

January 2011

The Village Voice

Newsletter of The Cedars Village



Carma's Commentary

“Don’t forget to breathe!” That’s the coaching I hear in the gym during exercise class. Apparently my muscles need oxygen during the workout. It has something to do with providing the sustenance to keep me from passing out. It’s not unlike the breathing required in meditation, which provides the sustenance our brains need to think more clearly. Or the sustenance I sometimes need during my conversations as a parent to keep from saying something which I might later regret.

According to, *The Miracle of Mindfulness* by Thich Nhat Hanh, “Focusing on breathing allows you to be more connected with the present moment”. Sometimes when I forget that important lesson, I realize I’ve made it completely around the park for my morning walk without thinking clearly about anything except work and home. In letting those things from which I’ve been trying to escape be my focus, I become oblivious to the beautiful trees and scenery along my path. Had I remembered to breathe – either literally, figuratively, or both – I would have been able to clear my head and better prepare for those things which needed my attention later in the day.

Those of us whom have had children can probably look back and remember many moments when taking a second to just breathe might have prevented a regrettable or overly-curt response to a “situation”. Allowing for a little silence to enter the room can be a beautiful thing when emotions get charged. It gives everyone a chance to get their thoughts together and hopefully enjoy a more productive outcome. This practice also allows me to focus my attention on the other person so that I can ask meaningful questions, and allow a little bit of magic to form in the air around us. The magic I

refer to could be considered spiritual if one is so inclined, but regardless of the title, it always seems to make for a more fruitful conversation.

Nearly every major religion – and many health care providers – offer breathing techniques to become centered, find a path to the divine, or simply relieve stress. These breathing techniques are usually referred to as “breathing meditation”. Whether or not the reasons are fully understood, it is undeniable that breathing meditation works at the physical, emotional, mental and spiritual levels of being. Concentrating on breathing has an amazing way of soothing one’s soul. I can almost feel my heart rate slow down within seconds of doing deep, slow breathing.

Although my father refuses to call it meditation, he still uses a breathing exercise to help him get to sleep. He counts slowly while inhaling, and again as he exhales. It helps him get the “noise” of the day’s activities out of his head. He has never had trouble falling asleep and is able to get by on very few hours each night. Of course, his taking a nap in the middle of the day probably doesn’t hurt either.

In a sense, breathing meditation is not unlike the benefits of taking a “cat nap”. It helps you step back and look at what is happening to you, around you, and because of you. It also provides a chance to shift directions with your thinking and behaviors. Hindus and Buddhists see breathing meditation as a path to liberation from illusions and suffering in the material life. And for Christians, breath is the central means by which God brought life to human beings.

As we enter the New Year, it might be a good time to count during some of our own breaths and focus on our surroundings. And in doing so, why not count our blessings. It has something to do with bringing “life” into our lives.

-- Carma Wall, CEO
cwall@thecedars.org

The Village Voice is published the first of each month.
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THIS 'n THAT
from around *The Village*

JANUARY LUNCHEON

When: Tuesday the 18th, 12:00 noon
Where: Wellness Center Banquet Room
Menu: Oven baked chicken, mashed potatoes with gravy, broccoli and carrots, jello salad, rye bread with butter, assorted cookies, beverages
Cost: \$9.50
Hosts: Kent and Elva Jean Naylor
Ed and June Switzer

Callers: Call reservations to J'Nan Swinney, (241-0919, ext. 110) by noon on Friday, Jan. 14th, with names and numbers.

Chaplains Corner

God has given us another New Year! Remember when we were anticipating a new century and the scary things some people were saying? Well, He's still in charge. His world keeps going, and we at The Cedars are among the most blessed of His creatures. Let us pray for *everyone* everywhere to see and enjoy miracles He wants for us daily.

Certainly no one at The Cedars needs to be bored. In addition to the many physical activities, therapies, and great food we can enjoy, the chaplains continue to provide opportunities for spiritual and mental enjoyment. At present our calendar offers:

- ❖ Sunday evening worship services
- ❖ Monday, Wednesday, Friday chapel services and inspirational music
- ❖ Tuesdays, Wednesdays, Thursdays, and Fridays – Bible studies
- ❖ Last Wednesday of the month—communion
- ❖ Friday morning in the Coffee Shop – Just for Laughs.

