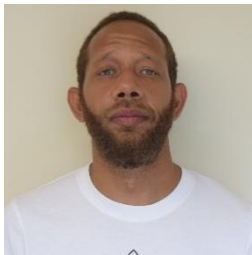


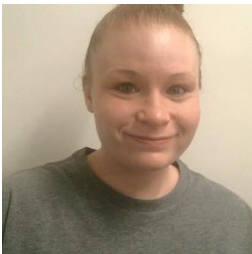
# Welcome New Team Members



**Kirk Morgan, Maintenance Assistant**  
I love it here. I love the energy of the people at Cedar Lane. Everyone seems real friendly and talkative. I'm talkative myself, so that's great. I want to be here a long time. I plan to be here until I retire. When I'm not at work, you'll find me with my two-year-old son Kyrie. He's learning his ABCs. I also like watching sports. My teams are the Washington Commanders and the L.A. Lakers.



**Sarah Kame, Service Coordinator**  
I enjoy working with people. I went from working with children at the Boys and Girls Club and being a nanny, to working with adults with developmental disabilities and now with seniors. My role at Cedar Lane is a perfect fit because I like solving problems, spending time with older generations and hearing people's stories. Outside of the office, I own a home in the Great Mills area with my husband and my big dog, Tex. We love watching movies and traveling. On weekends, we'll travel to different cities just to explore and try new restaurants.



**Ashley Dixon, Housekeeping Associate**  
Before I joined the Cedar Lane team I worked at Greenwood Knolls Elementary School in the cafeteria. I'm so happy to be at Cedar Lane now, where I can work full time and always stay busy. I haven't met an unfriendly person here yet. I'm all about family and when I'm not at work, you'll find me with my seven-year-old daughter Madalyn. She loves swimming and going to the playground. Even when it snows she wants to go to the playground. She is also a fan of the library and has started reading books to me.



**Leslie Cook, Housekeeping Associate**  
Before starting at Cedar Lane, I did housekeeping and laundry at St. Mary's Nursing Home. Everyone is so friendly here. I've never seen so many happy people all in one place! When I'm not at work, it's all about spending time with my kids. I have three girls age six, four and three. They love to play games – especially hide and seek. I'll be the first to admit that I'm not very good at it!



The Cedar Lane Food Pantry has relocated to the laundry room on the 2<sup>nd</sup> floor of the Church Building (Building I). Donations of non-perishable food items are welcome. Please take what you need and leave the rest for others.

## MONTHLY SERVICE COORDINATION EVENTS

*Check the bulletin boards for event dates each month*

**Southern Maryland Center for Independent Living**  
SMCIL offers an adaptive devices loan library to improve your independence and your quality of life. Come see what's available to borrow, or learn how you may qualify for a grant to purchase your own adaptive devices.

**Snack Packs**  
Nutritious Snack Packs are provided to residents each month by the Southern Maryland Food Bank. Sign up at the Front Desk.

**Computer Classes**  
Theresa Rossi is continuing her computer classes at 1 p.m. on the third Thursday of every month in the activity room. Or sign up for one-on-one time with Theresa for more hands-on assistance.



## The Cedar Lane Shuttle is hitting the road!



With the help of community donors and supporters, Cedar Lane Senior Living Community has purchased a Ford Transit passenger van to serve as a resident shuttle. We anticipate shuttle service to start running this August.

Once operations begin, the Shuttle will offer residents three different routes per day to a variety of destinations including local shopping venues, grocery stores, banks, restaurants, the Garvey Senior Center, Leonardtown Library and the Leonardtown Post Office.

To ride, residents will need to purchase a Shuttle Punch Card at the Cedar Lane General Store. The card offers five rides for \$8.00. The routes will be posted on the bulletin boards, on channel 2 and at the Front Desk. Reservations will be required. Look for full details coming soon!

### We Need Drivers!

We are looking for residents who are interested in driving the Cedar Lane Shuttle. Drivers will receive a monthly stipend as compensation. Please see the Front Desk for an application.



## EVERY STEP COUNTS

*Remember - no matter how slow you're going; you're still lapping everyone on the couch!*

If you walk from the Building III lounge to the Building II lounge, you've walked approximately **200 steps** or **0.1 miles** and burned approximately **5 calories**. If you walk all the way around all three Cedar Lane buildings outside, you've walked approximately **525 steps** or **0.2 Miles** and burned approximately **25 calories**.



