

## ACTIVITY PICTURE OF THE MONTH



Last month we celebrated, Paint the Cedars Pink. We raised money for the Hormel Institute for breast cancer research. We had two fundraisers. We sold chocolate roses at the beginning of February and towards the end of February we had our bake sale. The total that we raised was \$700.00! We will be giving this money to the Hormel Institute soon but if you would like to donate please see our Recreation/Wellness Director, Cathy Ehley.

## APRIL BIRTHDAYS

Come and celebrate with all our April Birthdays on Friday, April 26th at 1:30 p.m. Entertainment by Sam Crooser

April 3rd	Linda Bach	April 15th	Kim Spencer
April 3rd	Beverly Severtson	April 20th	Joyce Peterson
April 5th	Janice Demarce	April 20th	Lorraine Andree
April 6th	Myrtle Rudlong	April 23rd	Brian Bechstrand
April 7th	Jan Ranum	April 26th	Steve Stolenberg
April 14th	Ed TucheK	April 28th	Pat Bos

*\* Sorry if there are any errors.*

## EMPLOYEE OF THE MONTH



Congratulations to our Employee of the Month, Madison Kirby! Madison has been a part of the Cedars team for 1 year. She started out as a dietary server and has since found her passion in nursing by becoming a resident care assistant. Madison was nominated by a family member who says Madi pays extra attention to the residents, notably in Memory Care. Madison noticed how much a resident loved his wife. Madison and another aide bought flowers for the resident's wife at Christmas telling her that her husband is always telling the aides how much he loves her. The wife of our resident was

overcome by their thoughtfulness. We are so very blessed and honored to have folks like Madison who go above and beyond to provide to provide not only great care for our residents but to make sure the family members are taken care of as well. Thank you Madison for all you do and for being a part of the Cedars Family!



### INSIDE THIS ISSUE:

Nursing Notes: Spring Time Allergies  
 Memory Moment: Reducing the Risk of Dementia  
 Monthly Safety Tips by Ashley Farr Fjelstad  
 Employee of the Month  
 Activity Picture of the Month

*The Cedar*  
**Chatter**

April 2024

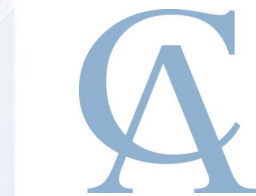
# CEDARS

SENIOR LIVING COMMUNITY



"From the very first phone call with the Cedars telling me that they were able to help my Dad, I knew we would be well taken care of. Every staff member is so caring and professional. I am able to talk with them about any concerns, and they are always so supportive. I love the care of the nurses, the variety of activities they offer, the support for the family, and the relationship-building throughout. Whenever I go visit with my Dad, I am also visiting with a whole new family. I truly love the staff and residents of The Cedars of Austin!" - Jill M., Daughter of Memory Care Resident

The Cedars of Austin has a new website and we are very excited to share it with you. Take the time and look at our website and encourage your family and friends to look and browse as well.  
[www.cedarsofaustin.com](http://www.cedarsofaustin.com)



700 1st Drive NW Austin  
 507-437-3246

### Cedars Directory

Executive Director 355-7103  
 Rec/Well Director 355-7112  
 Heath Care Dir. 355-7111  
 Business Office 437-3246  
 Executive Chef 355-7101  
 Maintenance 355-7116  
 Housekeeping 481-5304  
 Rec./Wellness 355-7102  
 Beauty Shop 355-7110  
 Marketing 355-7105  
 Nursing 355-7106

## Nursing Notes: Spring Time Allergies

Spring is the time of year for seasonal allergies. As the trees start to bloom and the pollen is released into the atmosphere, allergy sufferers begin their annual ritual of sniffing and sneezing. Each year, 58 million Americans fall prey to seasonal allergic rhinitis, more commonly known as hay fever. If you have mild seasonal allergies, nasal sprays and inhalants and oral OTC antihistamines can both effectively manage your symptoms

How to manage spring allergies

- Try to stay indoors whenever the pollen count is very high (pollen counts usually peak in the mornings).
- Keep your doors and windows closed whenever possible during the spring months to keep allergens out. An air purifier may also help.
- Clean the air filters in your home often. Also, clean bookshelves, vents, and other places where pollen can collect.
- Wash your hair after going outside, because pollen can collect there.
- Vacuum twice a week. Wear a mask, because vacuuming can kick up pollen, mold, and dust that were trapped in your carpet.



