



FOOD PANTRY SAFETY REMINDER

Shelf-stable donations are welcome, but please do not leave any perishable foods in the Food Pantry Cupboard.

According to the United States Department of Agriculture, perishable foods spoil, decay, or become dangerous to eat unless you refrigerate them at 40°F or freeze them at 0°F or below.

Examples of perishable foods that cannot be left out:

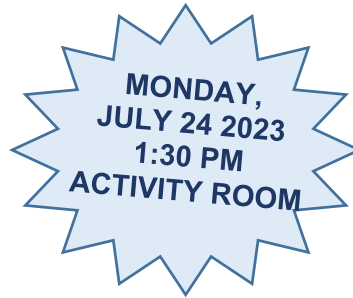
- Meat, poultry, fish and eggs
- Dairy products
- Cooked leftovers
- Fresh fruits and vegetables
- Frozen foods

Examples of shelf-stable foods that are safe to donate:

- Canned foods
- Rice, pasta, flour and sugar
- Spices and oils
- Jerky
- Processed foods in uncontaminated, sealed packaging

The food pantry cupboard is located in the 2nd floor laundry room of the Church Building (Building 1).

Thank you for your help!



Representatives from the Department of Aging & Human Services will visit Cedar Lane to speak about the wide variety of programs and services offered to the county's senior residents.

Senior programs include congregate meals, in-home services, ombudsman services, caregiver support, Senior Information & Assistance, social and recreational programs, health promotion, community outreach, and volunteer opportunities.

The Aging and Disability Resource Center/Maryland Access Point (ADRC/MAP) is a free information and referral service that links the community to health and support services. It is open to the public and to individuals of all income levels.

The St. Mary's County Department of Aging & Human Services is working to provide older adults, persons experiencing a disability and caregivers with a single point of entry for services and information.



Keep your cool!

This July, Cedar Lane invested in repairs to the rooftop air conditioning equipment for Building 1 and a full unit replacement for Building 2. These massive air handlers cool all the common spaces including the Dining Room and hallways on all floors. Summer heat won't have you beat!

Strollings

COMMUNITY NEWSLETTER



Summer 2023

Cedar Lane's innovative Life in Balance Program is now offering individual therapy sessions to residents. All at no cost to you.

Sometimes, life has a way of throwing things our way that we aren't prepared to handle. Could you use a safe space to talk about, process and gain understanding of your life experiences? This summer, the mental health experts of Hope & Healing will offer no-cost, one-on-one therapy sessions in a private setting here at Cedar Lane.

"If you are experiencing anxiety or depression, regular therapy appointments may initiate your healing process and reveal coping mechanisms for you to use along the way," said Jennifer Voorhaar, a clinical social worker, therapist and owner of Hope and Healing. "We know that taking the first step to reach out and speak to someone is often the hardest part. So we strive to make our services safe, compassionate and hopeful."

Individual sessions will be completely confidential and will take place in a private room on the third floor of the Church Building. Your therapist will strive to create a personalized experience to meet your needs.

If you are interested in one-on-one sessions, please call Hope and Healing directly at (301) 690-8404. Your pain is valid, and you are worthy of hope and healing!



All Aboard! Cedar Lane Shuttle



The Cedar Lane shuttle makes scheduled weekly trips to Walmart, Target and Food Lion. Afternoons offer you the chance to round up a group of Cedar Lane friends and head out for lunch at the area restaurant of your choice!

Round trip shuttle rides are just \$2.50 each or \$1.60 each when you buy a punch card worth five rides. Punch cards are available for sale in the General Store. Call or visit the Reception Desk for the current shuttle schedule.



Meet Cedar Lane's New Comptroller - Kolby Wasnick



I am so excited to join the wonderful staff at Cedar Lane Senior Living Community. I could tell from my first interactions with Natasha that this place was a supportive, caring environment.

My excitement only grew when I met with Eric in person for the first time. I had driven down from Pennsylvania and was headed back in the same day, and he showed great concern and respect for my time. I will also always remember walking with Eric through the halls and seeing his interactions with the residents. The fact that the President and CEO was so down to earth that the residents felt completely comfortable approaching him, showed me exactly the kind of company I was hoping to join.

I am hoping that my presence and employment with Cedar Lane will bring that same level of respect and approachability with everyone in and out of the Finance office.

Outside of the office, I am a lady of many different hobbies. One of the things I have been doing the longest in my life is theater. I started working backstage of productions in middle school, then got back into it in college. I then started stage managing throughout my college career and beyond.

Most recently, I took another step and directed my first show, which was Mel Brooks' The Producers. I am also an avid cigar aficionado and can be found at either of the two local cigar lounges.



As a resident of Cedar Lane, your days of worrying about storm-proofing your home and yard are all behind you. Whew! There are, however, a few safety tips we would like to share with you in preparation for summer storm season:

1. Prepare a storm kit with first aid supplies, toilet paper, paper towels, wet wipes, emergency food and water supply for you and your pet, your medications, a flashlight and fresh batteries. Do not use candles as they are a fire hazard.
2. Cedar Lane's three buildings are sturdy concrete and brick construction. During the storm, stay away from windows. There is a chance windows can break in severe storms.
3. Your bathroom is the safest place to wait out a severe storm, hurricane or tornado.
4. When storms are in the area, DON'T GO OUTSIDE. Wait until the storm has cleared and it is safe to venture out.
5. After the storm, do not drive over downed power lines or through a flooded roadway. You cannot predict how deep the water may be and may end up stranded.

Let's all enjoy a safe summer!

Pop Up Food Bank Made Possible by Generous Church Donation

We send our sincere thanks to the congregation of the Leonardtown Church of the Nazarene for donating a HUGE supply of food and paper goods to the residents of Cedar Lane. The donations were distributed on May 24, 2023 and there were smiles all around.



UPcoming EVENTS

JULY 20 – 2:30 PM

- **Decades Party** – Residents and staff are invited to dress like their favorite decade!

AUGUST

- Flavaz Food Truck – Residents will receive a \$10 voucher from Friends of Cedar Lane. Enjoy indoor or outdoor seating, a DJ and prizes!
- Ice Cream Social – With Friends of Cedar Lane!
- Cedar Lane Talent Show – Take your talent to the Cedar Lane stage! Open to residents and staff!

SEPTEMBER

- 2023 Fall Festival – Enjoy a live band, catered cookout, face painting, corn hole, games, door prizes and fun for the kids. Residents are welcome to invite their friends and family!



Thursday, July 20, 2023
2:30 PM
Dining Room

Residents & Staff!