

# The Informer

A Wellness & Leisure Publication of Cedarfield, a Pinnacle Living Property

## From the Director's Desk

### Pinnacle Advantage

Introducing Pinnacle Advantage! Cedarfield is proud to offer Priority List participants a new, exciting opportunity. This exclusive program will allow Priority List participants some of the benefits offered to Cedarfield residents, while continuing to live at home. As a Pinnacle Advantage member, people will have access to the social, wellness, recreational, cultural programs along with discounted rates to health services.

Cedarfield Administration is pleased to share this news with the residents and encourage you to attend our Town Hall Meeting on January 4th to learn more about this unique opportunity. Additionally, we will host specific coffee chats throughout the first quarter of the New Year to provide you with more information.

### Partnership

We celebrate our Cedarfield value of Partnership in January. We live our value of Partnership by fostering relationships through outreach, volunteerism and social accountability.

January is the ideal month to highlight Partnership. Nonprofit providers, like Cedarfield, take their community benefit/social accountability measures seriously. That means not just doing good, but actively quantifying and reporting our activities. Measuring social accountability matters and for 2019—it will become an increasing strategic component to Cedarfield's operations. Cedarfield will be looking more to demonstrate our social accountability to protect the financial viability of our mission and tax-exempt status. There will be more information published about this topic in coming weeks ahead.

## Changes to the Sign-Up Process

The New Year will bring changes to the sign-up process.

With the help of the Activity Committee, the Communications Committee, and a resident focus group, Wellness & Leisure has decided to revise the way it conducts trip and class registrations.

The new process will start in February. It is simple: go to the resident mail-room, open the registration binder, and add your name and address to any trip or activity that requires sign-up. If you need to cancel before the advertised deadline date, simply cross your name off the list.

Please bring your questions and join us on **Wednesday, January 9 at 2:00 pm in the Fellowship Hall** to discuss the changes and enjoy some light refreshments.

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# IL TRIPS



## Meals Out:

### Dinner at BRIO Tuscan Grille

Experience the very best Italian dining at BRIO Tuscan Grille. Enjoy delectable chef-inspired Italian dishes and wonderful wines in a cozy setting.

**Wednesday, January 9**

Departs TC at 5:00 pm, returns by 8:00 pm

### Lunch at La Grotta Ristorante

La Grotta provides guests with the finest, most flavorful dishes of Northern Italian cuisine.

**Tuesday, January 22**

Departs TC at 11:30 am, returns by 2:15 pm

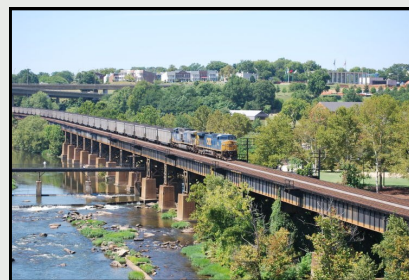
Transportation fee plus meal on your own.  
IL Trip Level I.



## Science Museum of Virginia Lunch Break Science

Pack a lunch and join us!

**The History of Railroads in Richmond** is presented by John DeMajo and Calvin Boles.



**Wednesday, January 23**

Departs TC at 11:15 am, returns by 1:30 pm

Trip is free plus transportation fee.  
IL Trips Level I.



## Jepson School of Leadership Studies presents: *Democracy in the Age of Twitter, Facebook, and YouTube*

This lecture will be given by Zeynep Tufekci, a contributing opinion writer for The New York Times, who writes about the social impacts of technology. She is an assistant professor in the School of Information and Library Science at the University of North Carolina, a faculty associate at the Berkman Center for Internet and Society at Harvard, and a former fellow at the Center for Internet Technology Policy at Princeton. Her research revolves around politics, civics, movements, privacy and surveillance, as well as data and algorithms.

**Tuesday, January 22**

Departing at 6:15 pm, returning by 9:00 pm

The trip is free plus the transportation fee. Sign-up deadline is noon on Thursday, January 17.  
IL Trip Level I. No staff escort.

## Trip Reminders:

- ♦ Wednesday, January 16: Richmond Spiders Men's Basketball Game departing at 5:45 pm

## Series Reminders:

- ♦ Saturday, January 12: Symphony Masterworks departing at 7:15 pm
- ♦ Sunday, January 13: Symphony Masterworks departing at 2:15 pm
- ♦ Saturday, January 19: Richmond Forum departing at 7:15 pm



## **Behind the Scenes Tour of the Richmond SPCA**

The Richmond Society for the Prevention of Cruelty to Animals (SPCA) was founded here in Richmond in 1891. It is a non-profit, no kill humane organization dedicated to the principle that every life is precious. Come along and enjoy a behind-the-scenes tour of the SPCA facility. Meet some furry friends along the way.



