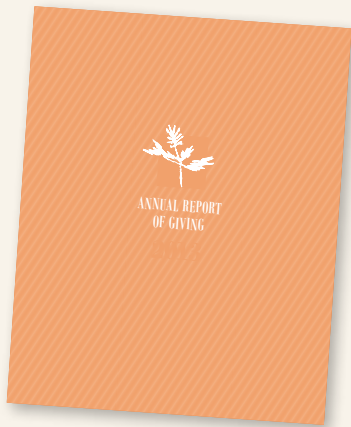


# the cedars NEWS

S P R I N G 2 0 1 3

## INSIDE THIS ISSUE:

## ANNUAL REPORT OF GIVING



“It is these donors’ generosity, kindness, and compassion for seniors that propels our life-enhancing programs that change the lives of the seniors we serve.

Thanks to them, we are truly improving the experience of aging.”

—KATHRYN CALLNAN  
AND JAMES FREILINGER

## Making Progress *Every Day*: The Sam L. Cohen Rehabilitation Center



“My therapists helped me create a plan and achieve my goals. When I was discharged, I *knew* I was ready to go home.” —WENDY BUSH

LAST AUGUST, Wendy Bush stepped off the front porch of her son’s Long Island vacation home and missed the bottom step. Her leg was broken. Her son was able to drive her back to Maine for treatment, but the journey back to her own home would take much longer.

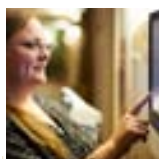
As the Vice President of Marketing at F.L. Putnam and a member of the Mercy Hospital board of directors, Wendy knows how to assess a difficult situation and make a sure decision.

“I was in a cast and under doctor’s orders not

to put *any* weight on my leg,” she recalls. “I knew I would recover much faster with round-the-clock help. My doctor and several friends recommended The Cedars.”

The Cedars reputation for state-of-the-art healing is growing every day, as is our therapy department. When Rehabilitation Manager Heidi Graff, OTR/L, arrived six years ago, she supervised a handful of therapists determined to set the standard for senior rehabilitation. Today, she helps 45 therapists provide physical, occupational and speech therapy to over 600 patients every year.

“The Cedars led the way on evidence-based practice,” Heidi explains. “We have always provided one-on-one physical, occupational and speech therapy, seven days a week. We have always based treatment and discharge plans on what our patients need and want. The recent changes in Medicare to improve patient experience and outcomes have changed very little for us. The Cedars has *always* put our patients first.” *Continued* >



INSIDE: Behind the scenes at The Cedars, from the pre-dawn prep in our kitchens to late-night movies on the neighborhoods.

**DID YOU KNOW:**

## The Cedars Offers Three Types of Rehabilitative Therapy

■ **PHYSICAL**

therapy is primarily concerned with “gait training”—or how you walk. From assessing your risk of falls with standardized tests to helping you regain mobility with cutting edge training equipment, our physical therapists help patients walk with or without aids.

■ **OCCUPATIONAL**

therapists help our patients navigate the activities of daily living, like dressing and grooming, at the level that is most comfortable and optimal for them.

■ **SPEECH**

therapy assists patients who have lost the ability to swallow or to speak in the wake of a trauma, like stroke, or a general decline, like dementia. Using speech aids and communication devices, our speech therapists restore communication between our patients and their world.



**“We don’t just look at a patient’s disabilities. We look at their abilities. We ask what *they* want to achieve, and we work with their entire medical team to help them reach their goals. Over 75% of our patients recover all their prior abilities.” –HEIDI GRAFF**

Heidi also points to standardized tests as another example of our commitment to clinical excellence. At The Cedars, patient progress is consistently measured to accurately gauge progress and help therapists assess which forms of therapy are working best.

The Cedars rehabilitation therapies are also provided in an airy, sun-drenched space filled with the very best equipment, from exercise machines to iPads. But at the end of the day, it’s about people.

“To be a physical therapist today, you need a doctorate of physical therapy. Occupational and speech therapists need a Masters’. We require ongoing training, and we have teaching affiliations with several colleges and universities, such as the University of New England,” Heidi explains. “Because we work together so closely, we also require commitment and compassion.”



**The Sam L. Cohen  
Rehabilitation Center**  
at the cedars



Wendy can attest to this. “It is so difficult to be so dependent on other people,” she explains. “Little things made all the difference. I continued to work during my treatment and needed to stay on top of the financial news. The staff delivered my newspapers, all five of them, every single morning—with a glass of orange juice.”

After Wendy’s cast was removed she was able to accelerate her therapy. “It hurt!” she remembers with a laugh. “But Karen Rossignol, RPT and Shannon Mercier, OTR/L got me through it. I had five more days to see what I could really do. To have my discharge plan in place. To get my confidence back. When I went home, I knew I was ready.”

