

The Informer

A Pathways to Wellness Publication of Cedarfield, a Pinnacle Living Property

Cedarfield

January 2024

FAMILY & FRIENDS TRIVIA NIGHT



WEDNESDAY, JANUARY 31 / 5:30 P.M. / CLUBHOUSE /
CALL CAITRIN HUDALLA TO RESERVE TABLE



Join us for a fun evening with family and friends sponsored by the Resident Life & Wellness Team over dinner and trivia! Dinner will be served buffet style and will open at 5:30 p.m. Alcoholic (for purchase) and non-alcoholic beverages will be offered. A shuttle system will be available from Town Center starting at 5:00 p.m. and will take everyone back at 7:30 when the event ends.

Here is how the trivia night will work after dinner:

1. Trivia will begin at 6:15 p.m. and there will be paper and pens at each table. Each table comes up with a team name for scoring purposes.
2. There will be five rounds (7 questions each round). Caitrin will read the questions aloud and your team will work together to answer the questions within a certain amount of time per round.
3. Once all rounds are completed, the top three teams will go home with lovely prizes!

Please call Caitrin Hudalla to reserve your table/team at 804-474-8758. Deadline to sign up for this event is Wednesday, January 24 at 12:00 p.m.



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Pathways to Wellness Key

As you go through the January Informer, the Pathways to Wellness icons will be attached to each program. The programs in this issue will encompass all of our dimensions. Challenge yourself to add one or more each day!



**Strength &
Endurance**



**Creative
Expression**



**Intellectual
Growth**



Spirituality



**Emotional
Balance**



**Community
2 Outreach**



**Dining, Diet
& Nutrition**



**Social
Connections**



**Brain
Fitness**



Cultivate

IMPORTANT UPDATES

Fellowship Hall Closure & Future Plans

The Fellowship Hall will be closed beginning the weekend of January 13 and will be closed for the next 6 months. We will have programming all around campus due to the renovation so as you are looking through the Informer, please be mindful of the different locations.



To accommodate programs that usually have larger numbers, we will be using the Great Room on the licensed side and the Clubhouse. When we utilize the Clubhouse, a shuttle service will be offered for those that live in the Big House. Sign up for programs may be needed due to capacity levels in areas. We appreciate your patience and willingness to attend programs in different areas over the next several months, and we will have proper signage to guide you to the correct location. Please look at all Informer entries for more information if sign up or shuttle service is applicable. Please note: All programs that do not have a sign-up required are first come first serve until all seating has been taken.



Livestreamed Programs

This is a reminder, that if you would like to watch programs virtually to tune into Comcast 971. As you go through the Informer, please look for "Comcast 971" next to the program to signal that program is being livestreamed.

IN-HOUSE PROGRAMS

Cedarfield Music & Evening Entertainment

Richmond Chinese Choir Dance Group



Wednesday, January 3 / 7:30 p.m. / Fellowship Hall & Comcast 971

Join us as we welcome back the Richmond Chinese Choir and Dance Group. The Group is a nonprofit organization that consist of more than 30 enthusiasts since it was formed in 2016. Their members are practicing doctors, professors, lawyers, real estate agents, computer programmers, insurance coordinators, researchers, senior accountants , and retirees. Join us as we celebrate Chinese New Year and enjoy the variety of the show that brings singing, dancing, and beautiful costumes together to embody the heritage of this vibrant culture.

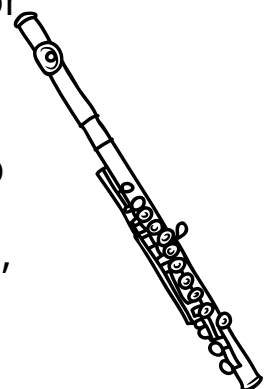
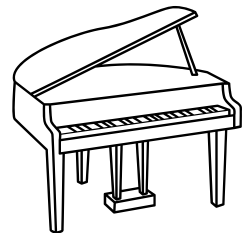


Anne James & Sally Irwin Performance



Sunday, January 7 / 3:00 p.m. / Fellowship Hall

Join Sally Irwin, flute, and resident Anne James, piano, for a lovely recital. A Telemann flute sonata opens the program, followed by one of the masterworks for this combination, Poulenc's Sonata for flute and piano. As part of their continued emphasis on women composers Anne and Sally will play the Sonata for flute and piano in G minor by Australian composer Miriam Hyde. Their final piece, Oohlala! by Gary Shocker, should leave you in a happy mood.



Cedarfield Music & Evening Entertainment



Doctors of Jazz

Monday, January 8 / 7:30 p.m. / Fellowship Hall & Comcast 971

We welcome back Doctors of Jazz by popular demand.

The band is made up of University of Richmond Alumni and professors. They are celebrating their 40th year.

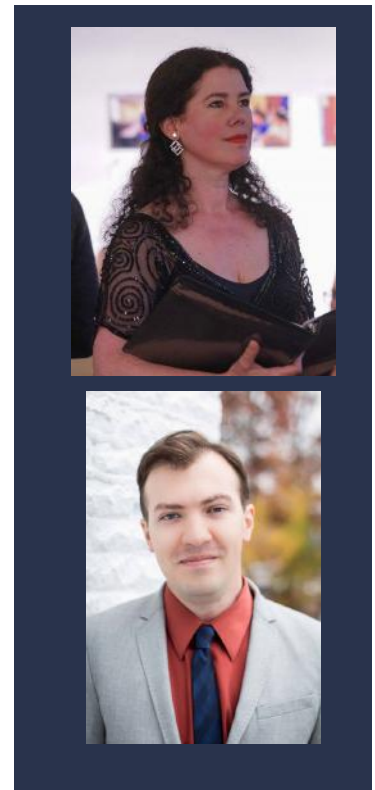
The band specializes in historically informed renditions of early jazz, particularly the music of Louis Armstrong, King Oliver and Jelly Roll Morton.



Jenna Anderson, Soprano and Daniel Stipe, Pianist

Wednesday, January 17 / 3:00 p.m. / Great Room & Comcast 971

Join us for an afternoon of Broadway and classic standards from 1940's to present -- Cole Porter and Burt Bacharach to Les Misérables and in-between. Soprano, Jenna Anderson and accompanist, Daniel Stipe will be here to brighten your winter day with light and bright music from Broadway to musical standards.



IN-HOUSE PROGRAMS

Cedarfield Music & Evening Entertainment



Bingo Night!