**Thursday, January 10**

Departs TC at 1:00 pm, returns by 4:00 pm

Trip is a \$5 donation to the Richmond SPCA plus transportation fee.

Sign up by noon on Thursday, January 3. No refund after deadline.

IL Trip Level II.



## **Holocaust Museum & Corner Bakery**

The Virginia Holocaust Museum preserves and documents the Holocaust in exhibits and its archival collections. Through the permanent exhibit, educational programming, and outreach, the museum employs the history of the Holocaust and other genocides to educate and inspire future generations of Virginians to fight prejudice and indifference. After the docent-led tour of the museum, we will stop at the Corner Bakery in Innsbrook for an afternoon treat.

**Thursday, January 31**

Departs TC at 12:30 pm, returns by 4:30 pm

Trip is free plus transportation fee. Bring money for the Cornery Bakery.

Sign up by noon on Thursday, January 24.

IL Trip Level II.



## **The Adolf-Adams JCC Forum presents: An Evening with Randi Zuckerberg**

Randi Zuckerberg is an entrepreneur, investor, bestselling author, and tech media personality. As an early executive at Facebook, she created Facebook Live, now available to two billion people worldwide. After noticing that she was one of way-too-few women in tech, she founded Zuckerberg Media, with the mission of introducing children, especially girls and underserved communities, to tech and science in a fun way. Randi hosts a weekly business radio show on SiriusXM and is the best-selling author of three books.

**Wednesday, January 30**

Departs TC at 6:45 pm, returns by 9:30 pm

Trip is free plus transportation fee.

Sign up by noon on Tuesday, January 15.

IL Trip Level I. **No staff escort.** Space is limited.



# IL TRIPS

You must sign up for all trips with  
Amanda at 474-8881.



## Ronald McDonald House

Get ready to make some sandwiches! Join us for a volunteer opportunity at the Ronald McDonald House as we assemble sandwiches for those staying at the house. No cooking experience required!

**Tuesday, January 8**

Departs TC at 8:30 am, returns by 11:30 am  
Trip is free.  
IL Trip Level I



## Tour of Goodwill

Have you ever wondered what they do with all those donations at area Goodwill stores and trailers? Have you ever wished to go on a *behind-the-scenes* tour to learn about Goodwill? Goodwill will provide a light lunch (sandwich platter, dessert, chips & drink) and a 30-40 minute tour of their facility.

**Wednesday, January 30**

Departs TC at 11:30 am, returns by 1:30 pm  
Trip is free plus transportation fee.  
Deadline: Friday, January 25 IL Trip Level II



## VA Hospital: Parkinson's Disease Support Group Meeting

**Thursday, January 24**

Departs TC at Noon. Trip is free. IL Trip Level I.

# LOOKING AHEAD



## Richmond Spiders Men's Basketball Game

University of Richmond Spiders versus George Mason University at the Robins Center.

**Wednesday, February 6**

Departs TC at 6:00 pm, returns after the game  
Trip cost is \$5 plus transportation fee.

Sign up by noon on Thursday, January 24. No refund after deadline.  
IL Trip Level II.



**Steward School Presents:**

## *Who Am I This Time? (& Other Conundrums of Love)*

The winter play, *Who Am I This Time? (& Other Conundrums of Love)* by Aaron Posner, was adapted from stories by Kurt Vonnegut. It weaves together three short stories. The three original stories adapted for this production are from the collection "*Long Walk To Forever*," "*Who Am I This Time?*" and "*Go Back To Your Precious Wife And Son*."

**Thursday, February 7**

Departs TC at 6:15 pm, returns by 10:00 pm  
No fee & no transportation fee.

Sign up by noon on Wednesday, January 23.  
IL Trip Level I. **No staff escort.** Space is limited.

# LOOKING AHEAD

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## Virginia International Military Tattoo With Signa Tours

Long regarded as the most patriotic of the world's great military tattoos, the Virginia International Tattoo is a truly unique event. Once at the local pick-up location we will board a luxury charter bus and have a wonderful buffet lunch at the ever-popular Virginia Diner. Following lunch, we will travel to the Scope Arena to see a pageant of patriotism. The 2019 highlight will be a moving *Salute to Women in the Military*.

