

**Resident Spotlight****Meet: Ron K.  
Apt. 220**

1. Ron was born in River Falls, WI and raised in Hudson!
2. Ron was drafted into the Navy in 1969. Stationed in Long Beach, CA for 27 years. He worked on circuit boards for electronics.
3. Favorite Food: Steaks that he marinated and grilled. Favorite Hoilday: Thanksgiving due to football and fall stuff.
4. Ron enjoyed being in the choir and high school band. The baritone was his main instrument, but he could fill in for the trumpet and coronet, too!
5. Fovorite music: 60's and 70's. He used to have quite a nice stereo, bose speakers and cd collection.
6. Ron has traveled to about all 50 states. He planned to get to Hawaii...but never made it.
7. Ron is a very talented Wood Worker! He has several nice pieces in his apartment.
8. He started making mini heirloom wooden churches for family after his dad made one. Pictures on the right show its detail and beauty. Lights up, too!
9. Allergic to cats, Ron owned a mixed breed German Shepherd. He understood Ron's commands with a snap of his fingers.
10. Ron has no children or grands, but he is close with a sister and family that live close by.

Welcome to RCC Ron! We are thrilled you are here😊

**September Birthdays**

In astrology, those born from September 1–22 are Virgo's Virgins. Virgos pay attention to details and like to keep things organized. Their deep sense of humanity and love for others makes them defenders of justice, goodness, and purity. Those born from September 23–30 balance the scales of Libra. Peaceful and fair, Libras value balance and symmetry. For this reason, they often champion justice and equality. Using tact and calm, they resolve conflicts among family and friends.

**Dining Hours**

Breakfast 7:00am – 9:30am

Lunch 11:30am

Supper 5:00pm

Friday Happy Hour 4:00pm

**Ron's Miniature Wooden Church**

# Red Cedar Canyon

Senior Living Community | 3001 Hanley Road, Hudson, WI 54016 | 715-381-7333 | Fax 715-381-7313

**Celebrating September****Intergeneration Month****Hispanic Heritage Month****Sewing Month****World Beard Day**

*September 4*

**Levi's Birthday**

*September 5*

**Labor Day (US)**

*September 6*

**Patriot Day**

*September 11*

**Yom Kippur**

*September 15*

(Begins at sundown)

**International Country****Music Day**

*September 17*

**One-Hit Wonder Day**

*September 25*

**Fall Foliage Week**

*September 26–October 2*

**Ancestor Appreciation Day**

*September 27*

**News From Ned**

Greetings Residents and Families,

Thank you to everyone for your continued adherence to the Covid-19 protocols as, unfortunately, we see the number of Covid positive cases continue to increase as St. Croix County is, as of this writing, now at 11.3%. Despite rather significant increase from the prior months, I am hopeful that we will be able to avoid going into full lock down as we had to do in the past. So far, we have no Covid positive cases at Red Cedar Canyon and we hope to keep it this way with all of your help! Please continue your diligence in following our simple protocols so we can keep our doors open to visitors going forward!

As many of you are aware we went ahead and had the carpet cleaned on first floor. It looked great in the beginning but we are beginning to see where some of those nasty spots are coming back. I have asked the vendor to come back and re-treat the carpet primarily in the front lobby to see if we can get rid of those nasty stains once and for all. As of now, it is scheduled for Thursday, September 2<sup>nd</sup> between 11am and 1pm. Please be mindful when carrying food and beverages around the building and be sure to cover your liquids to prevent spills.

We have had another change in our culinary department. Justin, who was our cook from 6am to 2pm, has resigned feeling that Red Cedar Canyon was not a good fit for him. In the interim, we have Culinary well-staffed with Larry, Jayson and Paula. We currently are running an Ad for an experienced, likeable cook, to fill this position.

Hoping everyone has been enjoying their summer and had the chance to get outside. All of us were rather optimistic that we would be able to have some kind of Family Picnic outdoors sometime this summer / fall, but with the increase in Covid we have been advised to forgo this again this year. Stay tuned as things may change.... Thank you for entrusting your care to Red Cedar Canyon Senior Living as we continually strive to meet and exceed your expectations!