Thursday, January 11 / 7:30 p.m. / Fellowship Hall

AND

Monday, January 22 / 7:30 p.m. / 3rd Floor Parkview

Join us for fun and fellowship with your neighbors at bingo night and win fun and upgraded prizes! Prizes include household décor, kitchen items, office supplies, snacks, gift cards and much more!



Handbell Rehearsals for January



Wednesday, January 3 :

9:00-9:40 AM – Early Bird Quintet
10:00-11:00 AM – Cedarfield Ringers
11:30-noon – New Day Ringers

Wednesday, January 10:

9:45 AM - 10:00 AM – Early Bird Quintet
10:00-10:15 AM – New Day Ringers
10:15 - 10:40 AM – Cedarfield Ringers

Wednesday, January 17:

No rehearsals

Wednesday, January 24 :

9:00-9:40 AM – Early Bird Quintet
10:00-11:00 AM – Cedarfield Ringers
11:30-noon – New Day Ringers

Wednesday, January 31 :

9:00-9:40 AM – Early Bird Quintet
10:00-11:00 AM – Cedarfield Ringers
11:30-noon – New Day Ringers



Cedarfield Music & Evening Entertainment



Interested in Ringing Handbells?

If you have never played handbells, perhaps it's time to try! Or, maybe you haven't rung handbells in years and are ready to jump back in! You are cordially invited to meet with Elizabeth and explore how you can participate in handbells at Cedarfield. Please contact Caitrin Hudalla at 474-8758, to set up an appointment.



Cedarfield Radio Players



Wednesday, January 17 / 9:30 a.m. - 11:00 a.m. / Chatterbox

Do you enjoy old vintage radio shows? If so, come and join our merry troupe! The Cedarfield Radio Players will begin working on their next Golden Age of Radio presentation ... scripts in hand ... no memorization ... just pure fun!



IN-HOUSE PROGRAMS

Community Outreach Happenings



St. Christopher's Volunteers on Campus

Tuesday, January 9 / 4:00 - 5:00 p.m. / Chatterbox / Sign up Required

Bring your iPad, cell phone and technical questions to a group of high schoolers from St. Christopher's. Please make sure you have your login and password.

Teenagers are the "Techie Experts"!



Cedarfield Mentors Reading Project

Tuesday, January 30 / 10:00 - 12:00 p.m. / Clubroom

Calling All Readers! We are doing a recorded reading project for the Children's Hospital of Brook Road in honor of President's Day! We have 10 spots available. If you are interested, please call Meredith Eckel at 804-474-8855.



Cedarfield Mentors School Supplies Drive

January for students means it's the start of a new semester and teachers often find their supplies dwindling. We will be collecting school supplies for George W. Carver Elementary School. This Richmond City school would love our support. Be on the lookout next month for a list of supplies to help these students and teachers have a successful school year!



Cedarfield Knitters Warms Hearts

On December 4, amidst the glory of the Short Pump Symphonette, the ladies presented the Henrico Christmas Mother with 170 hand made items. This included 139 hats, and assorted scarves, socks, and shawls. The knitters invite you to join us on Wednesdays at 10 am in the Hub and help us make an even greater donation next December.



IN-HOUSE PROGRAMS

Attention All Food Lovers!

Popcorn Friday

Friday, January 5 / 1:30 p.m. / The Hub

Stop by to pick up some fresh popcorn for a Friday treat!



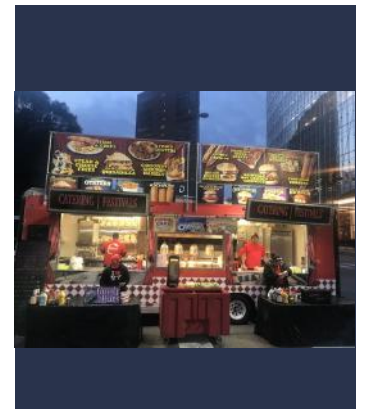
Strawberry Street Food Truck

Friday, January 12 / 11:30 a.m. - 1:00 p.m. / Town Center

Strawberry Street Food Truck will be here for residents and team members during the lunch hours. They specialize in a variety of seafood and chicken options, barbeque, quesadillas, burgers, etc.

They accept cash and debit/credit cards.

Treat yourself to something yummy!



Hot Chocolate & Warm Cookies

Tuesday, January 23 / 3:00 p.m. - 4:00 p.m. / The Hub

Skip the cold weather and join us in the Hub for a little social over hot chocolate, warm cookies and soft background music!



IN-HOUSE PROGRAMS



Classic Movie Sunday

4:00 p.m.

Prima Club Room



Please join us for a classic movie. Titles & details below.

January 14 - Airport: Starring Burt Lancaster and Dean Martin. A bomber on board an airplane, an airport almost closed by snow and various personal problems of the people involved. **G / 2 hours and 15 minutes / 1970**



January 21 - The Queen: Starring Helen Mirren. After the death of Princess Diana, Queen Elizabeth II struggles with her reaction to a sequence of events nobody could have predicted. **PG-13 / 1 hour and 45 minutes / 2006**



January 28 - Little Women: Starring Emma Watson. Jo March reflects back and forth on her life, telling the beloved story of the March sisters - four young women, each determined to live life on her own terms. (new version) **PG / 2 hours and 15 minutes / 2019**



We are looking for Sunday night movie suggestions for 2024. If you have movies that you would like shown, please contact Caitrin Hudalla at 804-474-8758.

IN-HOUSE PROGRAMS

Mid - Week Motion Picture Showings



DEI Movie Showing: The Post

Friday, January 5 / 2:00 p.m. / Fellowship Hall

Starring Meryl Streep and Tom Hanks. In 1971, Katherine Graham, the first woman publisher of a major U.S. newspaper (The Washington Post), races to expose a massive government cover-up spanning three decades and four presidents. This is the story of the infamous Pentagon Papers cover-up and the battle between government and the American Press. **PG-13 / 1 hour and 45 minutes / 2017**

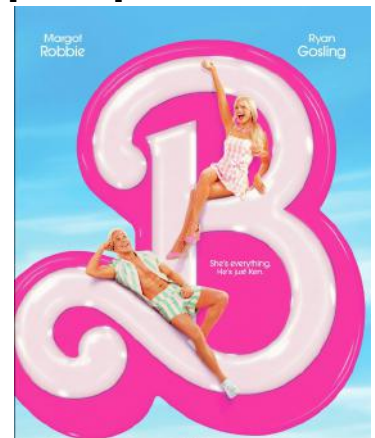


Barbie Movie Showing w/ Dessert Bar



Monday, January 8 / 2:30 p.m. / Fellowship Hall / Sign up Required.