**Sunday, April 28**

Depart at 8:45 am, returns by 7:30 pm

*We will be traveling with the Signa Tours group and this will not be a private excursion.*

Trip cost is \$140. Includes charter motorcoach transportation, lunch at the Virginia Diner, excellent seats for the performance, refreshments aboard the motorcoach, & all tax & gratuity included.

Sign up by noon on Wednesday, January 23. Call Amanda at 474-8881 to register.

IL Trip Level III.

## MISCELLANEOUS

### Activities Committee Members Wanted

The Cedarfield Activities Committee is looking to expand its role in our community and give residents even more voice in the offered programming. Seeking four to five enthusiastic individuals who would like to propose trips ideas, on-campus performances, on-campus lectures, and to assist with special events. This group would meet monthly in the upcoming year.

For more information, please contact Tom Maxwell at 716-7737 or Jim Tromater at 474-8942.

### Looking for Cedarfield Talent Scouts

Have you ever been at an event and thought that it would be something that others at Cedarfield would enjoy? If so, then pass that information on to the Activities Committee. Complete a comment form, located in the resident business center, and turn it into the Wellness & Leisure box in the mail room.

Thank you for helping us provide interesting and enjoyable programs!

### Welcome Committee Volunteers Needed

Cedarfield's Welcome Committee is looking for volunteers to be Orientation Tour Guides for new residents.

For more information, please contact Christy Walsh-Smith in Marketing at 474-8814.





# IN HOUSE PROGRAMS

## Grace Street Seven

Jay Brown's Grace Street Seven is a vintage Jazz Septet that performs songs in the tradition of early American dance bands from the 1920s-1930s. This versatile group specializes in playing

Victrola Record transcriptions of vintage classics from the likes of Al Bowlly, Fletcher Henderson, Ray Noble and Irving Berlin. The instrumental line-up includes trumpet, clarinet, saxophone, tenor banjo, piano, upright bass and percussion/drums. Full of sophistication and exuding the nostalgia of early American Jazz, expect a dapper yet cheeky performance with a few fun surprises. *This is the group that performed at the Pinnacle Living 70th Anniversary Party.*



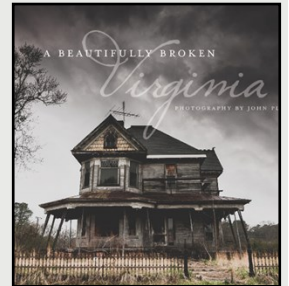
**Monday, January 7**  
7:30 pm in the Fellowship Hall



## *A Beautifully Broken Virginia* Presented by John Plashal

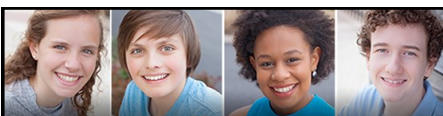
Come witness a photographic journey through the beautifully decaying rural places within our state with which so many Virginians have become fascinated. Photographer John Plashal has commemorated these abandoned gems by capturing their beauty and delivering them to you in a presentation full of powerful imagery and emotional stories. Experience the "unseen" side of Virginia with all of the houses, churches, schools, asylums, diners and secret societies that have been "frozen in time" and now documented and photographed in Mr. Plashal's presentation titled "*A Beautifully Broken Virginia*."

**Monday, January 14**  
7:30 pm in the Fellowship Hall



## Virginia Repertory Theatre's TRAIN

TRAIN is Virginia's Pre-Professional Actor Training Program for ages 12 to 18, led by Virginia Repertory Theatre and Cadence Theatre Company. This yearlong, sequential program will help the serious acting student learn practical applications of his or her artistic craft and build relationships in order to succeed in the business. Be entertained by some of Virginia's finest young talent! Hop on board the TRAIN EXPRESS as we take you on a sentimental journey visiting the best of Broadway with our Broadway stars of the future!



t r a i n  
PRE-PROFESSIONAL ACTOR TRAINING

**Monday, January 21**  
7:30 pm in the Fellowship Hall



## Conversational Spanish Group "El club Español de Cedarfield"

You are invited to our first meeting of the Cedarfield Spanish conversation group. The meeting is designed to see if there is enough interest to have a monthly social gathering. This group will be about enjoying using your knowledge of the Spanish language and not letting any inhibitions hold you back. The purpose is to enable anyone who already knows some Spanish to practice their language skills in a supportive atmosphere. The plan is to meet the second Monday of the month if enough people are interested. Hasta entonces! (until then)

**Monday, January 14**

1:00 pm in Club Cedar

*Light refreshments will be served.*

For more information, please contact resident organizers  
Marta Genoni at 716-0615 or Win Koontz at 474-8631.



