



July 2020 • VOLUME 17 • ISSUE 7

The Cedars Post

Sometime during the month of July, we hope to slowly start reopening programs for small groups. As we do, you will be notified via a weekly flyer. Thank you for your continued support and participation in many of our virtual offerings.

July Birthdays

Sue Bielawski	2
Charles Green	2
Don Prillaman	3
Paula Sloan	3
Cynthia Wasdyke	3
Betty Pierce	4
Stan Friedland	5
Richard Dwane.....	5
Victor Chew	9
John Hammond	10
Frances Alguire	11
Gladys Siegel	11
Eileen Apgar.....	13
Dorothy Lebeau	15
Rose Michelson	16
Joe Middleton.....	16
Robert Eby	17
Ruth Barber	17
Charles Daw	18
Wesley Wasdyke	19
William Bondurant	22
David Waters	26
Ken Apgar	26
Joan Bingham	27
Traute Cameron	28
Anne McLendon	29
Peter Sylvester	30
Nancy Buell	30
Eunice Shatzman	31
Darryl Freedman	31
Elizabeth Bethune	31

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Cedars Fine Dining Versus COVID-19

by Phil Purcell



Friday, March 13 was the day COVID-19 changed everything at The Cedars. Overnight, Fine Dining went from a full service restaurant to a kitchen delivering pre-cooked dinners in brown bags. To succeed, Andrew Martinson, Chef Rusty Neff, Brian Leonard, and the Fine Dining staff had major challenges to overcome, all within the constraints of the ever changing COVID-19 national, state and county guidelines. They had their hands full as they headed into the unknown; flexibility of the past had disappeared.

Supply remains the biggest challenge. Not knowing the availability of food products that could be ordered or what would be delivered was troublesome. Choices were limited. Delivery days were cut so 50% more products had to be ordered and stored. Storage space was limited so the now unused dining room space was utilized. Some deliveries came too late to be used that day and had to be refused. Emergency nonperishable supplies had to be ordered and stored to feed the Members if deliveries became impossible. Prices escalated. Beef was hard to get; some even came from our seafood vendor's local contacts. Planning menus was difficult; however, over time as more products became available, it was possible to expand the menu.

Many of the staff faced uncertainty with kids at home rather than in school and some had second jobs so their availability was questionable. Fortunately, the staff came through for us with flying colors. Masks, gloves, sanitizers, and other protective equipment had to be acquired. Cooking with masks on in a hot kitchen was arduous. Maintaining six foot distancing in limited kitchen space was not always possible regardless of how hard the staff tried.

The fear of a staff member contracting COVID-19 was always present so the staff was continually trained on hand washing and many other preventative measures. The staff was divided into separate teams; if one person on a team came down with the virus, only that person's team—not the entire staff—would have to be quarantined. The small break room near the kitchen could no longer safely accommodate dining, housekeeping, maintenance, security and other Cedars employees so the Ballroom was turned into a break room where staff could practice social distancing.

Despite major difficulties, the Fine Dining staff performed admirably for us every day. Dinners delivered in a brown bag will never be what we had before, but they were good, tasty and healthy. A few complained; not everyone adjusts to new challenges. However, we are proud of all that Andrew, Rusty, Brian and the staff have accomplished. It will be wonderful when we can again gather in the dining rooms and express our thanks for a difficult job well done.



Jay Daniels
Pianist/Vocalist
 Friday, July 3, 3pm Zoom Invite
 also on Channel 24

For nearly 25 years jazz pianist and vocalist Jay Daniels has been providing his unique blend of Simply Timeless music for various events throughout the mid-Atlantic region. For this occasion, he will offer his “Celebrating America” program featuring songs about some of the cities and states in the country. The concert will close with an armed forces medley and patriotic hymns.

Join Zoom Meeting

A private Zoom link for this Cedars concert event will be sent to your email.



New Move Ins

Marilyn Schepper
 311 Cedar Berry Lane

Judd Sloane and Carol West
 621 Cedar Club Circle



Dining staff prepares for packaging meals

CEDARS FITNESS

Flexibility = Freedom (to move)

WHAT The ability of joints to move.

WHY Flexibility can make everyday activities easier on your body and can decrease your risk of injury.

Stretching can improve your circulation as well as your posture; good posture improves balance.

WHEN After warming up the body with an activity such as walking, cycling, swimming or an exercise class. The warm-up increases muscle elasticity, so you will gain more from your stretching routine.

WHERE In a chair, on a mat, or while standing.

HOW Stretch to the point that you can feel a mild tension in the muscle; stretching should not cause pain.

Hold each stretch for a minimum of 10 seconds, 30 seconds to one minute will produce better results.

Breathe as you stretch, holding your breath will restrict the muscle from elongating. Try to relax as much as possible.

Be sure to stretch all major muscle groups, especially the hamstrings, chest and back muscles.

Try to perform your stretching routine at least three times per week.