## ACTIVITY UPDATE



*"Hey sugabugas! Here are some of the great events I'm working on for summer. Who's ready for some fun?"*  
-Tonya Tyer  
Activities Coordinator

### July Events

Fourth of July meal sponsored by Friends of Cedar Lane  
Cedar Lane Talent Show

### August Events

Food Truck Visit  
Ice Cream Social sponsored by Friends of Cedar Lane

### September Events

Fall Festival

### Shuttle Outings

Look for Friday park, museum, fishing and movie outings on the Shuttle!

### Party Planning Committee

Check the bulletin boards to sign up for Tonya's party planning committee. You'll be helping to host activities on weekends and evenings.



## Cedar Lane bids a fond farewell to Sharon Young

*After 18 years of service to Cedar Lane, Sharon is headed for a much-deserved retirement.*

*Before Grey's Anatomy aired on TV, before the launch of Twitter or YouTube, before the impact of Hurricane Katrina or the election of Pope Benedict XVI, Sharon Young clocked in for her first day at Cedar Lane.*



"My start date was July 1, 2004," recalled Sharon, Cedar Lane's second shift Front Desk Receptionist whose final day on campus will be June 24, 2022. "I actually worked for about a year in housekeeping before transferring to the Front Desk. I've been here ever since."

Through the years, Sharon has become known for her calm demeanor and contagious smile. "I think my sense of humor is what made me a good match for this position. You have to have a sense of humor and be able to go with the flow," she said with a laugh.

In addition to her even-keel personality, Sharon has been a consistent and helpful support system for residents. Mary Forster, a resident of the Church Building said, "She's part of the family. She's been a part of my life for 15 years. My daughters and grandchildren and my brother all consider her a friend. I just pick up the phone and she's there. I can call any time. I can't believe how many years it has been. I'm going to miss her but hope she enjoys every moment of her retirement."

Although Sharon has watched Cedar Lane transform through renovations and program changes, she said one thing that has stayed the same is the quality of service we give to the people who live here.

Building Manager Tom Moore said he appreciated the chance to comment on Sharon's retirement. "I want to tell her how much we all appreciate everything she has done for us." Sharon returned the compliment, saying it has been a pleasure working here. "I've learned so much about myself and the people I work with every day. I'm going to miss my residents and the friendships I've made with staff. People have been coming up to me and crying. They break my heart. I will always remember my time at Cedar Lane."

She won't have any problems, however, adjusting to not working. "I plan to spend a lot of time with my two sisters Ann and Mary. We are casino freaks – all three of us. I'm also going to enjoy more time with my boyfriend Paul and my three grandsons in Georgia, who are 12, 10 and 8 years old." Sharon said. She then added, "I have some health problems and I want to be able to enjoy my life while I'm healthy enough to get around."

When asked what advice she would give her replacement at the Front Desk Sharon said, "Just one word – LISTEN. We are in a position to make a real difference in their lives. It's so important to really listen."

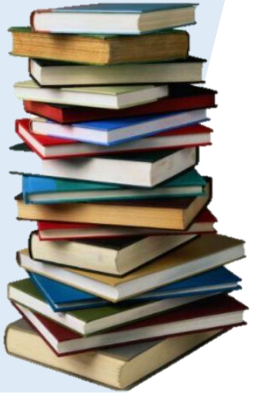
Best wishes on all your future endeavors, Sharon. You will be missed by everyone who knew you.



It's official! Bobbie Jo Goldsborough will be taking over for Sharon at the Front Desk. Bobbie Jo is excited about her transfer from Housekeeping to Reception and looks forward to being of service to residents and guests.

## Cedar Lane sends special thanks to Donna Garner – Library Volunteer

When Donna Garner moved to Cedar Lane six months ago, she knew she wanted to find a way to get involved in her new community. The perfect opportunity presented itself when fellow resident Maralyn Thompson was looking for someone to take over the role of library volunteer. "I've always loved reading. While I do most of my reading on a Kindle now, there is nothing like the feeling of holding a book in your hands. Libraries are great places. I love organizing things, so I look forward to digging in!"



## Cedar Lane's Sensational Sisters



**Mary Pilkerton and Bea Rollins**

How We're Similar: Bea says, "We are a very close family. We were originally two of 12 siblings. We're now down to six."

How We're Different: Mary says, "I'm shy. She's more outgoing than I am." Bea adds, "I'm sassier too!"



Did you know Cedar Lane is home to two sets of sisters?



**Sam Garland and Jackie Thorne**

How We're Similar: Jackie says, "We're both loving and forgiving. We share the same faith and values." Sam says, "We're both bossy."

How We're Different: Sam says, "She's very creative. My only creativity is what comes out of my mouth."

*Together* is a wonderful place to be.