## Cedarfield Ukulele Ensemble Meet & Greet and Five-Week Ukulele Course

**Meet and Greet Ukulele Workshop before you commit!**

Thursday, January 17 from 4:00-5:00pm in the Town Center Chapel

Do you want to learn more about the Cedarfield Ukulele Ensemble? Are you interested but just not sure you are ready to commit? Come to our special Meet and Greet event on January 17th from 4-5pm where you will have the opportunity to meet the instructor, Angie Pizzeck, the Ukulele Yoga Lady. During this event you may ask questions, touch a ukulele, and even register for the 5 week course! This event is free and open to anyone who would like to attend. See you there!

**Learn How to Play the Ukulele in Cedarfield's own Ukulele Ensemble!**

1st & 3rd Thursdays, February 7 & 21, March 7 & 21, April 4

4:15pm in the Fellowship Hall

Have fun while learning how to play a new instrument - the Ukulele! Learn basic chords along with a few simple songs and walk away being one of the founding members of the Cedarfield Ukulele Ensemble! This 5-week course is perfect for anyone with the desire to learn how to play this smile-inducing instrument while having some fun! All levels are welcome, although this course is designed to cater to beginners. Don't have a ukulele of your own? No problem! We will have ukuleles for rent for \$5 for the duration of the course (provided by the instructor). All other materials provided. The instructor is Angie Pizzeck, the Ukulele Yoga Lady. Come join us!

Class length: approximately 45 minutes

Class series is \$100; minimum of 5 people needed for this class to take place.

Sign up by noon on Tuesday, January 22. Call Amanda at 474-8881 to register.

# IN HOUSE PROGRAMS



## Cedarfield's Movie Matinee Presents:

### *Won't You Be My Neighbor*

From Academy Award-winning filmmaker Morgan Neville *Won't You Be My Neighbor?* takes an intimate look at America's favorite neighbor: Mister Fred Rogers. A portrait of a man whom we all think we know, this emotional and moving film takes us beyond the zip-up cardigans and the land of make-believe and into the heart of a creative genius who inspired generations of children with compassion and limitless imagination.

**Friday, January 18**

2:00 pm in the Fellowship Hall

*Popcorn and drinks provided.*

**Rated PG-13** (for some thematic elements and language)



## Classic Movie Night:

**5:00 pm Sundays; Prima Club Room**

**January 6: *Singin' in the Rain* (1952):** Gene Kelly, Debbie Reynolds and Donald O'Connor combine their talents in one of the greatest big-screen musicals ever made, a two-time Oscar nominee that includes the songs "Good Morning," "Make 'Em Laugh" and the iconic title tune. When Hollywood attempts the transition from silent films to talkies, a matinee idol (Kelly) hopes to make the cut. But he's hampered by a silent-movie queen (Jean Hagen) with a voice like fingernails on a blackboard. **1h 43m; Rated G.**

**January 13: *Casablanca* (1942):** In this Oscar-winning classic, American expat Rick Blaine (Humphrey Bogart) plays host to gamblers, thieves and refugees at his Moroccan nightclub during World War II, but he never expected Ilsa (Ingrid Bergman), the woman who broke his heart, to walk through that door. Ilsa hopes that with Rick's help, she and her fugitive husband (Paul Henreid) can escape to America. But the spark that brought the lovers together still burns brightly. **1h 42m; Rated PG.**

**January 20: *Mr. Smith Goes to Washington* (1939):** When idealistic junior senator Jefferson Smith (James Stewart) arrives in Washington, D.C., he's full of plans and dazzled by his surroundings, qualities he retains despite widespread corruption among his cynical colleagues. Jean Arthur puts in a sharp performance as Smith's streetwise secretary, who helps him navigate his way through Congress, in this Academy Award-winning classic from director Frank Capra. **2h 9m; Not Rated.**