Join us for our January deluxe movie showing over a yummy pink-themed dessert bar. This comedy and adventure film stars Margot Robbie and Ryan Gosling. Barbie suffers a crisis that leads her to question her world and her existence. Please sign up for catering purposes. Don't forget to wear your pink!



Canada Travel Log

Tuesday, January 30 / 1:00 p.m. / Prima Club Room



After numerous suggestions, we will be offering travel log documentaries throughout 2024. In honor of our walk, we will begin by watching a travel log about Canada. This documentary narrates a cross country expedition across Canada with the main aim to understand this beautiful and vast country through the voices of their people and their interesting journeys. This will look at the differences of each province with the common theme of being Canadian.

IN-HOUSE PROGRAMS

Mid - Week Motion Picture Showings



Ken Burns Documentaries: The Roosevelts

Join us on **Wednesdays and Fridays in the Prima Club Room (dates below) at 1:00 p.m.** for a 7-part series on the Roosevelts, an intimate history chronicle of the lives of Theodore, Franklin and Eleanor Roosevelt, three members of the most prominent and influential family in American politics.

Ep. 1: Get Action

Wednesday, January 3 / 2 hours

Examine the early lives of Theodore Roosevelt and his younger cousin, Franklin

Ep. 2: In the Arena

Friday, January 5 / 2 hours

Follow the account of Theodore's presidency and FDR and Eleanor's courtship and marriage.

Ep. 3: The Fire of Life

Wednesday, January 10 / 2 hours

Join Ken Burns as he traces the effects of WWI on the lives of the Roosevelts.

Ep. 4: The Storm

Wednesday, January 17 / 2 hours

Witness Ken Burn's coverage of FDR's battle with polio and his response to the Great Depression.

Ep. 5: The Rising Road

Friday, January 19 / 2 hours

Join Ken Burns to examine FDR's New Deal and Eleanor's growing political activism.

Ep. 6: The Common Cause

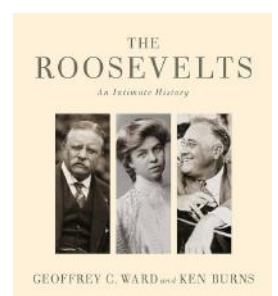
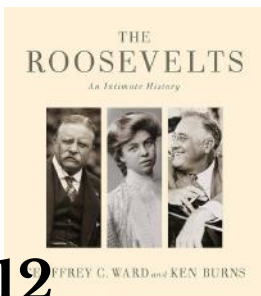
Friday, January 26 / 2 hours

Follow Ken Burns to survey FDR's leadership during WWII: while Eleanor tends to wounded servicemen.

Ep. 7: A Strong and Active Faith

Wednesday, January 31 / 2 hours

Join Ken Burns to examine Eleanor's role as civil rights and U.N champion after FDR's death.



IN-HOUSE PROGRAMS

Brain Fitness Offerings

At-Home Weekend Packets



**Make Your Own
Trail Mix**
Friday, January 5
8:30 a.m.
The Hub



**MLK Reading &
Discussion Kit**
Friday, January 12
8:30 a.m.
The Hub



Make Your Own Bookmark
Friday, January 19
8:30 a.m.
The Hub



Winter Coloring Pages
Friday, January 26
8:30 a.m.
The Hub

***Remember to check-out the weekly curious corner in The Hub that
is filled with reading material and other weekend projects.***

New Year Resolutions Bingo

Tuesday, January 2 / 3:30 p.m. / Fellowship Hall

Join us for an afternoon of bingo about New Year resolutions. Prizes will consist of healthy items to start off the year right. We encourage you to come challenge your brain and have fun with your neighbors.



Trivia Group Resume in February

Trivia group will resume in February due to our family and friends trivia night. We encourage you to sign up.



Intellectual Growth Offerings



Lunch & Learn: Book Art with Ginna Cullen

Friday, January 5 / 11:30 a.m. / Prima Club Room / Sign up required.

WHAT IS A BOOK? Artist and Cedarfield craft teacher Ginna Cullen will be on hand to teach us "What is a Book." The subject of this presentation will be to present and discuss many various forms of a "book" from the cave paintings to the works of contemporary students and book artists. **A box lunch is provided.**



iPhone Beginner Workshop



Monday, January 8 / 2:00 p.m. / Admin. Conference Room / Sign Up Required

Back by popular demand! Our iPhone beginners workshop is offered to five residents. When you sign up for this course, you will be signing up for four classes for a \$25 fee.

(January 8, 15, 22, 29.) The classes will cover the 101 topics of iPhone. In this class we'll discuss the physical phone its buttons, sensors, antenna, and screen. Next, we land on the home screen- how to navigate it and manipulate it to your desire. Next we shall discuss the built-in communication apps- phone app, iMessages app (texting), and Facetime. We will also go over the email and camera app.

Please bring your Apple ID and password to this class along with any questions you may have.



Intellectual Growth Offerings



George Worthington: Dementia Risk Reduction and Brain Health

Tuesday, January 9 / 3:00 p.m. / Fellowship Hall & Comcast 971

As the Dementia Services Coordinator for Virginia's Department for Aging and Rehabilitative Services (DARS), George Worthington supports the Alzheimer's Disease and Related Disorders Commission, drives the implementation of the Dementia State Plan, reviews existing programs and works with other agencies to more effectively deliver services to Virginians living with dementia. During his time at Cedarfield, he will talk about evidence that supports efforts in reducing the risks of developing dementia and how it has grown enormously in the past decade. This session looks at three key studies that helped drive knowledge about addressing risk factors of dementia, and then examines several of these risk factors with an emphasis on lifestyle or other changes that can be made to potentially reduce the chances of developing dementia.



Dr. Martin Luther King Jr. Program

Friday, January 12 / 2:00 p.m./Fellowship Hall & Comcast 971

Join us for an afternoon honoring Dr. Martin Luther King Jr. Program will feature "Letter from Birmingham Jail" that was written about social justice by Dr. King in 1963.