After one misstep, Wendy Bush has found her footing. She found that the very best rehabilitative care is at The Cedars. 📍

## You Can Choose The Cedars!

SCHEDULING A JOINT REPLACEMENT, OR  
NEED OUTPATIENT REHABILITATIVE THERAPY?  
Call (207) 221-7000 for rehabilitation at The Cedars.

# An Unforgettable Story of Survival: Kurt and Sonja Messerschmidt

**“Saying ‘never again’ is not enough ... We make our own history by what we choose to remember—and keep our promise to the future by what we choose to do.” –DR. ROBERT BERNHEIM, DIRECTOR,  
HOLOCAUST AND HUMAN RIGHTS CENTER OF MAINE**

THE CEDARS is filled with many extraordinary life stories, and listening to the memories of our members, patients and residents is one of the great pleasures of this work. Even so, some stories stand out. When Stephen Hochstadt, Ph.D., came across the story of Kurt and Sonja Messerschmidt back in 1987, he knew he had found such a story—and he knew he had to share it with a wider audience.

Cantor Kurt Messerschmidt, a member of The Atrium since 2010, and his late wife Sonja lived through the Holocaust together. They were married in Theresienstadt, a concentration camp in Czechoslovakia, but were separated shortly afterwards. They both survived against incredible odds to reunite in post-war Berlin and emigrate together to America.

The Holocaust and Human Rights Center (HHRC) published Dr. Hochstadt’s account of the Messerschmidt’s story, *Death and Love in the Holocaust: The Story of Sonja*

*and Kurt Messerschmidt*. This March, members of The Atrium and their guests were invited to an intimate gathering to celebrate not just the launch of this book, but the immense courage and resiliency of the man whose story it documents.

Guest speaker Dr. Robert Bernheim, HHRC Director, shared the connection he felt to the Messerschmidts, as all but one of his own father’s family had been murdered by the Nazis. At the conclusion of the gathering, Cantor took the podium and recounted stories from the book even his own children had never heard him share. His audience was alternately transported, inspired, awestruck and moved.

“I have tried to make a book which revealed Sonja’s and Kurt’s extraordinary survival ... in their own words,” says Dr. Hochstadt. “I look forward to the use of our book to teach the Holocaust in classrooms across the country.” 📍

**DID YOU KNOW:**

## How To Get Your Own Copy of *Death and Love in the Holocaust*



Two separate journeys of survival through the Holocaust: persecution, deportation, slave labor, death marches, liberation and at last, reunion. Kurt and Sonja Messerschmidt saw the death of Jews every day for two years. They found a way to survive and found each other again. Through it all, they never stopped creating their own lives.

Visit [hhrc.uma.edu](http://hhrc.uma.edu) or call (207) 621-3530 to order your copy. The \$18 purchase price benefits the work of the Holocaust and Human Rights Center of Maine.



INSIDE LOOK:

## The Most Popular Entrees at The Cedars

### 1. CEDARS-STYLE BAKED HADDOCK

Fresh Maine seafood from Harbor Fish prepared with David's special recipe.

### 2. ROAST TURKEY AND DRESSING

A Thanksgiving craving indulged year-round with local ingredients from Good Life Market and Native Maine Produce.

### 3. MACARONI AND CHEESE

A childhood favorite we never stop craving as adults, made with creamy Oakhurst Dairy milk and cheese.

### 4. CHICKEN MARINARA

Just like Mom used to make, and a wonderful way to ward off the winter chill.

### 5. POACHED SALMON IN WHITE WINE WITH LEMON

Fresh Atlantic salmon from Harbor Fish in a light, elegant and irresistible recipe.

# How to Serve a Quarter-Million Meals a Year and Savor Every Moment

“A full plate tells me someone who needed nutrition didn't get it and will have to make it up with supplements. That's unacceptable to me. An empty plate tells me someone enjoyed a real meal, made from natural, local ingredients with real care.” —DAVID KESSLER

WHEN WENDY BUSH was admitted to The Cedars (see cover article), she worried about maintaining her weight while recovering from a broken leg. “The food at The Cedars is *wonderful!*” she declares. “When I started looking forward to the next meal, I knew I might be in trouble. Thank goodness for the portion control.”

She really means thank goodness for David Kessler, Director of Dining Services, and his team. When David arrived at The Cedars in 1994, he served 102 residents with a staff of 18. Today, David oversees the preparation, production and service of over 500 community meals and 100 guest meals *per day* with a staff of 75.

