

# Cedarwood Chronicle

Cedarwood Assisted Living

Happy  
New Year!

January 2026

## A Healthier 2026 starts with Water!

As we look ahead to 2026, one of our wellness goals is refreshingly simple: **drink more water**. It may sound basic, but staying properly hydrated is one of the easiest and most effective ways to support our overall health.

Water plays a role in nearly every function of the body. When we don't drink enough, dehydration can sneak up on us, leading to fatigue, headaches, dizziness, and trouble concentrating. Even mild dehydration can affect energy levels and productivity, which is why regular water intake throughout the day really matters.

One major benefit of drinking more water is a **reduced risk of urinary tract infections (UTIs)**. Proper hydration helps flush bacteria out of the urinary system, lowering the chance of infection and discomfort. This is especially important for people who sit for long periods or don't always notice early thirst signals.

Staying hydrated also supports **kidney health, digestion, and body temperature regulation**. Water helps move nutrients through the body, keeps joints lubricated, and can even improve skin health. The good news? Drinking more water doesn't have to be complicated. Small, consistent habits can make a big difference:

- Keep a reusable water bottle nearby
- Take a few sips every hour
- Drink a glass of water first thing in the morning
- Add lemon, cucumber, or fruit for flavor if plain water feels boring



As we move into 2026, let's support this goal together! CHUG A LUG! WISHING YOU ALL A HYDRATED NEW YEAR! Becky Bruce, RN



## Activities

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Balloon Badminton really makes your arms move! We were a small group but lots of laughs and action in the Activity room.



In the pictures are Jack Buchli, Stan Stamm, Eva Durlinger and Doris Falck.



This month, we focused on getting to know new friends by doing a variety of activities together. One of the activities was fishing, and each fish had a number with a question attached to it. The questions helped us learn more about each other, such as where we went to school or what our favorite food is. After fishing, we spent time socializing and enjoyed ice cream together in the social room.

In picture above is Mary Kay Funke, Shirley Gibson, Jack Buchli and Delores Kugel.

## Show and Tell



Show and Tell is always a great way to get to know our friends. **Delores Kugel** showed her valentine crochet vase cover she loves to crochet and gives a lot of it away. **Shirley Gibson** brought a dress she wore when she was young and a picture of her wearing it. **Connie Mahlman** showed a replica of an old fashion homemade ice cream maker. **Jean Zabel** showed a wall hanging she quilted with Rock Creek Quilters. **Virgene Schmidt** had a old Dick and Jane book they had when they went to school. **Mary Kay Funke** showed us a picture of 2 grandchildren, one was holding a frog. They are grown up now. **Karen Bana-han** also brought a photo of her as a young girl and a ash tray from a long time ago. **Stan Stamm** talked about a gun he bought a long time ago. **Lois Gentzler** had her first book she learned to play piano on, it was a hymnal. **Eva Durlfingler** showed us her Kleenex box cover that looked like a birdhouse and a toilet paper cover she made into a dress over a doll. **Max, Arlene,** and **Dorothy** shared several memories also.



# Entertainment



Paul Ramp brought lots of joy on January 3rd. We also found out Stan Stamm has a wonderful voice! Music definitely makes us smile.



Tom Roth had so much positive energy! He had us clapping and singing along with Tom.



# Entertainment & Activities

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A quiet Friday afternoon **Deloris Kugel** and **Lois Gentzler** sat in the lobby crocheting and getting ready to play the piano.



**Linda Bundy** sang to us on January 21st . We enjoy her so much! Linda used to work in the dining room and it is so great to see her again



## **Cornhole Trophy game:**

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**Greg Tegethoff (Bob's Tegethoff son)** 1st place

**Ted** 2nd, **Janis** 3rd

**Marilyn** and **Jack** giving it a try.





**Belva Kerwood**—Moved to Cedarwood 1/25/2025

**What is something you are proud of?** My mom, she made many things. I have many of her doilies, quilts, hot pads and other crochet work. She would embroidery pieces for the top of the quilt, put them together then quilted by herself. She made many quilts& live to be over 101.