IN-HOUSE PROGRAMS

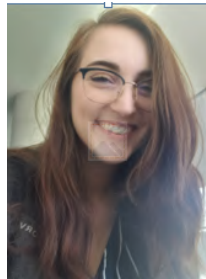
Intellectual Growth Offerings



Focus Group / "Mental Health 101 for Seniors"

Tuesday, January 16 / 11:00 a.m. / Great Room & Comcast 971

Emma Snyder is the Program and Outreach Manager at NAMI Central Virginia. She is a dedicated young professional with former internships at both Virginia Victim Assistance Network and Mental Health America. She has volunteer experience as a Crisis Counselor for Crisis Textline. Emma is a Summa Cum Laude and Honor Scholar graduate from the University of Mary Washington with a B.S. in Psychology, a B.A. in English and Writing, and a Minor in Digital Studies/Design. As with all staff and volunteers of NAMI, Emma lives with mental health conditions and openly shares her story of recovery as a young adult presenter with Ending The Silence, NAMI's suicide prevention education program.



Great Decisions Discussion Group



Monday, January 22 / 2:00 p.m./Prima Club Room/Previous Sign-up required

We will start the year with our booklet handouts and to sign up to lead the discussion each month. More information will be at the meeting. We meet on the fourth Monday of each month. We will have room for three more participants. Please call Georgia Brown 804-474-8733 if you would like to join us.



Intellectual Growth Offerings



David Leong and Patti D'Beck / Unforgettable Crooners

Thursday, January 25 / 2:00 p.m. / Prima Club Room

Surround yourself with a nostalgic hour of sentimental songs and surprising stories with Broadway personalities Patti D'Beck and David Leong as they take you back to the days where the crooner reigned supreme. Laugh and learn as you hear Patti tell stories about working at the world famous NYC night clubs like Copacabana and the Latin Quarter where she opened for many of the most famous crooners of all time! Dean Martin, Frank Sinatra, Perry Como, Andy Williams! Girls swooned, women fell in love and men wanted to be them. Rosemary Clooney, Peggy Lee, Dinah Shore, Ella Fitzgerald - women envied them and men fell in love.



Fred Beck: Kristallnacht The Beginning of the Holocaust



Friday, January 26 / 11:00 a.m. / Prima Club Room

Our resident, Fred Beck, will present a slide-lecture account of the 1938 events that set the wheels in motion and was the precursor to the Holocaust. Fred holds a doctorate in History from Georgetown. He retired after 31 years from the federal government as a historian, ending his career as editor and publisher of the U.S. Air Force History Program.

IL TRIPS

This is a reminder that if you recommended one of the following trips below, you will receive first priority on the trip. If you recommended it on the survey or anonymously, please call Caitrin at 804-474-8758 so that your name will be put on the list before registration forms are entered.

Series Subscription Reminders:

Transportation will be provided to the series subscriptions. Previous purchase required. Please check the white series sign-up binder in the In-house mailroom to confirm you are on the bus for the series for which you have purchased a ticket. **\$4.00 Transportation Fee. Trip Level II**

Symphony Pops
Saturday, January 13
7:15 pm
Town Center

Forum
Saturday, January 13
7:15 pm
Town Center

Richmond Broadway
Friday, January 19
7:15 pm
Town Center

Symphony
Saturday, January 20
7:15 pm
Town Center

Symphony
Sunday, January 21
2:15 pm
Town Center

Cooper's Hawk Lunch Outing

Tuesday, January 2

11:15 a.m. depart Town Center.

Return to Cedarfield by 2:00 p.m.

Trip Level I

Sign up Required.

Cooper's Hawk Winery & Restaurant combines modern, casual dining with their own handcrafted, award winning wines. Dishes include a wide range of appetizers, salads, soups and entrees that include seafood, beef, pork, chicken and pasta options. We encourage you to join us for a lovely lunch outing with your neighbors. **Lunch is Dutch Treat.**



Washington DC Art Museums Trip



Thursday, January 4

8:00 a.m. depart Town Center.

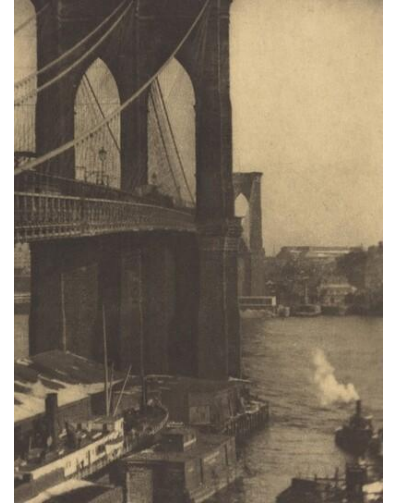
Return to Cedarfield by approximately 6:00 p.m.

\$15.00 Trip Fee (goes towards James Limousine bus)

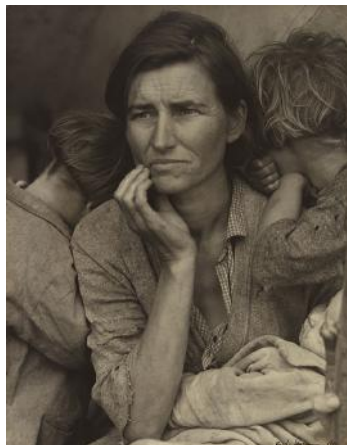
Friday, December 29 at 12:15 p.m. deadline.

Trip Level III

Sign up Required.



Join us in DC to view exhibits at the National Gallery of Art and the Smithsonian's National Portrait Gallery. At the National Gallery of Art there are two photography shows we will see: 'Etched by Light: Photogravures from the Collection 1840-1940' and 'Dorothea Lange: Seeing People', along with 'Mark Rothko, Paintings on Paper.' We will eat lunch Dutch Treat at the National Gallery of Art's Pavilion Café. They feature soups, salads and sandwiches ranging from \$6.75-\$13.50. Then we will head to The Smithsonian's National Portrait Gallery to view the 'Kinship' exhibit, and if time permits, see other works and visit the gift shops. This is a walking intensive trip. Please bundle up with warm clothing and wear comfortable shoes. Weather Permitting.



Discover Richmond Brewery Tour



Wednesday, January 10

1:00 p.m. depart Town Center.

Return to Cedarfield by 5:00 p.m.

\$45.00 Trip Fee + \$4.00 Transportation Fee.

Wednesday, January 3 at 12:15 p.m. deadline.