Everyone may not be familiar with the little room next to the Coffee Shop, the Meditation Chapel. Furnished by John and Bonnie Ward in memory of a relative, the hope was that the Chapel might be a place for meditation, family meetings, prayer groups, etc. At present regular meetings of the Village Study Group, the Grief Support Group, the Ready Writers, and the Advocates are scheduled as well as occasional denominational groups. Please feel free to enjoy a moment of personal meditation, or schedule a larger group with Ann Koehn at extension 164.

A complete schedule of these events is en-closed in every issue of *The Voice*. Enjoy!

(submitted by Florence Crago, Assistant Chaplain)

A note of appreciation

“Thank you” to Jan and Bill Parker and June and Ed Switzer for opening their homes for our Christmas Open House. Parkers were assisted by Joyce Hall, Jody Miller, Ruth Cooney, Madonna Reynolds, Dick and Phyllis Koenig and Bonnie Fruth. People helping the Switzers were Phyllis and Dick Koenig, Corky Flood, Anneliese Stewart, Rebecca Rothrock, Don Henry, Rosalie Black and Lois and Gerald Neher. The food was fantastic and the fellowship was wonderful—a nice way to celebrate together.

January Breakfast menus

- Jan. 6- Pancakes with assorted sides
- Jan. 13- Omelet Day
- Jan. 20- Quiche Lorraine
- Jan. 27-Omelet Day

From our library

As I prepared for a program for the Genealogical Society, I read two very good books. The first, *Empire of the Summer Moon* by S.C. Gwynne, concerned the rise and fall of the Comanche nation. The author chronicles the long tribal saga, but concentrates on the last 40 years. He ends the book with the story of Quanah Parker, the son of Cynthia Ann Parker who was taken captive by Comanches in North Texas. Quanah became chief of the nomadic Quahadis. Over the years, Quanah's band grew to exemplify the Comanches' transformation from skulking pariah to dominant power, according to Gwynne.

As well, Quanah's people became the richest of all the plains people. Gwynne's story is powerful, historically accurate and reads much like a novel. On the heels of this wonderful book, I read *The Color of Lightning* by Paulette Jiles. This book is classified as a novel, but only because Jiles found the basic facts of her story but could not flesh them out with authentic research.

This, too, is a story that deals with the Comanches and other Plains tribes. The story begins a couple of years before the end of the Civil War. A freed family decides to seek their fortune west of the Deep South in Texas. They settle down and believe that along with their widely scattered neighbors, they will be able to live peaceful lives. They have not reckoned with what's left of the Plains Indians. The Indians, in a terrifying raid, kill off some of the children and abduct two women and a child or two. The settlers are left dazed by grief and fury.

Meanwhile, the U.S. government sends the Quakers to deal with the most violent tribes in the area. Samuel Hammond, a Quaker who has already volunteered to drive an ambulance during the war has begun to

question a good part of his faith and the

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inherent goodness of man. This story is the tale of a man's quest for his wife and children and about the utter failure of two cultures to understand each other. I highly recommend both books. They will be in the Cedars Library after the holidays.

-- Betty Stanley

JANUARY EVENTS

**Bob Baldwin, contact person,
unless otherwise indicated**

Reminder of options for New Year's Day

(Dave and Bonnie Fruth)

Remember that the W/CC will be open January 1 starting about 10:00 am so you can watch the Rose Bowl Parade on the big screen and then follow that with watching Bowl games. Feel free to come and go as you please. Nothing formal is planned. We'll have table games and a puzzle available. Of course, the exercise room is just around the corner for those times when you need to get up and stretch or walk the treadmill for a while. You can help out by bringing snacks to nibble on and share with others during the day.

Swim and Pool Activities

If you want to use the pool and do not have a partner, let Bob know and he can help you find someone. For safety reasons we must always have two people in the pool at the same time.

Van to Wal-Mart

We take a van to Wal-Mart on Thursday afternoons leaving at 2:00 pm, returning when people are finished shopping. This gives you an option of shopping each week

for groceries and other items. **If you are**

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Interested in going on the van, let Bob Know (241-0919, ext. 120) by 10:00 am each Thursday so he can know the number of people going and reserve a van.