*Employee Spotlight:*  
Please help us in congratulating our Spotlight Employee, Crystal Parker. She is truly dedicated and passionate about serving our residents. Thank you, Crystal!

## MEMORY MOMENT: Reducing the Risk of Dementia

Dementia, a complex group of symptoms caused by brain damage and resulting from multiple diseases, can impair cognitive function and affect a person's daily life. Some of its impact, however, could be prevented or delayed by addressing these 12 behaviors and health issues over time.

A reduction in dementia prevalence of up to 40 Percent is possible if action is taken to limit risk at this stage of life.

- Early life 7% maximize education
- Midlife 8% attend to hearing loss
- Midlife 3% prevent head injury
- Midlife 2% control Hypertension
- Midlife 1% limit alcohol
- Midlife 1% reduce obesity
- Later Life 5% quit smoking
- Later Life 4% treat depression
- Late Life 4% be more social

*Alzheimer's caused by accumulations of proteins that damage and kill nerve cells, this brain disease affects communication and memory.*

- Later Life 2% exercise frequently
  - Later Life 2% avoid air pollution
  - Later Life 1% manage diabetes
- Common types of dementia and percentage of patients and typical age of diagnosis are the following:
- Alzheimer's, 32% and developed it in mid 60's or older.
  - Vascular Dementia, 29% and developed it over 60 years old.
  - Lewy Body, 6% and developed it 50 years old or older.

• Frontotemporal, 6% and develop it 45 years to 64 years old.  
If you feel your are having issues with your memory contact your doctor.  
Source: Alzheimer's Today

## COOKING CORNER: Old Fashioned Deviled Eggs



Ingredients:  
1 Dozen Eggs  
1/2 C. Mayo  
1 1/2 tsp. Dijon Mustard  
2 Tbsp. Ranch Dressing  
Pinch of Salt  
1 tsp. Garlic Powder  
1 Tbsp. Sugar  
Paprika for color

Directions: In a sauce pan put the eggs and water, bring to a boil. Turn off burner and cover pan with the lid, eggs will continue to cook in the hot water for 12 minutes. When eggs are fully cooked remove the hot water and put under a running faucet with color water and cool the eggs. While eggs are cooling off take a mixing bowl and add the mayo, ranch dressing, mustard, garlic powder, salt, and sugar together set aside. Peel eggs and cut in half vertically, scoop out all yolks into the mixing bowl with the other ingredients. Mix all together with a fork or wire whisk making sure that the egg yolks get nice and mashed up, mixture should be a yellowish color. Place egg whites on a serving tray. Fill each of the egg half with the creamy smooth mixture sprinkle with some paprika for color and enjoy.

## Cedars Notes: Mary Barajas, ED

We have had a super unnatural winter with hardly any snow and warm temperatures. However, I am still looking forward to spring and all that it has to offer. I wanted to share this poem I came across. I hope you enjoy it as much as I did.

### When April Comes

By Virna Sheard  
When April comes with softly shining eyes, And daffodils bound in her wind-blown hair, Oh, she will coax all clouds from out the skies, And every day will bring some sweet surprise, -- The swallows will

come swinging through the air When April comes! When April comes with tender smile and tear, Dear dandelions will gild the common ways, And at the break of morning we will hear. The piping of the robins crystal clear -- While bobolinks will whistle through the days, When April comes! When April comes, the world so wise and old, Will half forget that it is worn and grey; Winter will seem but as a tale long told -- Its bitter winds with all its frost and cold. Will be the by-gone things of yesterday, When April comes!

## Safety Tips by Ashley Farr Fjelstad

As the saying goes – practice makes perfect! As you know, we conduct very frequent fire drills at the Cedars. In the event of a fire, residents should only evacuate if they are in the “zone” (aka area of the building) where there is a fire, or you see fire or see or smell smoke. Even though it is unlikely a resident evacuation will be required, it is still good to know where to go and what to do should you need to evacuate. When you moved in you were given an evacuation map, that shows your evacuation route from your apartment. Take the time to review it and walk your route. Remember the meeting point once outdoors is the Millpond parking lot. Knowing where to go before an emergency occurs greatly helps you to respond the right way should the need ever arise. As always if you have any questions about emergency evacuation or any other emergency procedures, please do not hesitate to contact our staff.

