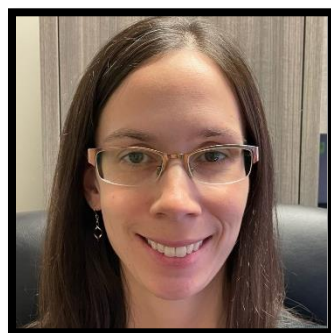


Service Coordination would like to remind residents who receive energy assistance to reapply between the months of June and July to ensure the continuation of their benefits.

If you are applying for energy assistance for the first time, don't wait. This is a very popular program and it takes a few months to get an application approved. Please see Service Coordinators Linzy Smith or Sarah Kame for assistance if needed.

Meet Our New Staff Members

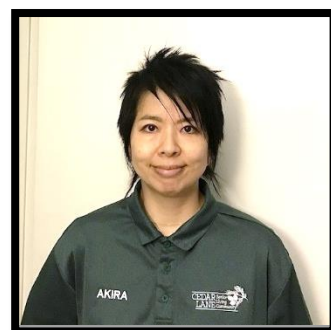


Christine Ahern - Affordable Housing Compliance Specialist

"I was interested in coming to work at Cedar Lane because I enjoy helping people, and the staff here seem very dedicated and caring. I'm looking forward to getting to know more residents and to get started with recertifications. I'm originally from central New York and graduated from Syracuse University. I have lived in St. Mary's for 10 years with my husband and two children. When I'm not at work I enjoy baking, reading, trying new restaurants, and spending time with friends and family."

Azalea "Z" Smith - Front Desk Receptionist

"The things I love most about working for Cedar Lane are interacting with residents and other staff, learning new skills, organizing paperwork, and being able to work overnights. If I had to choose one, it would be the nocturnal shifts, though I enjoy the paperwork quite a bit. I have always been a night owl. Outside of work, I spend time with my family and pets. I enjoy creative activities like arts and crafts. When I get the chance, I love to play tabletop games. I also tend to listen to a wide variety of music."



Akira Kobayashi - Housekeeping Associate

"I like to communicate with people so I enjoy to have conversations with them although it's just saying "hi" at work. Also it's still fun to remember their names and room numbers to match. Since English is my second language, English names, spelling are interesting to me. When it's no work day, I like to not set alarm so that I can sleep as much as I want. And I know it's not good for my back but I like falling asleep on my sofa before weekend start. I like crabbing and going picnic with my family."

Jennifer Dorsey - Front Desk Receptionist

As Front Desk Receptionist, Jennifer enjoys welcoming visitors and assisting residents with various needs including information and work orders. She excels at providing excellent customer service while answering, forwarding and screening incoming phone calls.



Strollings

COMMUNITY NEWSLETTER



Spring 2023

Cedar Lane Resident Janice Freeman Has Published Two Books

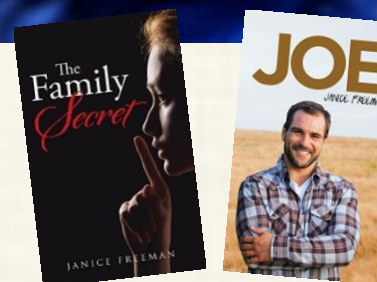
Author of "The Family Secret" and "Joe" penned her first book at age 82



Did you know we have a published author in our midst? Janice Freeman, who joined our community a little over a year ago, has written two books set during the civil rights movement of the 1950s and 1960s.

These inspirational tales, "The Family Secret" and its sequel "Joe," shine a light on actual historical events through the experiences of a fictitious family.

"In my past I never thought of writing as a career," said Janice Freeman, "As I got older and had more time on my hands, I began to consider it more and more."



Janice Freeman was born in New York City in 1936. She grew up in the Bronx with two older brothers, and her parents Ben and Mattye Watson. The family moved from New York to Verona, New Jersey, when Janice was 11 years old. The three children finished Henry B. Whitehorse High School. From this school, Janice learned to appreciate classical novels, good film and artwork.

Janice married after her second year of college. Upon graduation, she went into a banking career. She later had two children, a son and a daughter. Janice went on to earn a master's degree from Fitchburg State College in Fitchburg, Massachusetts and worked as a public school teacher. Later in life, she became a Pastor of her own nondenominational church in Massachusetts. She has even been the owner of her own Curves franchise.