**If you could give advice on living your life what would it be?** Treat other the way you want them to treat you.

**What do you enjoy about Cedarwood?** The new friends and the fact that I have nurses and doctors right here if I need them.

**Jim Schroeder**  
February 5th

**Dorothy Kenning**  
February 17th

**Janis Kenning**  
February 22nd

**Nevaeh Daniels**  
February 2nd

**Richard Zimmerman**  
February 7th

## Tenants

**Judith Ottman**  
February 15th

**Lois Gentzler**  
February 21st

**Jack Buchli**  
February 28th



## Staff

**Leah Bridgmon**  
February 11th

## February 2026 Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	( C ) Chapel ( LO ) Lobby	(SR) Social Room (DR) Dining Room	(AR) Activity Room			
1	2	3	4	5	6	7
<b>FEBRUARY IS AMERICAN HEART MONTH</b>	(AR) 10:00 Exercise (DR) 1:30 Dice Bowling 2:30 Ice Cream <i>Nevaeh Daniels B-Day</i>	( C ) 9:00 Father Fulton Fingernails (All Day)	(AR) 10:00 Exercise (AR) 1:30 Slotzball 2:30 Ice cream	(LO) 9:00 Shopping & Appoint- ments 12:45 David Conde Service <i>Jim Schroeder B-Day</i>	(AR) 10:00 Exercise (DR) 1:30 Bill Christfl enter- tainment 2:30 Ice cream <b>Wear Red Day!</b>	<i>Richard Zimmerman B-Day</i>
8	9	10	11	12	13	14
( C ) 1:30 Pastor Emery Service	(AR) 10:00 Exercise (DR) 1:30 Horse Race Game 2:30 Ice cream	( C ) 9:00 Father Fulton (AR) 10:00 Book Club meeting (AR) 1:30 Valentine Pong Ball	(AR) 10:00 Exercise (AR) 1:30 Craft for Pempals 2:30 Ice cream <i>Leah Bridgmon B-Day</i>	(LO) 9:00 Shopping & Appoint- ments ( C ) 12:45 David Conde church service (DR) 4:30 Valentine Queen and <i>King Crowning and refresh- ments</i>	(AR) 10:00 Exercise (AR) 1:30 Valentine Jingo 2:30 Ice cream	
15	16	17	18	19	20	21
( C ) 2:00 Jansen Bible Church <i>Judith Ottmann B-day</i>	(AR) 10:00 Exercise (DR) 1:30 Les Linnamen enter- tainment 2:30 Ice Cream	( C ) 9:00 Father Fulton (AR) 10:00 Coffee Talk ( C ) SInron and Nancy pro- gram <i>Dorothy Kenning B-Day</i>	(AR) 10:00 Exercise (DR) 1:30 Jody Lucking enter- tainment (SR) 2:30 Ice cream	<b>TOENAILS</b> (LO) 9:00 Shopping & Appts ( C ) 12:45 David Conde Church service	(AR) 10:00 Exercise (AR) Ladder Ball (trophy) (SR) 2:30 Ice Cream	<i>Lois Gentzler B-Day</i>
22	23	24	25	26	27	28
( C ) 2:00 Pastor Ken Hart Service <i>Janis Kenning B-Day</i>	(AR) 10:00 Exercise (AR) 1:30 Carnival Fun (SR) 2:30 Ice Cream	( C ) 9:00 Church Father Fulton (AR) 10:00 Book Club meeting (DR) 1:30 Residents Council 2:30 Refreshments	(AR) 10:00 Exercise (DR) 2:00 Bingo Pempals (SR) 2:30 Ice cream	(LO) 9:00 Shopping & Appoint- ments ( C ) 12:45 David Conde Service	(AR) 10:00 Exercise ( C ) 1:30 Movie (SR) 2:30 Ice Cream	<i>Jack Buchli B-Day</i>



Cedarwood Assisted Living

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**You can view the Chronicle in color  
and online at: [www.cedarwoodal.org](http://www.cedarwoodal.org)**

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