**January 27: *Woman of the Year* (1942):** In this Oscar-winning romance, newspaper colleagues Sam Craig (Spencer Tracy) and Tess Harding (Katharine Hepburn), he a brash sportswriter, she a headstrong political columnist, trade barbs in print, then meet, fall in love and walk down the aisle. But balancing work and marriage turns out to be a problem for the cosmopolitan Tess, whose prosaic hubby strives to foster her ambition while keeping the relationship afloat. **1h 52m;; Not Rated.**

***Refreshments will NOT be provided.***

**Resident volunteers are needed to start movies.**

**Please call Karen Hoffman at 474-8757 for more information.**



# IN HOUSE PROGRAMS

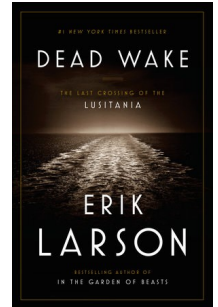
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## Cedarfield Book Discussion Group *Dead Wake* by Erik Larsen

Friday, January 11  
10:00 am in The Chatter Box

All are welcome to attend.  
*The reading list is available in the Business Office.*



## Learn & Play Chicken Foot Dominoes

Saturday, January 12  
1:30 pm at the Third Floor Lounge

Come one, come all! Three to eight people in a game and the dominoes are marked with numbers instead of dots.  
For more information, please contact resident organizer Barbara Fischi at 350-5760.



## Save the Date: Bringing INSIDE the Cedarfield Gardens

Tuesday, February 5  
3:30pm in the Fellowship Hall

*Sponsored by Gardening at Cedarfield, A  
Pathway to Wellness*

## Meet Delegate Rodman

Please join your Delegate, Debra Rodman in the Fellowship Hall on Saturday, January 5th from 2:30 to 3:30 pm. She will be discussing the highlights from the 2018 General Assembly Session and the legislation she will be proposing in the 2019 General Assembly Session. There will be a short Q&A and she and her staff will be available afterward to answer additional questions or discuss an issue with you one-on-one. *This is a resident sponsored event.*



Saturday, January 5  
2:30 pm in the Fellowship Hall

## Focus Group presents Dr. Ronald A. Crutcher, President of University of Richmond

Dr. Ronald A. Crutcher is a national leader in higher education and a distinguished classical musician and Professor of Music. He became President and Professor of Music at the University of Richmond in 2015, having previously served as President of Wheaton College in Massachusetts for ten years. Dr. Crutcher is a Phi Beta Kappa graduate of Miami University in Ohio and earned his master's and doctoral degrees at Yale University. He currently serves on the boards of the AAC&U and the American Council of Education (ACE). He is a former member of the Cincinnati Symphony Orchestra and several other symphonies and is on the board of the Richmond Symphony. He currently performs in the U.S. and Europe as a member of The Klemperer Trio.



Tuesday, January 15  
11:00 am in the Fellowship Hall



# IN HOUSE PROGRAMS



## FeedMore Donor Reception

FeedMore invites you to an early evening hors d'oeuvres reception as a thank you to all that Cedarfield has done for FeedMore over the years. Your contributions are critical to the work FeedMore is doing and they would like to extend their sincere appreciation for all you do.

Please join us!

**Thursday, January 3**  
4:30-5:30 pm in the Fellowship Hall



## Super Bowl Social

Super Bowl LIII is almost here! Come to the Super Bowl Social wearing your favorite football apparel or team colors and enjoy time with neighbors and team members.

Refreshments will be served.

**Friday, January 25**  
2:00 pm in the Fellowship Hall

**Super Bowl is Sunday, February 3**  
Kick-off is at 6:30 pm EST



## Dining Services:

### First Mondays

Dining Services will begin hosting "First Monday" happy hour the first Monday of each month. Please join us for the inaugural event on Monday, January 7.

**First Monday of every month**  
4:00-5:30 pm  
Pub 2300

### Winter Social

Dining Services invites you to join us for a Winter Social. Come enjoy a sampling of new drinks and delicious Hors d'oeuvres.

**Tuesday, January 15**  
2:00-3:30 pm  
Pub 2300



## The Psalms and Art

*A new Bible study series led by Roger Dowdy*

From their inception the Hebrew Psalms have been the spiritual, cultural, and creative inspiration for ‘artists’ — dancers, singers, musicians, calligraphers, painters, illuminators, etc. Spanning eight weekly sessions, the study will focus on at least two Psalms per week — their translations and settings, and their meaning for today, and particularly the ways in which artists across the ages have expressed those Psalms.