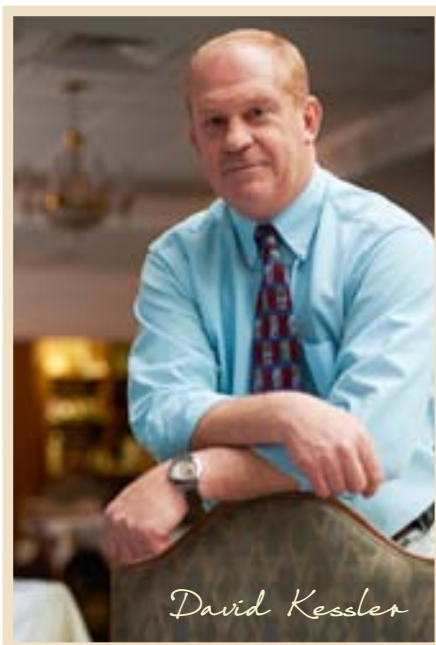
Most of the meals must meet a wide range of therapeutic needs, from renal to cardiac, and be served in as homelike a manner as possible. The Cedars does not serve any meals on hospital-style trays.

Most of these meals are served in our beautiful, sun-drenched formal dining rooms by attentive waitstaff. Elegant china and linens showcase each dish, and residents look forward to sharing lively conversations—and perhaps a glass of wine—with their friends and families.

#### WHAT IS A THERAPEUTIC MEAL?

Many of the patients and residents of The Cedars have dietary restrictions or special dietary needs because of their age or medical conditions. David and his team must create tempting, nutritious meals that meet critical requirements every single day.

Meals may need to be “mechanically altered,” or made easier to chew or swallow—meats cut up or pureed, liquids thickened. “Two residents might be sitting side-by-side at lunchtime, but one of them has difficulty swallowing,” David explains.



David Kessler



Cassandra + Jerome Shangold

“If you sat down with them, you'd see two tempting plates of chicken under cacciatore sauce—but the chicken on one plate has been diced.”

Many patients can only have a specific amount of sodium in their diet, challenging the chefs to infuse dishes with flavor using other herbs and spices. Another typical restriction is carbohydrates, for diabetic residents who must control their glucose levels.

“Take those two diners again,” David continues. “One has a piece of chocolate cake for dessert. How does their companion, who has a carbohydrate-restricted diet, feel if we say *No, you can't have that?* We provide a smaller piece of the same cake—and the same amount of happiness and enjoyment.”

The Cedars also honors its Jewish heritage by offering kosher meals. Under the supervision of a rabbi, Dining Services prepares kosher meals in a kosher kitchen not just for interested residents, but for the Jewish Community Alliance's Meals on Wheels program.

David never loses sight of the fact that we eat a meal not just because we need nourishment, but because we crave the tastes of our childhood, cultural traditions, or the company of our friends.

#### MENU PLANNING AND SERVICE

David plans his dining menus around seasonality and variety. “Living in Maine gives us access to the best seafood, produce and meats,” he explains. “And we don't want even our most popular dishes to feel repetitive. In every way, we try to keep our menus fresh.”

Matt Caiazzo, Assistant Dining Director, also meets monthly with the resident dining committees. He shares how dishes are prepared, listens to feedback on recent meals and takes special requests for particular dishes or ingredients.

“Our menus reflect years and years of resident feedback,” David says. “We're always refining old favorites and introducing new ones.”

Seniors gather for meals in our main dining rooms for formal service or on the neighborhoods for family-style dining. Offering these choices reflects the team's commitment to keeping meals as homelike as possible.

“We want seniors to be able to smell and taste and see their choices, just like home,” says David.

*Continued >*

“I enjoy eating at The Cedars with my husband, who is a resident. We have a glass of wine and a table to ourselves. It's like going out to eat every night.”

—CASSIE SHANGOLD



## THE CEDARS-STYLE BAKED HADDOCK

Dining Services Director David Kessler brought this recipe to The Cedars 19 years ago. Today, it is the most-requested dish in *all three* of our community dining rooms.

- INGREDIENTS**
- 1 LB fresh Maine haddock
  - ¼ cup mayonnaise
  - ¼ cup sour cream
  - Lemon juice to taste
  - ½ cup unseasoned bread crumbs
  - ¼ cup melted butter
  - 1 TBSP parsley flakes
  - 2 TSP paprika

- DIRECTIONS**
- Cut fish into 5-ounce portions and sprinkle with lemon juice.
  - Stir mayonnaise and sour cream together and coat the top of each fish.
  - Blend the melted butter, unseasoned bread crumbs, paprika and parsley flakes until mixed well.
  - Coat top of fish portions with seasoned bread crumbs.
  - Bake 350° for 30 minutes or until fish flakes from a fork.