Janice was in her early 70s when she decided to retire with the goal of writing a book. In her two works, Janice explores a different side of racial injustice, showing how segregation affected not only African Americans but Whites who believed their behavior was acceptable.

"I've been approached by people interested in making my stories into a film, so now I'm learning how to write a screen play," Janice said.

Freeman published her books through Westbow Press. They are available for purchase in paperback and ebook form through Amazon and Barnes and Noble.

Easter Dinner for Residents - April 6th 4:00PM

Courtesy of Friends of Cedar Lane

Enjoy honey baked ham, roasted chicken, cheesy au gratin potatoes, green beans, rolls and strawberry cake. Reservation required. Inquire at Front Desk.





Earth Day Planting Project

Saturday, April 22, 2023 - 1:30 p.m. - 3:30 p.m.

Members of the community and the **St. Mary's County Garden Club** are joining together to help with landscaping and planting projects at **Cedar Lane!** Come out to help these incredible volunteers with a variety of projects such as adding vegetables, herbs and flowers to planters, sprucing up flower beds, and assisting with landscaping in seating areas. For details, see Activities Coordinator **Tonya Tyer**.

UPCOMING EVENTS

You can look forward to the following activities this spring at Cedar Lane:

- Donut social with entertainment
- Weekend dance with the students from Leonardtown High School National Honor Society
- Easter dinner courtesy of Friends of Cedar Lane

Volunteers Wanted:

- Garden Club is looking for green thumbs
- We are looking for creative individuals to help host weekend and night events

Call the Front Desk and ask for Tonya Tyer if you are interested in volunteering!

Community Reminder: Avoiding unsolicited comments



Whether we are speaking to a resident, staff member, volunteer or vendor, please remember it is never appropriate to comment on someone's appearance, what they are wearing, unique features, weight, perceived level of education or other personal details.

Unsolicited comments of a personal nature are not necessary and can do more harm than good. Instead, we could tell others how much we like their personality, sense of humor or energy. **Kindness always wins!**

Art Journaling / Scrapbooking Class with Deb McClure

Look for Tuesday evening classes starting this April!

An art journal is a visual diary. It combines elements of writing, drawing, painting, collage, and even printmaking to express yourself. This includes your everyday life, as well as your bigger hopes, dreams, and fears. A single page will often fuse words and illustrations to offer a look at what's going on inside your head.

ABOUT THE TEACHER: Deb McClure is a mural painter and visual artist. She teaches art at the Lexington Park branch of the St. Mary's County Library. She is also a professional faux finisher and a board member of the St. Mary's County Arts Council. Come check out Deb's class and see if art journaling is for you!



Life in Balance program is off to very healthy start

Cedar Lane offers no-cost physical therapy, emotional wellness and nutrition services to residents



LIFE IN BALANCE

More than 50 Cedar Lane residents are finding new ways to regain their vitality and retain their independence with Cedar Lane's free Life in Balance Program.

Life in Balance, funded through a grant from the Thome Aging Well program, empowers Cedar Lane residents to maximize their independence through improved nutrition, physical health and emotional wellbeing.

"These no-cost programs are an incredible resource for our residents, and they take place right here at Cedar Lane," said Eric Golden, president and CEO. "I hope more residents take advantage of these professional services, designed to reduce fall risk, increase mobility, ensure a well-balanced diet and address the emotional concerns that seniors often face."



As the years pass and as we age, basic bodily functions like strength, balance, flexibility and mobility can begin to deteriorate. With the help of licensed physical therapists Michelle and Patrick, you can increase your mobility and maintain your independence longer.

"I usually hate exercise but they make it fun. I feel better, have more energy and my flexibility has improved."

- Sally Lehman



Aging isn't easy. Many older people struggle with feelings of isolation, grief, anxiety and depression. Anna and Jennifer of Hope and Healing can help you manage your emotions and find new sources of joy, leading to enhanced sleep, improved concentration and stronger relationships.

"I'm participating in all of the programs and I think they are all excellent. I believe they will help me live longer."

- Connie Murphy



Southern Maryland Dietitian
The Road to Wellness Leads to SoMD Dietitian



From cardiac concerns and diabetes to high blood pressure and obesity, almost all health conditions can be improved through better nutrition. No matter what your goals are, Sheila from Southern Maryland Dietitian is ready to work with you to find the right solution.

"The class has taught me a lot. It's given me so much to think about in terms of the food I buy."

- Sally Burns

New participant prize drawings starting in April! Win Food Lion gift cards each month!