Friends of Cedar Lane, to the following address: Friends of Cedar Lane, 22680 Cedar Lane Court, Leonardtown, MD 20650.

New Sheriff's Department Liaison



Corporal Rachael Roszell of the St. Mary's County Sheriff's Office is the new community liaison for Cedar Lane. Community liaison officers connect police

departments with the community they serve. In the coming weeks, Cpl. Roszell hopes to visit Cedar Lane to answer your questions, hear your opinions about police practices, and identify any community concerns you may have.

NP Family Practice to Open Onsite Medical Clinic at Cedar Lane Senior Living Community

Cedar Lane Senior Living Community is pleased to announce that NP Family Practice has signed a lease agreement to open a comprehensive public health clinic right here on our campus.

Part of Cedar Lane’s mission is improving resident access to essential services that support independence and a high quality of life. “Having medical care available within our community will be a game changer for residents with transportation challenges,” said Eric Golden, President and CEO of Cedar Lane, who orchestrated the lease agreement. “We’re bringing healthcare services right to your doorstep.”

NP Family Practice has been in business for three years. Their medical clinic at Cedar Lane will offer a variety of services to include primary care, sick care, home visits, virtual visits, COVID-19 testing and treatment. By collaborating with a local mobile radiology company, they will even offer home imaging services such as x-rays and ultrasounds. The group’s overall goal is to be accessible to residents and to prevent unnecessary emergency room visits.

“I am most excited about this partnership with Cedar Lane because the overall vision of NP Family Practice is to meet patients where they are,” said Temeria Wilcox, head of NP Family Practice. “By focusing on disease prevention and health management, we hope to build long relationships with the people we serve at Cedar Lane Senior Living Community.”

Currently, accepted insurances include Medicare, Blue Cross Blue Shield, Aetna, Cigna, GEHA, Maryland Medicaid and Amerigroup.

According to Wilcox, they have already identified and submitted credentialing applications for other insurance companies used by Cedar Lane residents.

Goal opening date:

The first week of April, 2022 (Subject to Maryland State permitting).

Location:

Across from the elevators on the 2nd floor of the Church Building (Building I).

Operating hours:

Tuesday and Thursday from 1:00 p.m. – 4:00 p.m.



TEMERIA WILCOX, CRNP, MSN, FNPC

Temeria Wilcox is a Family Nurse Practitioner licensed in the state of Maryland and certified by the American Academy of Nurse Practitioners. She has more than 20 years of experience that spans the specialties of urgent care, emergency room, family medicine and community health care. She is qualified to treat conditions across the entire life span, and committed to providing the care you deserve.



Love Blossoms at Cedar Lane

Cedar Lane sweethearts George Dillon and Joan Fortner met when they both attended a new resident focus group in 2018. But it wasn’t until Joan moved into the Burch Building that they really got to know each other.

“He helped me move. He was really sweet,” Joan said. “I love his generous and giving nature.”

According to George, he appreciates the fact that Joan allows him to help other residents out without any feelings of jealousy. “She knows my heart belongs to her.”

“AW” MOMENT: George was recently spotted teaching Joan how to ride a bike in the parking lot adjacent to the patio area.



Welcome New Team Members

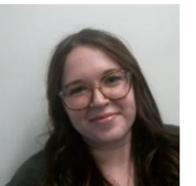


Tiley Collins, Service Coordinator

Tiley finds all aspects of her job interesting, but most enjoys getting to know each resident personally and forming meaningful relationships. Outside of work, you’ll find her taking a quick nap, reading, or enjoying nature. Tiley loves warm weather and is looking forward to gardening this summer.

Linzy Smith, Service Coordinator

Linzy looks forward to getting to know the residents of Cedar Lane and making a positive impact. In her free time, she enjoys camping with friends and being outside. She is an enthusiastic cook and an avid fan of documentaries.

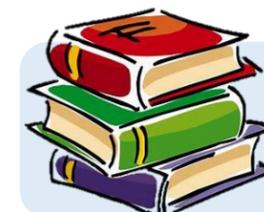
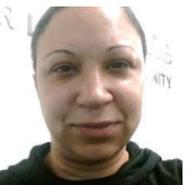


Dylan Harris, Maintenance Technician

Accustomed to heavy manual labor, Dylan is enjoying the work he is doing at Cedar Lane. A father of four young children, he spends most of his time at home. When time allows, he enjoys fishing, cooking, going to the racetrack and football. He is a big Ravens fan.

Tamika Stewart, Housekeeping Associate

Tamika just joined our housekeeping team this month. In her role, she is responsible for ensuring the common areas of the facility are clean, maintained and orderly. At home, Tamika takes on a different role as mom to three kids age 10, 17 and 20.



Thank you to Cedar Lane resident Maralyn Thompson and her daughter Candy Chesser, who serves on our Board of Directors. Together, this dynamic duo is working with the St. Mary’s County Library System to update the book selection in Cedar Lane’s library.