**INSIDE LOOK:**

## Rena Becker Honored for Service to Seniors



*Kathy Callnan, President and CEO at The Cedars, Rena Becker and Sally Korkin, President of Partners in Senior Life, at the April awards ceremony.*

The Cedars congratulates Rena Becker, former chair of The Cedars Auxiliary, on being awarded the Rose M. Richshafer Senior Mentor Award by Partners in Senior Life.

Partners in Senior Life supports auxiliaries of Jewish homes for seniors, and this award spotlights Rena's dedication to recruiting and guiding the next generation of auxiliary members.

### SPECIAL CELEBRATIONS

The Cedars hosts special events all year long, and Dining Services caters every one. From trays of healthy wraps for a meeting of six people to family dinners for 130 people, David's team makes great food the centerpiece of every celebration.

"One of my favorites is the Anti-Cabin Fever Barbecue in February," David says with a grin. "My team outside on the patio, grilling in Hawaiian shirts and straw hats over their winter coats. Residents and staff just love watching us cooking for them in the ice and snow."

Planning these events can begin months in advance. "We create menus and place food orders for summer barbecues at The Atrium and The Cedars Auxiliary Donors Dinner in early June," David says. "We're always thinking ahead."

"Nothing is more connected with the feeling of home than food," David says. "And we want everyone at The Cedars to feel right at home." 🍴



## Round-the-Clock Care for Seniors: The Cedars After Dark

"We let families visit whenever they want. All they have to do is ring the doorbell, just like home." —HANNAH TEMPLE, RN

THE CEDARS is a bright and bustling place during the day, but the compassionate care and sense of community don't stop when the sun goes down. In fact, they don't even *slow* down. It gets quieter, but The Cedars still hums with activity after dark.

"Part of creating a homelike environment is letting residents and patients create their own schedules," explains Hannah Temple, RN, Evening Shift Supervisor. "We have early risers and we have night owls—and we take the very best care of both."

### EVENING SHIFT

An admitted night owl herself, Hannah has always loved working evening shift. Hannah and her team begin working at 3PM, helping residents get ready for

dinner, socialize in the evening and prepare for bed.

"It's one of the busiest nursing shifts," she says. "We give residents so much choice over when and where they eat their meals and snacks. There are movies and popcorn, card games and visits. Bathing and dressing, dispensing medications, just holding someone's hand for a bit. The time just flies."

Dining Services clean up the kitchens and the receptionists switch over the phones at eight. Environmental Services pack up by nine. NorDx picks up the last delivery, and a hush descends over the neighborhoods.

"The Cedars doesn't have set visiting hours," explains Hannah. "Couples can watch a favorite TV program together in the evening, like they used to do at

home. Adult children can visit after they've tucked their own kids in bed."

### NIGHT SHIFT

"Night shift gets so much wonderful one-on-one time with our residents," Hannah says. "Some of our seniors are real night owls! Staff are always fixing midnight snacks, having a quiet conversation or playing a hand of cards with our seniors. And just as the night owls are turning in, our early birds start to wake up and we're ready to help with their morning routine."

Early risers enjoy the smell of hot coffee and waffles drifting down the halls. Sunlight floods the lobbies and day rooms. Another day at The Cedars has begun. 🍴

## The Cedars Auxiliary Celebrates Mothers



ON MAY 12, Candace Henriksson and The Cedars Auxiliary hosted the annual Mother's Day Tea. Residents received vases filled with flowers, and additional bouquets were delivered to the rooms of women who were unable to attend. Every mother felt appreciated, and celebrated. 🍴

*From left: Event host Candace Henriksson with Natalie Solotoff, Carole Hadlock, Renee Givner, and Jenna Ericson.*

## Join The Cedars Auxiliary.

BE A PART OF A LEGACY OF SUPPORTING MAINE SENIORS.  
Call (207) 221-7007 to join The Cedars Auxiliary,  
and enhance the quality of life at The Cedars.



The Skilled Care Center  
at the cedars

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THE CEDARS ANNUAL FUND SUPPORTS ROUND-THE-CLOCK, QUALITY CARE.  
Our fiscal year runs from May 1 to April 30.  
Make your gift at [thecedarsportland.org](http://thecedarsportland.org).



# the cedars

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## Calendar

### Annual Board Meeting and Barbecue

August 7 at 6PM

### High Holidays

- Rosh Hashanah Service  
*Thursday, September 5*
- Yom Kippur Kol Nidre Service  
*Friday, September 13*
- Yom Kippur Service  
with Yizkor  
*Saturday, September 14*
- Yizkor Service for Sukkot  
*Thursday, September 26*

**RSVP 221-7000**



The Cedars Auxiliary

**GOLF**  
TOURNAMENT

**July 15, 2013**

**Val Halla Golf Center, Cumberland**

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Contact Nancy Ravin (885-0878)  
or Jodi Freedman (671-1546)  
or Development (221-7007)