Trip Level III

Sign up Required.

Join us for a guided brewery tour throughout Richmond. We will have a tour guide who will take us to three breweries, and we will discuss how each beer is made. We will also be able to see some of the brewing equipment of how certain places produce their beer. As we visit each brewery, you will have the opportunity to try a flight from each place (picture below). We will be visiting Vasen, Veil and Three Notch'd Brewery. Trip fee includes: 3 beer flights and the guided tour.



Chimborazo Civil War Hospital and Museum

Thursday, January 11

1:30 p.m. depart Town Center.

Return to Cedarfield by 4:15 p.m.

\$4.00 Transportation Fee.

Trip Level II

Sign up Required.

The trip will include a Park Ranger talk about the hospital and movie in the theatre about the Confederate-era hospital. This hospital was built to service the medical needs of the Confederate Army. It functioned between 1862 and 1865 in what is now Chimborazo Park, treating over 76,000 injured Confederate soldiers. This trip is rollator friendly inside but has a few stairs to enter.



Architecture & History Trolley Tour

Tuesday, January 16

12:30 p.m. depart Town Center.

Return to Cedarfield by 3:30 p.m.

\$25.00 Trip Fee + \$4.00 Transportation Fee.

Tuesday, January 9, 12:15 p.m. deadline

Trip Level II

Sign up Required.

Join us on a trolley tour to learn more about the history and architecture of Downtown RVA including Shockoe Bottom, Church Hill, Jackson Ward and the State Capital. RVA on Wheels will guide us on a heated trolley to see some historic Richmond landmarks. Light Snacks provided. Rollator friendly trip. **21**



Hotel Greene Putt Putt Trip

Thursday, January 18

1:30 p.m. depart Town Center.

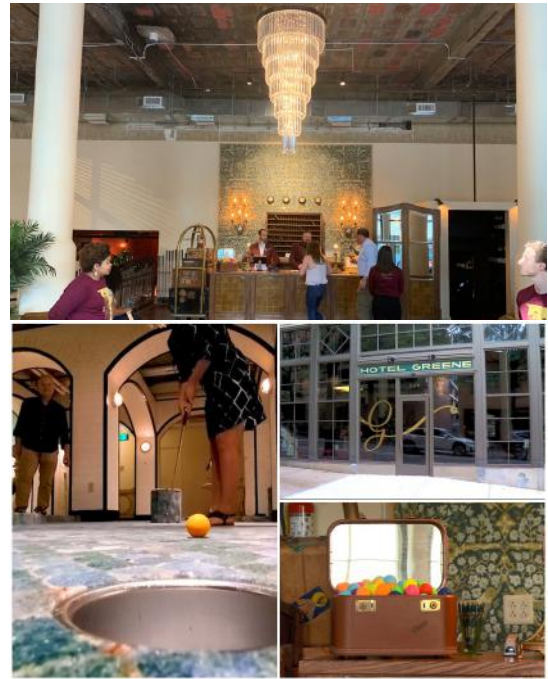
\$16.00 Trip Fee + \$4.00 Transp. Fee.

Thursday, January 11, 12:15 p.m. deadline.

Return to Cedarfield by 4:30 p.m.

Trip Level III

Sign up Required.



Back by popular demand! Hotel Greene was built in 1905 and was recently converted to a miniature golf course. As you go around the hotel, there are 18 holes to complete and a bar, if you would like a beverage.

University of Richmond Basketball Game

Wednesday, January 24

6:00 p.m. depart Town Center.

\$10.00 Trip Fee + \$4.00 Transp. Fee.

Thursday, January 17, 12:15 p.m. deadline.

Return to Cedarfield by 9:30 p.m.

Trip Level III

Sign up Required.



Let's cheer on the UR men's basketball team as they take on the George Washington Revolutionaries. Concessions Available to Purchase.

Lake Rooty Nature Walk

Wednesday, January 31

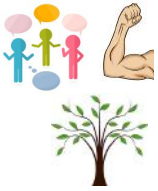
2:00 p.m. depart Town Center.

Return to Cedarfield by 3:30 p.m.

Trip Level III

Sign up required.

Get outside for a winter stroll with Carol Thompson, Beth Burrell and Jann Steele. We'll take in the sights, listen for birds and breathe fresh air on the 1.3 mile loop at this scenic park which features a large fishing lake.



NEIGHBORHOOD HAPPENINGS

Garden Grove had a busy December participating in many holiday activities. Residents prepared holiday bags for the teens in the United Methodist Family Services residential psychiatric treatment center. We also made holiday cards with Whitney and decorated cookies. In addition, residents decorated their own small Christmas trees for their apartments. We participated in several holiday sing-a-longs and attended a Dementia Friends Class led by Emily Hicks. We enjoyed a bus ride to the Jefferson Hotel to see the beautiful tree, gingerbread house and festive decorations! We had a lunch outing and drive to Strange's Florist to see the "sea" of poinsettias and Strange's fabulous gift shop! We are looking forward to the New Year and many more exciting adventures and programs!



Morning Glory is so excited that the holiday season has arrived! We have been busy with lots of holiday celebrations. We especially enjoyed all the wonderful musical guests and delicious treats we have had recently that made the holiday season even more special!



Poppy Place has been enjoying the winter and holiday scenes from various cities around the world as we watch live webcams from countries all over the globe. We have been reminiscing about our travels at the same time and enjoy sharing our vacation stories with each other.



Lavender Lane residents eagerly crafted colorful decorations while gathered under twinkling lights and garland. Wonderful aromas of freshly baked cookies danced through the corridors while decorating the Christmas Tree. As the year draws to a close, a sense of gratitude fills our space. We hope for a year of happiness, companionship, and wonderful memories.



Magnolia Meadows decked the halls in December with miniature trees we decorated, gingerbread houses we built, and carols sung along with fabulous piano performances by our own Nancy Brown! In January we look forward to sipping hot chocolate, baking muffins, and other indoor activities.



CREATIVE EXPRESSION

Crafts & Creations Group: Winter Wonderland Wreath

Thursday, January 11/ 3:30 - 4:30 p.m. / Creative Expression Studio/ Sign up Required

Craft & Creations group has moved to the art studio! Join James the second Thursday of every month to create something lovely! In January, James will offer a wreath making class so you have something wintry to put on your door.



Organic Solutions



Tuesday, January 23 / 2:00-3:30 p.m. / Creative Expression Studio / Sign up Required.