**Tuesdays, January 8 through March 5**

10:00 am at the 3rd Floor Lounge

## Cedarfield Choir Rehearsals

You asked for it — You got it!!

Choir rehearsals are now monthly; the first Monday of each month. Men’s choir begins at 3:30 pm, with full choir rehearsing beginning at 4:00 pm. If you love to sing, this is the place to be.



**Monday, January 7**

3:30 pm & 4:00 pm

Town Center Chapel

## Lenten Devotion Writers Sought

Writers are needed for the 2019 edition of Cedarfield’s Lenten Devotional Booklet. This year’s theme is A Living Hope. We are looking for stories of God’s grace-filled presence in your life. Would you please write with us? Guidelines are available from the chaplain’s office or the Concierge desk.



*The deadline to submit a story is Wednesday, January 16.*

## Welcome The Bailey Scholars of Randolph-Macon College

Please welcome The Bailey Scholars of Randolph-Macon College in Ashland, Virginia for Sunday worship on January 20. These college students are preparing for future ministry and are excited to be with you. Under the leadership of Randolph-Macon College Chaplain, Kendra Grimes, these students will lead worship and offer our message for the day.

**Sunday, January 20**

10:00 am Worship Service in the Fellowship Hall



## Ongoing Events:



- ◆ **Men’s Coffee:** Please join the men of Cedarfield for casual conversation over coffee, pastries, and fruit. Friday, January 11 at 10:00 am in Club Cedar.
- ◆ **Holy Communion and Healing Prayer:** Wednesday, January 16 at 2:00 p.m. in the Town Center Chapel.
- ◆ **Roman Catholic Eucharist:** provided by St. Mary’s Catholic Church. Thursday, January 17 at 11:00 am in the Town Center Chapel.
- ◆ **Celtic Service at St. Stephen’s Episcopal Church:** Sunday, January 20. Bus departs Town Center Chapel at 4:45 pm. Please sign-up with Amanda at 474-8881. IL Trip Level II

If you have any questions or would like more information on any of these events, please contact Margaret Ernstes in Pastoral Services at 474-8892 or email [mernstes@pinnacleliving.org](mailto:mernstes@pinnacleliving.org).



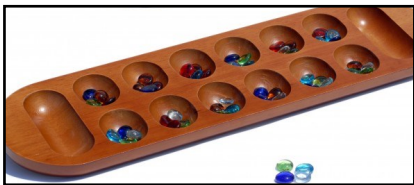
## Cedarfield Gallery Presents: Works by our Creative Corner Instructors January 10 through February 20

Meet and Greet Artist Reception in the Gallery on Friday, January 11, 4:00-5:00 pm



### Fused Glass AND Clay Classes: Mancala Game Set

Join us this month in our FIRST EVER Clay and Fused Glass collaboration! Clay and Glass students will have the opportunity to participate in both classes to create a Mancala Game Set! During your time in Clay, you will create and build your own Mancala game board. Students will roll and cut slabs, use different carving techniques, and decorate each board individually. In Glass, students will create unique beads or "playing pieces" for their game boards. Using several different glass techniques, students will crush, cut, and assemble different scrap glass to create a marbled-style bead. This project will require several firing sessions and extend throughout the month. Project begins Monday, January 7. NO Clay Class Wednesday, January 2.



### Stained Glass Class Tuesdays, February 5-March 26 (NO class on March 12)

For the beginner or experienced artist! Here's your chance to learn the techniques to create a beautiful stained glass work. Instructor, Celeste Miller, will bring project patterns for Beginners but those with stained glass experience should bring their own project ideas. Cost is \$15 to cover the consumable supplies and you will need to purchase your own glass after choosing your project in the first class. Celeste will give you more details on choosing glass. Limited to 8 students.

**Sign-up required by Friday, January 25;  
contact Amanda Kelly at 474-8881.**



### Craft Club: Beaded Jewelry and Valentines!

By popular demand, we'll have both!! A card making station and a jewelry table. Supplies and guidance provided, you bring your imagination!  
**Friday, January 18 from 2:00-4:00 pm**



### Screen Printing: Special Demonstration Wednesday, January 9 at 4:00 pm in The Chatter Box

Learn about the art and benefits of screen printing. Join Holly Greenwood as she demonstrates this amazing art form and answers your questions. If we have a lot of interest, we will begin hosting a series of specialty classes! Feedback is greatly welcomed.