Pool

If you want to play pool (that is the game with balls and sticks instead of the swimming kind), contact Irvin Hodgson at 245-0658. He's always ready for a game. The pool table at The Courts is fun to play on.

Tai Chi classes – twice weekly

With the YMCA we are offering introductory Tai Chi classes **each Monday day (3, 10, 17, 24 and 31) and each Thursday (6, 13, 20, and 27) in January at 11:15 am in the W/CC.** Tai Chi promotes internal strength, physically, mentally, emotionally.

Using the Wii

Every Friday afternoon from 1:00 to 3:00 pm, Bob will have the Wii game ready to go, in the W/CC fitness room.

Recycling program – January 4

(Dave and Bonnie Fruth)

How nice to be able to take our recyclables to the W/CC parking lot once a month. Are you sometimes confused about what you can recycle and what is not acceptable? Are you thinking that you should recycle but it's a little more of a challenge than what you can manage? Do you need some suggestions on how to make recycling easier?

John Hawk, General Manager of the McPherson Area Solid Waste Utility will come to the W/CC Tuesday, January 4 at 10:00 am. He will give us an update on current recycling standards and answer our questions. Mr. Hawk will give us a report

on the expenses involved in waste management for our area and will talk about changes in the business, activities at the landfill, trash collecting, disposal, composting and more. As you can tell, his job entails more than just collecting trash and recyclables.

Come get additional information concerning waste management and especially recycling. We are doing a good job at The Cedars but we could do better. If you aren't recycling, this will be of particular interest to you. If you are recycling, maybe there are still things you could add to your recycling containers.

We will provide refreshments. Come to learn and for fellowship.

See you at Village Breakfast (Menus on p. 2)

Join your friends in the large dining room at the Health Care Center and have breakfast together. **We meet on Thursdays at 8:15 am;** the charge is \$4. The dates are **January 6, 13, 20, 23, and 27.** Try eating at noon in the HCC or Courts.

Friday morning coffees

Take a coffee break and come to **The Courts at 9:30 am on Friday mornings, January 7, 14, 21, 28.** Enjoy the fellowship with our friends there.

2nd Tuesday Coffees – January 11

Men's and Women's groups – 10:00 am

Men: at the **Health Care Chapel** for visiting, coffee, and an occasional speaker.

Women: at **Wellness Center Coffee Shop,** time to visit friends and enjoy "goodies."

Remember to bring a "post-Christmas" treat to share.

Red Hatters to meet

(Corky Flood)

The Red Hat group will lunch at The Pizza Hut on Wednesday, the 12th. Please

let Corky know if you need transportation (phone 241-4005).

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Trip to Lindsborg

(Dave and Bonnie Fruth)

Do you need to get out of the house for a few hours and be with people? **You're invited to join us on a trip to neighboring Lindsborg on Thursday, January 13th.**

Our first stop will be at the Small World Gallery where we'll see Jim Richardson's new exhibit of photographs taken during a recent 22-day journey called "Around the World by Private Jet." Richardson has worked for *National Geographic* for years. This particular trip took him to natural and cultural wonders on five continents. Trip highlights included Machu Picchu in Peru, Chile's Easter Island, Angkor Wat in Cambodia, Lhasa in Tibet, Egypt's pyramids, India's Taj Mahal, and Tanzania's Serengeti National Park. Perhaps you've seen articles in the newspapers about his trip. Here's your chance to hear more about it and to see his collection.

We'll go next door to the Brick Street Gallery to check out works of art there. Then we'll go to the Hemslojd where we'll visit the Dala Horse Factory and have time to browse and shop. We'll have lunch at the Swedish Crown—under new management—ordering from their menu. From there we'll head north to the Birger Sandzen Gallery which houses the largest collection of Sandzen's art in the world. A docent will accompany our group as we meander through the galleries seeing collections by Sanzen and several other artists. The Sandzen Gallery asks for a donation.

The arts are alive and well in Lindsborg. We'll get to enjoy different types of art: from photographs, to carvings, to paintings and jewelry-making, and much more. There

could possibly be time to browse other shops in town while we're there. Lindsborg has a lot to offer in Swedish goods.