This month, Georgia we will make magnesium oil spray and lotion. This is great for your joints with magnesium that help to alleviate soreness and stiffness. This gives similar benefits of an Epsom salt bath in a spray or lotion form.



Joyce Haley Art exhibit

'Through the Decades'

Cedarfield Gallery, January 5-April 30,
look for the reception date in February.



CREATIVE EXPRESSION

**Open Studio is for ALL residents !
Every Monday or Friday morning from 8:00 am-1:00 pm,
and all day Saturday and Sunday**



Fused Glass Class

Monday, January 8, 15, 22, 29, 2:00 pm-3:30 pm Beginners; 3:30 pm-5:00 pm

Int/Adv. Note: No class Monday, January 1

Register for the month for \$15 or drop in for \$5 per class.

Creative Expression Studio

**Sign up preferred, contact Whitney
at 474-8887 or sign up in class.**

Join Maddie to make a winter scene
out of fused glass.



Crafts Class: It's All about the Paper

Friday, January 5, 12, 19, 26, 1:00-3:00 p.m.

Creative Expression Studio

\$10.00 Class Fee.

Monday, January 1, 12:15 pm. deadline. Sign up Required.

Instructor and book-maker Ginna Cullen will humor and delight you with her creative antics. Join us in this fun, social class to challenge your mind and stretch your creativity. Continue working with your own paper project or learn to create an armature and make an animal sculpture out of recycled fabrics and wire that Ginna calls a 'Scrappie'.



CREATIVE EXPRESSION

Tuesday Free Painting Workshops- Acrylics

Acrylics, Pink sky in Winter

Tuesday, January 9, 10:00 am-12:00 pm

Creative Expression Studio

Fri, Jan 5, 12:15 pm, registration deadline.

Geared towards beginners but also a great experience for all levels.



Acrylics, Winter Tree

Tuesday, January 16, 10:00 am-12:00 pm

Creative Expression Studio

Tues Jan 9, 12:15 pm, registration deadline.

Geared towards beginners but also a great experience for all levels.



OMA, Opening Minds through Art interest meeting

Tuesday, January 23, 11:00 am-12:00 pm, Creative Expressions Art Studio

OMA is an art program that was developed 16 years ago that empowers and enriches the lives of people living with dementia. Through OMA, volunteers assist participants one to one in creating abstract art projects. If you are interested in learning more about volunteering with this program at Cedarfield, please attend a meeting about OMA and our exciting new program.





Worship Experiences

Sunday Worship Services

Sundays, January 7* and 14 / 10:00 a.m.

Fellowship Hall

***January 7** -- Communion and Baptism of the Lord Sunday.

Special Music: Choir presents the anthem "Down in the River to Pray."

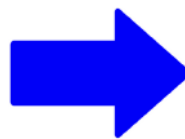
*****January 21 and 28** -- See below for location change during renovation.



The Baptism of the Christ with Dove © Daniel Bonnell

*****Beginning Sunday, January 21, worship services will be held in THE GREAT ROOM on the 4th Floor of Assisted Living until the Fellowship Hall renovation is complete.*****

After testing three potential locations for worship services, one location rose to the top of the list by an overwhelming majority of those in attendance. We are very grateful for the feedback. Please do not hesitate to stop by the Pastoral Services office or give us a call if you have any questions.



More Worship Experiences



Episcopal Worship & Eucharist

Thursday, January 11 / 2:00 p.m. / Fellowship Hall

January's host church is St. Matthew's Episcopal Church.
All are welcome.



Service of Holy Communion and Healing Prayer

Wednesday, Jan. 17 / 2:00 / Garden Grove Activity Room

This service provides an atmosphere to ask for and receive
healing for yourself, for others, and for the world.



Roman Catholic Eucharist

Thursday, January 18 / 11:00 a.m., Chatterbox

The Roman Catholic Eucharist is brought to us by
our friends at St. Mary's Catholic Church.



Shabbat

Friday, January 12 / 2:45 p.m. / Chapel

Join Cantor Fran Goldman for this meaningful
worship service welcoming the Jewish Sabbath.
ALL are welcome.





Spiritual Growth Opportunities

Worship Choir Rehearsals

Tuesdays, January 2 and 9 / 9:00 a.m. / Fellowship Hall

Tuesdays, January 16, 23 and 30 / 9:00 a.m./ CHATTERBOX



If you've ever thought about singing in the Worship Choir, now is a great time to check it out. A new year means learning new music. If you think you'd enjoy singing with a great group of friends and neighbors, in a no-stress environment, come give it a try in January. Newcomers always welcome.

Monday Morning Prayer

Monday, January 8 / 10:30 a.m. / Chapel

**Mondays, January 15, 22, & 29/ 10:30 a.m. / moves to
4th Floor Card Room until renovation completion**



A brief Monday morning prayer service is a great way to start your week.

Coping with Loss Support Group

**Monday, January 29 / 11:00 a.m., 4th Floor Card Room
until renovation completion**

Facilitated by Rev. Karl Netting, this support group focuses on all forms of loss in a confidential and non-threatening setting.



More Spiritual Growth Opportunities



Men's Coffee

Friday, January 12 / 10:00 a.m. / Fellowship Hall

Join the men of Cedarfield for a continental breakfast, conversation, and a program featuring resident guest speaker Jerry Brown, who will speak about medical mission trips to Panama and the Dominican Republic.

Jerry and his wife, Peggy, saw how lack of sanitation affected peoples' health, and for ten years have taught soap-making for at-risk children in the Dominican Republic. That program is raising funds to further advance sanitation initiatives.



Looking ahead to the season of Lent

Your Pastoral Services team is hard at work planning spiritual opportunities to enrich your season of Lent (dates and locations to be announced). Here's a peek:

Ash Wednesday -- imposition of ashes

Bible Study

Stations of the Cross -- an indoor and/or outdoor experience

Lenten Lunches -- a series of three lunches with exciting guest speakers

Maundy Thursday Communion Service

Easter Sunday -- Celebration of the Resurrection



For information about any of these programs, please contact Margaret in Pastoral Services at 804-474-8892 or mernstes@pinnacleliving.org.

STRENGTH & ENDURANCE

2024 Virtual Walk Across Canada



Our 7th annual campus-wide virtual walk kicks off Sunday, January 7, 2024.