### Ongoing Class Schedule:

**Glass:** Mondays 1:00-4:00 pm

**Clay:** Wednesdays 1:30-3:30 pm

**Oil Painting:** Wednesdays 10:00 am-Noon

**Watercolor:** Thursdays 10:00 am-Noon

**Sentimental Sewing:** Thursdays 2:30-4:00 pm



## Dietician's Digest: Coffee

Many people enjoy the smell, taste, and ritual of drinking a good cup of coffee. But did you know that coffee can provide health benefits as well? Drinking moderate amounts of coffee (including decaf) has been linked to lower risk of cardiovascular disease, Type 2 diabetes, Parkinson's disease and some cancers. One of the reasons that makes coffee a healthy addition to your diet is that it contains a large number of antioxidants. Antioxidants are important because they help protect our cells from damage caused by free radicals-substances that are produced by both normal body functions such as breathing as well as unhealthy lifestyle habits such as smoking. Other healthy sources of antioxidants in the diet include vegetables, fruits, legumes, whole grains, black and green tea.

Black coffee is virtually calorie free, and most people should avoid adding lots of empty calories from sugar in their coffee. If you do not enjoy black coffee, add some milk. This will provide a little extra calcium and vitamin D in your diet. If your diet does not include dairy, try a calcium fortified non-dairy alternative.

How much coffee is too much? Recommendations vary, some say stick to no more than 3-4 cups per day while other sources say not to go beyond 6 cups per day. Caffeine tolerance varies per person, but drinking too much can produce negative side effects such as restlessness, insomnia, nervousness, irritability, headaches, increased blood pressure, and gastrointestinal distress. If you experience any of these it may be wise to decrease caffeine consumption.

Sources: <https://www.eatright.org/health/wellness/preventing-illness/benefits-of-coffee>



## Brain Fitness: Testing Your Recall

Researchers have determined ways to improve your memory and recall by breaking down a few different processes your brain goes through to develop memory. First your brain records an experience or event and creates connections between neurons, called synapses. This is called *creating a memory*. In order to remember more you need to expose yourself to more of the experience hence trying to remember a grocery list or recalling an event and repeating it by telling a story. This is called *consolidating the memory*. Sleeping also helps our brains recreate that same pattern of brain activity to strengthen the synapses we created earlier. The inability to *recall memories* is what most of us think when we talk about memory loss. It's easier to recall memories if this skill has been strengthened over time. Each time we do so, we run through the same pattern of brain activity, making it a little stronger. Memory loss is a normal part of aging, but that doesn't mean we can't take action to slow it down a little.

When students study for exams, they don't just read the material and hope it sticks; they test themselves. Testing your recall verifies that you know certain facts, but it also helps you remember those facts in the future. Try making lists for groceries, to-dos and other items, and see what you can recall an hour or two later.

Sources: <https://sunhealthseniorliving.org/9-everyday-brain-fitness-techniques-seniors/>  
<https://blog.bufferapp.com/6-research-tested-ways-to-improve-your-memory>



# FITNESS



## January Classes

Help keep your New Year's resolution for a healthy mind and body!

### Chair Yoga

Free chair yoga session

Monday, January 21

3:00 pm in the Fellowship Hall.

Come learn how this wonderful exercise can benefit you. After the free class, Toni Halstead will be offering a six-week program for \$30 beginning Monday, January 28.

### Tai Chi

The next Tai Chi session with Jenny begins Thursday, January 10 and will meet Thursdays at 1:30 pm in the Fellowship Hall. Tai Chi has been proven to help improve balance. This is a fee-based class; please sign-up with Elizabeth Caudill.



## New Weight Watchers Session

Beginning Wednesday, January 23

12-week session

Meetings every Wednesday morning at 8:00 am in the Town Center Chapel

Our first session is ending and we want to keep going! If you missed your opportunity in September to be a part of the program, now is your chance. Residents have really enjoyed the support and information on the Weight Watchers program and some have even made it to lifetime membership by hitting their goal. Please call Elizabeth Caudill at 474-8884 for details and to sign-up.

*There is a fee associated with Weight Watchers and will be paid directly to the counselor on January 23.*



## Walk Across Europe

Six-week walk challenge begins

Sunday, January 6

To get started, please pick up your weekly log sheet from the in-house mailroom and tally your daily step count. Each week you will drop off your log in the box provided in the in-house mailroom and pick up a new log. Let's get walking and learn about all the exciting cities from Thurso, Scotland to Paris, France.