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We need to call in our numbers to the restaurant early, so please **contact Fruths' (245-0674) by Monday, Jan. 10.** There is a \$5 transportation charge. Lunch and a donation at Sandzen Gallery are your other expenses. **We'll leave from the W/CC at 9:30 and will probably be back about 3:00.**

Movie Night

(Dave and Bonnie Fruth)

Crossword puzzles: one of America's most popular pastimes. We're having a movie this month for all you crossword puzzle lovers out there. We know you save the crossword puzzles from the newspapers and you can't throw them out until you finish them. We know you may have two or three crossword puzzles going at a time.

Well, then you need to **come to movie night on Friday, January 14 at 7:00 in the W/CC to see "Word Play."** You may learn some new tricks.

You'll see cinematographer-turned-documentary filmmaker Patrick Creadon take a look at the brainy world of crossword puzzles, the masterminds that conceive them, and the folks who struggle to solve them. The movie shows the American Crossword Tournament, has interviews with a variety of celebrity crossword puzzle enthusiasts and offers an entertaining look at a world where the brain power and colorful personalities of contestants combine to make an atmosphere of friendly competition. Viewers are treated to a rare look into the minds of people whose intellect entertains a nation of puzzle solvers on a weekly basis.

This will be an interesting evening seeing what goes on behind the scenes with cross-

word puzzle whizzes. Puzzle solvers and non-puzzle solvers are all welcome. Plan on popcorn and other treats. Come join the fun.

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Program: Answers to Hard Questions

About Future Health Care Needs

(Dave and Bonnie Fruth)

This is a long title for a program to be presented by Judith Wineland on Friday, January 21 at 11:00 am in the W/CC. It boils down to the fact that we are all aging and needing to plan for the future.

Judith, HCC Administrator, will visit with us about questions like: What services are available to enable us to stay in our independent living apartments? How can we determine when it is best to consider a move into The Courts, assisted living apartments? What are some signs we should be watching for that might indicate it's not safe for us to stay in our apartment in The Village any longer? Who do we talk with about a change in living arrangements? If we can't move ourselves but we need to make a change, who can assist us? What services and activities are available in The Courts apartments and what would those services cost? Do we have to be referred by a doctor to live in The Courts? Etc...

You can bring along your own list of questions. Judith will help us get some answers to hard questions about our future health care needs here at The Cedars. Everyone is welcome. If you have family members you could like to invite to come with you, feel free to bring them along.

January Book Club

The Cedars book club will be meeting on Monday, January 24 at 3:00 pm in the W/CC, in the room beside Bob Baldwin's ask J'Nan.

office. If you need help to find that space,

Give us a teaser about a book you've read or are reading it just might be that else will want to read that book, too. Our meetings are very informal with just sharing about what we've been reading. Since Kansas Day is in January, you might like to choose a book about Kansas or by a Kansas author. Your choice!!

Feel free to bring a friend. Stop by the coffee shop and bring your beverage to the meeting. Share or just listen. If you haven't joined us before, please know that you are welcome.

Documents to be shredded

If you have documents that need to be shredded, you can bring those to the main Cedars office or Assisted Living on the Fourth Wednesday of the month. This would be **Wednesday, January 26th**. They will have a secure box for your documents.

Recycling

Wednesday, January 26th, will be Recycling Day at the Village. Bring your recyclables to the trailer, parked in the W/CC parking lot from **8:00 am to noon**.

This has turned out to be a wonderful program that more and more people are getting involved in to help green The Cedars campus. The more we can make our campus eco-friendly, the better off we will be environmentally.

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**Contentment is not the fulfillment
of what you want,
but the realization of how much
you already have**

**Minutes of the Village Council
December 20, 2010
Wellness Center Board Room**

Present: *Council Members* Betty Stanley, Lois Neher, Robert Black, Royal Eickstadt, Norman Knocke *Administration:* Bob Baldwin

President Stanley opened the meeting with the reading of a prayer by St. Francis of Assisi. Betty Stanley read the minutes of the last meeting since Jodi Miller, the secretary, was not present. Bob Baldwin gave the treasurer's report. Currently there is \$966.20 in the Village Council Fund.

Bob reported that some trees have been moved from undesirable locations to an area more suitable to their size. The cost of removing the trees was \$269.50. He asked if the council would be willing to bear the expense considering that the tree fund is now \$450 and no new trees can be purchased until later in the year. Council voted to cover the expense of moving of the trees.