Join in as we travel across Canada visiting all 10 provinces, two of the three territories, as well as 20 of Canada's unique cities. This year we are adding swimming and fitness equipment use miles to our collective mileage.



Sign-up binder is located in the in-house Mailroom. Please indicate if you need to purchase a pedometer. The cost is \$25.00 and can be charged to your account.

Walking is Healthy for You

- Maintain healthy weight and lose body fat.
- Prevent or manage various conditions, including heart disease, stroke, high blood pressure, cancer and type 2 diabetes.
- Improve cardiovascular fitness.
- Increase energy levels.
- Improve your mood, cognition, memory, and sleep.
- Reduce stress and tension.
- Strengthen your bones and muscles.

Consider Your Walking Technique

- Head up and look forward.
- Relax your neck and shoulders.
- Swing arms freely with a slight bend at the elbows.
- Stomach muscles are slightly engaged, back is straight, not arched forward or backward.
- Walk smoothly, rolling your foot from heel to toe.



How Much Physical Activity Do I Need?

Adults aged 65 and older need:

- At least 150 minutes a week (for example, 30 minutes a day, 5 days a week) of moderate-intensity activity such as brisk walking.
- At least 2 days a week of activities that strengthen muscles.
- Plus activities to improve balance, such as standing on one foot.

If chronic conditions affect your ability to meet these recommendations, be as physically active as your abilities and conditions allow.

Focus on Fitness-2024 Goal Setting

Let's work together to establish short and long term goals for your fitness goals of 2024.

It's Never Too Late to Lift Weights

Growing Stronger at Any Age

A new study of resistance exercise and the elderly found that even people in their 80s and 90s—who hadn't weight trained before showed significant gains after starting a supervised program of lifting weights three times a week.
The Washington Post, 12/5/23

Check with your doctor and then schedule an orientation to the Fitness Center or take one of the 20+ fitness classes offered weekly.



Warding Off Germs This Winter

Resident: Nancy Springman, RN, MS, FCN

We need to be pro-active about avoiding germs that cause respiratory and GI problems, especially during the winter months. Here's a look at what can be done to help keep us safe.

Wash Your Hands (or use hand sanitizer) Regularly.

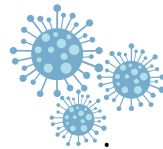
Get your hands soapy and scrub for 20 seconds. Sing Happy Birthday twice or the ABC song. This takes about 20 seconds. Don't sing too fast. Wash or sanitize:

- After you shake someone's hand (or avoid shaking at all).
- As soon as you get home from being out.
- Before you prepare or eat food.
- Before taking medication.
- After blowing your nose or coughing into your hands. You should never cover your mouth with your hands when you sneeze cough. Cough/sneeze into the crook of your arm.



Please Consider Wearing A Face Mask (It's For Your Own Good)

Face masks, especially N95 or KN95 are the best to help keep germs from entering your nose and mouth. Wearing a mask in crowded indoor settings, such as church or a theater, where germs move easily from person to person is advised. This is particularly true if you have lung or heart disease, and therefore, are more vulnerable to respiratory infections. Wearing a face mask in airports, on airplanes and on cruise ships is very important. These close environments are ripe for spreading germs. How many people do you know who have returned from a trip sick? If you have symptoms of a respiratory condition or GI symptoms, contact the Cedarfield Clinic for advice and stay home. Communal living allows the spread of germs easily, so out of concern for others, please stay home till you are feeling better. If you must go out, wear a mask.



Get Vaccinated!!

If you have not gotten your COVID and flu vaccines this fall, it is not too late to act. Call the Cedarfield Clinic and they will be happy to help. You can also go to any local pharmacy without a prescription. Medicare covers the cost of these vaccines. The RSV vaccines is recommended for people 60 and over but you should ask your healthcare provider if it is right for you. We all need to work hard to stay healthy. That includes maintaining good anti-germ strategies and taking care of ourselves. by adopting healthy living strategies.

Dietitian's Digest: Food for the Future

By: Karen Wilder, RD



As we look to the future in this new year, we can't deny that technology is moving at an exponential rate. Food technology is no exception and is making strides in innovation tackling issues such as sustainability, food shortages, food waste, efficient manufacturing and farming, food safety, and meeting specialized dietary needs. What is on the horizon?



Imagine finishing off that bag of chips, then finishing off the bag. Food manufacturers are experimenting with improving the packaging our food comes in to prevent waste. Some scientists are working on packaging that fights bacteria to prevent spoilage. Edible packaging has already hit the shelves and is expected to become more popular with those seeking sustainable food products.

"Your order will be ready in just a few minutes; the printer is printing your French fries right now." 3D printers are now being used for food. Edible ingredients are turned into a malleable resin, then digitally designed food products, recipes, shapes, and textures can be printed with a 3D printer. It probably doesn't sound very appetizing, but there are some promising applications in the near future. Some companies are using 3D printers to make pureed food more appealing for those with dysphagia, and NASA hopes this could be a more efficient way to feed astronauts.



One day Cedarfield's famous carved beef tenderloin may be "grown" right here at Cedarfield. Cultivated meat or "lab-grown meat" uses animal stem cells to cultivate actual animal flesh in a controlled environment, eliminating the need to breed and slaughter the animal. Animal rights activism aside, some researchers predict this could have a significant impact on eliminating greenhouse gas emissions. The USDA gave approval to two companies to sell cultivated chicken in the US last year. Coming soon to the Cedar Grill?



Scientists likely have a long way to go to perfect the taste, texture, and appearance of these innovations to win over the general consumer. But maybe knowing some of these products are helping people or our planet, an open mind, and a little salt, that cheddar cheese flavored to-go container might make a perfect snack one day.