Please call Elizabeth Caudill at 474-8884 for details and to sign-up.

## SPECIAL EVENTS

### *Music with Kevin Salyer*

Wednesday, Jan. 2 / 2:30 pm  
Cedar Woods Great Room

### *Morning Devotions*

Mon., Jan. 7, 14, 28  
11:00 am  
SGV Activity Room

### *Music with Matthew O'Donnell*

Wednesday, Jan. 9 / 2:30 pm  
Cedar Woods Great Room

### *Health Services Acrylic Art Class*

Wednesday, Jan. 9 / 2:30 pm  
SGV Activity Room

### *Harp Therapy*

Friday, Jan. 11  
Sunshine Plaza: 10:30 am  
Cedar Woods: 11:00 am

### *Music with Sam Singleton*

Wednesday, Jan. 16 /  
2:30 pm  
Cedar Woods Great Room

### *Music with Mary Stella*

Thursday, Jan. 17 / 3:30 pm  
Cedar Woods Great Room

### *The Encore Dancers*

Friday, Jan. 25 / 2:30 pm  
Cedar Woods Great Room

### *Secret Garden Villas & Cedar Woods Tea Party*



Tuesday, Jan. 29  
3:30 pm  
Cedar Woods  
Great Room

### *Health Services Resident Council Meeting*



Monday, Jan. 21  
11:00 am  
SGV Activity Room

## *Health Services Family Evening*



Thursday, January 24th  
6:30-7:30 pm

Cedar Woods Great Room

*Beat those winter blues and join us for an evening of music, hot chocolate and cookies. Entertainment provided by Susan Greenbaum. Call Katie Ziolkowski at 474-8744 to RSVP. Sign up early. Space is limited!*

## *Health Services January Birthdays*

1/4 Jan Leaton  
1/6 Betty Hatcher  
1/17 Jim Allen  
1/18 Shirley Beurlein  
1/22 Billie Jo Long  
1/28 Ann Woods



# SPECIAL ANNOUNCEMENTS



## Coffee Chats

Meet for an informal gathering to discuss current issues affecting Cedarfield.

**Tuesday, January 15**

1:00 pm  
Fellowship Hall

**Monday, January 14**

2:00 pm Secret Garden  
Villas Common Area

## Knife Sharpening

Ken Leonard will be on-campus to sharpen your knives and scissors. Knife sharpening is only \$6.00 per knife and scissors can be sharpened for the low price of \$8.50 each. Mr. Leonard also sharpens hand garden tools at \$10.00 ea. Call Mr. Leonard at 334-2666 with questions. Drop off service available! He accepts cash and checks.

**Friday, January 25** from 9:30-11:30 am in Club Cedar

## Construction Corner

- ◆ **Pharmacy:** We are close to completion of the pharmacy renovations. Finishes are being installed and we anticipate the Shockey team to hand over the project to Cedarfield within the next few weeks. Tim and Anthony from the pharmacy are working with the Board of Pharmacy so they can transition back to Cedarfield as soon as possible.
- ◆ **D-wing:** The garage slab was poured in December. Shockey is working with the electrical contractor and Dominion Power to prepare for the next phase of construction.
- ◆ **Wellness building:** Work continues on the Wellness building. Brick work on the exterior will continue to be a major focus. The landscape plan is under review to ensure timely plantings and hardscape installations. Contractors continue to work on wiring for permanent power to the building.

## Monthly Meetings

### Town Hall Meeting

**Friday, January 4**

11:00 am

Fellowship Hall

### Movement Disorder

#### Support Group

**Friday, January 4**

1:15 pm

Town Center Chapel

### Residents' Council

**Wednesday, January 23**

2:00 pm

Great Room

### Low Vision Support Group

**Wednesday, January 9**

2:00 pm

Town Center Chapel

**Wednesday, January 23**

2:00 pm

Town Center Chapel

Guest Speaker:

Norton Richmand from the  
Department for the Blind  
& Vision Impaired

### Coping with Loss

#### Support Group

**Monday, January 28**

11:00 am

Town Center Chapel

### Memory Support Group

**Tuesday, January 29**

10:30 am

Town Center Chapel



Recycling pick-up will begin at 2:00 pm  
on Friday, January 4 and 18 for  
IL Apartments.