Bob also gave a report on occupancy at The Cedars. Currently there are virtually no vacancies.

Royal suggested it would be helpful if someone could be trained to operate the technical equipment needed for the various programs at the W/CC. Betty Stanley suggested that someone should contact the college to see if some student could operate the equipment to satisfy service requirements. The Council will check on this.

Bob mentioned that the Activities Committee had suggested that The Cedars publish a pictorial directory to help Villagers get acquainted more quickly. The Council agreed to investigate such a directory and Bob Baldwin agreed to check the possibilities and report next Council meeting.

The Committee had also suggested a Welcome Wagon service which would call on each new resident with information they might need to settle in at The Cedars. Betty Stanley will look into that possibility and report back to Council at the next meeting.

Bob Baldwin reported that the coffee vote was in favor of the current system with the Kuerig Coffee Maker. Of 160 residents, 25 voted: 15 voted for the Kuerig and 10 voted to reinstall coffee machines.

Roger Black asked about the mowing of the pasture area beyond the lake. Because the area is a Wild Life Preserve, Cedars has an agreement with the city that allows mowing only once a year. Timing of the mowing is left to the Maintenance Department.

The meeting was adjourned. **The next meeting will be January 17, 2011**

-- Betty Stanley, Interim Secretary

DO You Know the Tate Family?

Members of the well known TATE family are not listed in the telephone book under that name, but under assumed names. Can you determine who they are from the following descriptions?

The patriarch of the family, old man DIC TATE, wants to run everything, while his brother RO TATE tries to change things. Sister AGI TATE stirs up trouble with help from husband IRRI TATE. Whenever new projects are suggested, HESI TATE and his wife VEGI TATE want to wait until next year. Aunt IMI TATE wants everything the same as everything else. Niece DEVAS TATE provides the voice of doom, while nephew POTEN TATE is the big shot.

Not all members of the TATE family are difficult. FACILI TATE is quite helpful. The delightful family member is sister FELICI TATE. Cousins COGI TATE and MEDI TATE always think things over and lend a helpful, steady hand. Do you know any of these people?

Snow Removal

It's that time of year again when snow "happens". You can assist the maintenance crew by making sure that dog chains or leashes are not on the porch or sidewalk, as those can be destroyed in seconds with snow blowers and blades. Our crews go out as soon as it quits snowing or blowing and work to get everyone done as soon as possible. Thanks for your help.

JANUARY

<u>DATE</u>	<u>EVENT</u>
<u>Jan. 1</u>	
Sat. 10:00- ?	W/CC Big screen—Rose Bowl Parade, football; see p. 3
<u>January 3-7</u>	
Mon. 3 9:00am	Exercise group, fitness ctr
10:15am	Ready Writers, Med. Chp
11:15am	Tai Chi, W/CC
Tue. 4 10:00am	Recycling program, John Hawk, W/CC
6-9:00pm	China painting class, S-DUR
Wed.5 9:00am	Exercise group, fitness ctr
10-11:30; 2-4 pm	Sew&tie quilts. S-DUR
10:15am	"Faith, Life, Death," Med. Chp
Thu. 6 8:15am	Village breakfast, HCC
9:00am	China painting, S-DUR
11:15am	Tai Chi, W/CC
2:00pm	Cedars van to Wal-Mart
Fri. 7 9:00am	Exercise group, fitness ctr
9:30am	Coffee at The Courts
10:30am	Just for Laughs, Coffee Shop
1-3:00pm	Wii Games, Exercise Rm., W/CC
<u>January 10-14</u>	
Mon.10 9:00am	Exercise group, fitness ctr
10:15am	Ready Writers, Med. Chp

Christmas Decorations

The maintenance people will be glad to get your decorations back in storage starting on the 6th of Jan. We will do this until the 11th. Call J'Nan at 241-0946 to schedule this.