COMMUNITY INFORMATION

Monthly Services, Meetings and Support Groups



Services:

- Mobile Library: **Tuesday, January 2 / 1:00 - 2:00 p.m. / 1st Floor Parkview Lobby**
- Mumford Jewelry Buyers: **Wednesdays / 9:30 - 10:30 a.m. / Peppermint Lounge 3L**
- Cedarchest Receiving: **Thursday, January 4 and 18 / 10:00 a.m. / 2fl B-wing**
- Cedarchest Sales: **Thursday, January 11 and 25 / 10:30 a.m. / 2fl B-wing**
- Recycling for IL Apartments: **Friday, January 5 and 19 / 2:00 p.m.** 
- Recycling for Cottages: **Wednesday, January 10 and 24 / 8:00 a.m.** 
- Shopping Shuttle Schedule:
 - **Tuesdays at 10:00 a.m. - Kroger & Publix**
 - **1st Wednesday of the month at 1:00 p.m. - Short Pump Town Center**
 - **Thursdays at 10:00 a.m.**
 - **Target and Kohl's / Trader Joe's and Walmart (alternate weeks)**
(sign up in the notebook at the concierge desk)

Meetings:

- Town Hall Meeting: **Wednesday, January 3 / 3:00 p.m. Fellowship Hall**

Support Groups and Residents' Clubs:



- Movement Disorder Support Group: **Thursday, January 18 / 1:30 p.m. / Chatterbox**
Speaker: Jessica Kaplan RICVAMC / "How to Combat Apathy"
- Conversational Spanish: **Friday, January 8 / 10:30 a.m. / The Hub**
- Low Vision Support: **Monday, January 18 / 2:00 p.m. / Club Room**
- Memory Support: **Friday, January 26 / 11:00 a.m. / Chapel**
- Coping with Loss: **Monday, January 29 / 11:00 a.m. / 4th Floor Card Room**
- Sign Language Club: **Thursday, January 25 / 10:00 a.m. / The Hub**
- Book Group Discussion: **Friday, January 26 / 11:00 a.m. / Chatterbox**
- Great Decisions Discussion Group: **Monday, January 22 / 2:00 p.m. / Prima Club Room**

COMMUNITY INFORMATION

Area Meetings Reminder



All Meetings will take place on Monday, January 8 at 1:00 p.m. Assisted Living residents and Pinnacle Advantage Members are invited to attend a meeting of their choosing.

AREAS	LOCATION	DEPARTMENT FOCUS
Area 17,18	Club Room	Assisted Living/Memory Care
Area 19,20	AL Activities Room	Business Office
Area 1,2,3	Chatterbox	Nursing and HealthCare
Area 4,5,6	Great Room	Dining
Area 7,8,9	Prima Clubroom	Resident Life and Wellness
Area 10,11,12	The Hub	Housekeeping/Maintenance
Area 13,14	Chapel	Marketing and Philanthropy
Area 15,16	Team Dining	Administration and HR

The Cedarfield Chapter of VaCCRA



Friday, January 19 / 10:00 a.m. / Great Room

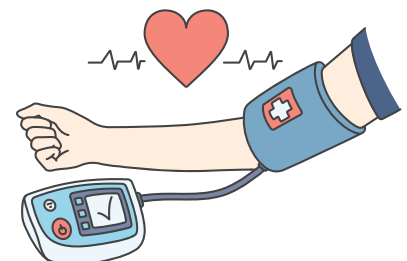


Join us in welcoming Thom Kirby, guest speaker on "Ways & Means to Avoid Scams & Fraud." Thomas 'Thom' Kirby is an Investment Advisor Representative with Momentum Independent Network Inc., in Richmond. Over the course of his professional career of 23 years in the finance industry, Kirby has held roles at B.C. Ziegler And Company, Stifel, Nicolaus & Company, Inc and Hilltop Independent Network Inc. Momentum Independent Network Inc. offers a diverse set of services, including financial planning services, portfolio management for individuals and small businesses, selection of other advisers, publication of newsletters and educational seminars. We encourage you to come and learn more about scam and fraud protection.

Blood Pressure Screenings & Chat w/ our Social Workers

Wednesday, January 24 / 1:00 - 2:00 p.m. / The Hub

Join us for blood pressure screenings and for conversation with Nurse Manager, Ann Hopper and Social Workers Lynnett Murphy and Kathy Reich!



Good Neighbor Program Update

GN



The Good Neighbor task force continues to fine tune the rollout of this initiative. We will be providing additional information to, and seeking assistance from, the Area Reps in the near future. In the meantime, resident requests for details and/or questions may be referred to GN task force Chair Ray Godman at rwgodman@gmail.com or 912-667-3535.

Games Galore

Winter days are dark and cold. Need a PICK-ME-UP? Check out the games (board and card) in the 3rd Floor Parkview Lounge Cabinet. Find a friend, have some fun, and raise your spirits ! You can even borrow them when you have company. Enjoy!



Informer Entries

If you have an entry that you would like in the February Informer for a resident-run group or important news, please send the information to Caitrin Hudalla by Friday, January 12 at chudalla@pinnacleliving.org.



Functional Pathways Meet & Greet

Friday, January 12 / 11:00 - 12:00 p.m. / The Hub

Join us in welcoming Functional Pathways, our new therapy team to Cedarfield.



Functional Pathways

Cedarfield Library Information



December 2023 New Books

- Afshar, Tessa. The Peasant King
- Albom, Mitch. The Little Liar
- Cleaves, Ann. The Raging Storm
- Connelly, Michael. Resurrection Walk
- Evison, Jonathan. Again and Again
- Follett, Ken. Armor of Light
- Grey, Emma. The last Love Note
- Herron, Mike. The Secret Hours
- McDermid, Val. Past Lying
- Prose, Nita. The Mystery Guest

Large Print

- Afshar, Tessa. The Peasant King
- Albom, Mitch. The Little Liar
- Baldacci, David. The Edge
- Cleaves, Ann. The Raging Storm
- Connelly, Michael. Resurrection Walk
- Prose, Nita. The Mystery Guest



Several Books have not been signed out with a card and are missing from the Cedarfield Library. There will be a list of missing books on Touchtown.

If you have one of these books, please return it to the Cedarfield Library

COMMUNITY INFORMATION

Registration Updates

Just a reminder that you have a full 24 hours to turn in your registration form. The box will be located in Town Center from **Thursday, December 21 at 8:30 a.m.**

to Friday, December 22 at 8:30 a.m. The registration binder will be back in the In-House mailroom on **Friday, December 22 by 5:00 p.m.** Last names that start with the letters **U&V** have first priority. After **U&V** are recorded, the remaining registration forms will be entered. If you have any questions, please call Caitrin Hudalla, 474-8758. Please look at The Informer descriptions as well as the registration form to see what In-House programs/ trips still require sign-up.



Meet The Informer Team



Caitrin Hudalla
P2W Manager



Georgia Brown
Lifestyle Coordinator



Margaret Ernstes
**Administrative
Assistant**



Carol Thompson
Wellness Coordinator



Whitney Hales
Creative Expression Coordinator