Kindest Regards,

Ned Ammons, CSW, LSW

Executive Director

### Cedar Cove Corner

A late summer garden has a tranquility found no other time of the year.

[William F. Longgood](#)

This month Cedar Cove residents continued to spend time outdoors and enjoyed the fruits of their gardening efforts, harvesting fresh tomatoes and herbs and making several different salads. They also picked some of their favorite flowers to preserve for a suncatcher craft.

Residents celebrated national ice cream pie day - creating an "Oreo" ice cream cookie pie while coming up with other ideas for more ice cream pies to come!

We look forward to celebrating the change in seasons and fun fall activities ahead!

Submitted by : Therese Timbers  
Cedar Cove Activities Coordinator



**Great Outdoor Time Together with Family and Friends**

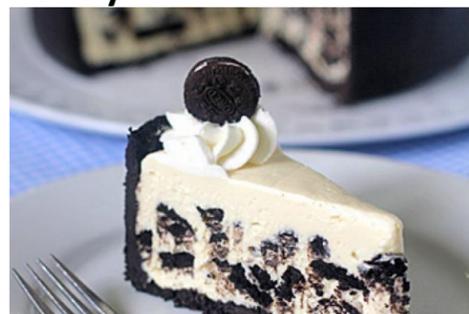
### Picking our sweet fruits of gardening.



### Making Summer Pasta Salad with freshly grown/picked tomatoes



**Tasty Oreo Ice Cream Pie**



### News from The Nurse

Dr. Paulette Voigt, Podiatrist - Coming Soon!  
Thursday, 09/09/2021 @ 9:30am - Cedar Cove Memory Care – Located in the Spa in the Memory Care Unit (This date/time is for Memory Care Residents)  
Friday 09/10/2021 @9:30am – Assisted Living – Located in the Beauty Shop – First Come First Serve (This date/time is for Assisted Living Tenants)

**YOU MUST WEAR A FACE MASK WHEN VISITING WITH DR. VOIGT**

It's that time of year again!  
Flu shot clinic coming to Red Cedar Canyon!  
Who – LTC Rx pharmacy will be coming into our community to provide us with the yearly flu vaccine.  
What – Annual Flu Shot! Consent forms are in the nurse's office on 1<sup>st</sup> floor. These will be available on Wednesday 10/06/2021.

Where – Right here at Red Cedar Canyon. The nurse will come into your apartment to vaccinate you. Please be in your apartments on this day at 10am, until you receive the vaccine.

When – Wednesday, 09/13/2021 at 10:00am AND...

Why-Annual flu shots are important for so many reasons, from reducing your risk of getting sick to saving lives. In fact, according to the CDC, vaccinations helped prevent an estimated 7.5 million illnesses in the United States during the 2019-2020 flu seasons. Flu shots also helped prevent 3.7 million influenza-related medical visits, 105,000 hospitalizations and 6,800 deaths during that same season.

But the 2021-2022 flu season is different. COVID-19 continues to affect our communities. And in our opinion, this makes getting your flu shot even more important.

Get yours on October 6<sup>th</sup>!!

*Janell Weber, RN  
Clinical Administrator  
Red Cedar Canyon Senior Living Community*

### Red Cedar Spotlight

This month we celebrate the September 5<sup>th</sup> Birthday of Levi!! (Son of our Administrative Assistant, Tracey Peloquin)



**Happy 2<sup>nd</sup>**

**Birthday Sweet**

**Levi!!**

Levi Loves food and he isn't a bit picky! A few of his fav's are Pickles, Cheese (a good Wisconsinite!) and Hot Dogs. If you are also a fan of singing and music, check out Levi's Favorite Show, it's called "Cocomelon", on Netflix:☺

When he isn't singing and grooving out to Cocomelon, he can be found jumping on the trampoline or riding his balance bike! Wow- They grow up so quickly, don't they?...

**Happy Birthday, Levi on September 5<sup>th</sup>! Your RCC friends hope you have an Out of This World Great Day!!**