CALENDAR

<u>DATE</u>	<u>EVENT</u>
<u>January 17-21</u>	
Mon.17 9:00am	Exercise group, fitness ctr
10:15am	Ready Writers, Med. Chp
11:15am	Tai Chi
1:30pm	Village Council, Board Rm.
Tue.18 noon	Village Luncheon
6-9:00pm	China Painting Class, S-DUR
Wed.19 9:00am	Exercise group, fitness ctr
10-11:30am;2-4pm	Sew&tie quilts, S-DUR
10:15am	"Faith, Life, Death," Med. Chp
Thu. 20 8:15am	Village Breakfast, HCC
9:00am	China painting, S-DUR
11:15am	Tai Chi, W/CC
2:00pm	Cedars van to Wal-Mart
Fri.21 9:00am	Exercise group, fitness ctr
9:30am	Coffee at The Courts
10:30am	Just for Laughs, Coffee Shop
11:00am	Judith Wineland Program; p. 6
1-3:00pm	Wii Games, Exercise Rm., W/CC
<u>January 24-28</u>	
Mon.24 9:00am	Exercise group, fitness ctr
10:15am	Ready Writers, Med. Chp
11:15am	Tai Chi, W/CC
3:00pm	Book Club, W/CC
Tue.25 9:00am	China painting class, S-DUR
11:15am	Tai Chi, W/CC

Tue.11 10:00am Hearing Aids, W/CC
 10:00am Men's Coffee, HCC
 10:00am Women's Coffee, Coffee Shop
 6-9:00pm China painting class, S-DUR
 Wed.12 9:00am Exercise group, fitness ctr
 10-11:30am; 2-4pm Sew&tie quilts, S-DU
 10:15am "Faith, Life, Death," Med. Chp
 11:30am Red Hat Luncheon, Pizza Hut
 Thu.13 8:15am Village Breakfast, HCC
 9:00am China painting, S-DUR
 9:30am Leave for Lindsborg Trip, W/CC
 Return around 3:00pm
 11:15am Tai Chi, W/CC
 2:00pm Cedars van to Wal-Mart
 Fri. 14 9:00am Exercise group, fitness ctr
 9:30am Coffee at The Courts
 10:30am Just for Laughs, Coffee Shop
 1-3:00pm Wii Games, Exercise Rm., W/CC
 7:00pm Movie Night, "Word Play", W/CC

Wed.26 Document shred., Courts & office, all day
 8am-noon Recycling, W/CC parking lot
 9:00am Exercise group, fitness ctr
 10-11:30am;2-4pm Sew&tie quilts, S-DUR
 10:15am "Faith, Life, Death," Med. Chp
 Thu.27 8:15am Village Breakfast, HCC
 9:00am China Painting, S-DUR
 11:15am Tai Chi, W/CC
 2:00pm Cedars van to Wal-Mart
 Fri.28 9:00am Exercise group, fitness ctr
 9:30am Coffee at The Courts
 10:30am Just for Laughs, Coffee Shop
 11:15am Advocates/Friends, Med. Chp
 1-3:00pm Wii Games, Exercise Rm, W/CC

January 31

Mon.31 9:00am Exercise group, fitness ctr
 10:15am Ready Writers, Med. Chp
 11:15am Tai Chi, W/CC

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**DEVOTIONAL EVENTS
THE HEALTH CARE CENTER**

January 2011 Chapel

9 AM MUSIC

9:30 AM WORSHIP

Mon. Jan. 3 Dave Albright

Suzee Shugart

Wed. Jan. 5 Dean Reynolds

Charles Whitacre

Fri. Jan. 7 Alyce Park

Emma Ruth & Vernice

**Mon. Jan. 10 Billhimer &
Sifrit**

Mina Sifrit

Merrill McHenry

Wed. Jan. 12 Joyce Hall

Emma Ruth & Vernice

Fri. Jan. 14 Alyce Park

Chuck Baker

Mon. Jan. 17 Beverly Boyle

LeRoy Weddle

Wed. Jan. 19 Noleen Binder

Emma Ruth & Vernice

Fri. Jan. 21 Alyce Park

Bob Park

Mon. Jan. 24 Alyce Park

Noleen Binder & Chris Whitacre

Wed. Jan. 26 Communion

Emma Ruth & Vernice

Fri. Jan. 28 Alyce Park

Bob Dell

Mon. Jan. 31 Noleen Binder

**Thursdays, 10 am, HCC Chapel
Bible Study- John Burholder (Art
1/6)**

**Tuesdays, 3:45 pm, Magnolia,
Bible Study- Susan Ballou, leader**

**Call the Chaplains office for more
information.**