WHO Everyone! Inactivity decreases flexibility, so posture chronically becomes worse and it becomes difficult to move. Consistent stretching routines can significantly improve flexibility at any age.



CEDARS Cinema

Tuesdays, Wednesdays, Fridays & Saturdays, 7:45pm Channel 24
Saturday and Sunday Matinees, 3pm Channel 24

Star Wars: Episode IX: The Rise of Skywalker

Tuesday, July 7 & Saturday, July 11, 7:45pm

Sunday, July 12, 3pm · PG-13

A host of familiar faces comes together once more to battle the First Order and settle the age-old enmity between the Jedi and the Sith. Starring Mark Hamill, Adam Driver and Daisy Ridley. (2019)

The Falcon and the Snowman

Wednesday, July 8 & Friday, July 10, 7:45pm

Saturday, July 11, 3pm · R

Timothy Hutton and Sean Penn deliver superb performances in a true-story spy thriller that is scathing, arresting and laced with white-knuckle excitement. From legendary director John Schlesinger (*Midnight Cowboy*) and writing great Steven Zaillian (*Schindler's List*). (1985)

Summertime

Tuesday, July 14 & Saturday, July 18, 7:45pm

Sunday, July 19, 3pm · NR

Dreams of romance for American spinster Jane Hudson (Katharine Hepburn) become a bittersweet reality when she meets a handsome but married antiques dealer (Rossano Brazzi) while vacationing in Venice. Even in a beautiful city, her sense of loneliness is unavoidable, and her illicit love affair doesn't last. (1955)
SUBTITLES NOT INCLUDED

Clemency

Wednesday, July 15 & Friday, July 17, 7:45pm

Saturday, July 18, 3pm · R

Years of carrying out death row executions have taken a toll on prison warden Bernadine Williams. As she prepares to execute another inmate, Bernadine must confront the psychological and emotional demons her job creates, ultimately connecting her to the man she is sanctioned to kill. Starring Alfre Woodard and Richard Schiff. (2019)

Honeyland

Tuesday, July 21 & Saturday, July 25, 7:45pm

Sunday, July 26, 3pm · NR

Hatidze lives with her mother in Macedonia, making a living cultivating honey using ancient beekeeping traditions. When a family moves in next door, what at first seems like a balm for her solitude becomes a source of tension. (2019)

Dr. Strangelove

Wednesday, July 22 & Friday, July 24, 7:45pm

Saturday, July 25, 3pm · PG

When a fanatical U.S. general launches an air strike against the Soviets, they raise the stakes by threatening to unleash a "doomsday device," in this classic black comedy that skewers the nuclear age. Starring Peter Sellers and George C. Scott. (1964) SUBTITLES NOT INCLUDED

To Have and Have Not

Tuesday, July 28 & Saturday, August 1, 7:45pm

Sunday, August 2, 3pm · NR

Dynamic duo William Faulkner and Jules Furthman scripted this Howard Hawks classic starring Humphrey Bogart and Lauren Bacall (who, rumor has it, fell in love on the set) that's supposedly based on an Ernest Hemingway tome. Bogie is Harry Morgan, a charter boat owner who falls for Bacall's seductive petty thief, Marie Browning. (1944)

Hairspray

Wednesday, July 29 & Friday, July 31, 7:45pm

Saturday, August 1, 3pm · PG

Ample teen Tracy Turnblad (Rikki Lake) wants nothing more than to be on the local TV dance program. When her dream comes true, she is met with unexpected popularity. But after witnessing the race relations in 1960s Baltimore, Turnblad becomes an outspoken advocate for desegregation. Starring Divine, Sonny Bono and Deborah Harry. (1988)

**Cedars
University**

LECTURES ON DVD



How to View and Appreciate Great Movies

Taught by Professor Eric Williams, M.F.A., Ohio University

Mondays through August 31, 2pm Channel 24

Understanding the intent of every aspect of a movie—from lighting to language, color to characters, stars to scores—can help you not only appreciate the movies you're watching at a much more profound level but also open your eyes to the multitude of ways you're being manipulated from the moment you sit down in the theater. A great filmmaker controls every sensation the movie evokes—tremors or tears, goosebumps or giggles. And while this may feel orchestrated when you begin to pull back the curtain and discover the secrets behind making great movies, you'll also learn why we invite and welcome that manipulation.

Join professional filmmaker, author, and award-winning professor, Eric R. Williams, as he takes you behind the scenes with *How to View and Appreciate Great Movies*, sharing the concepts that he has developed as a professional filmmaker over the last 25 years. As he walks you through 250 different titles—some well-known, others less so—you'll explore how every step of a movie is a choice and each choice has a significant impact on consciously and subconsciously influencing the audience.

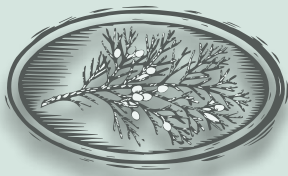
ANNOUNCEMENTS



Although the last concerts of the 2019-2020 season had to be cancelled, we were able to share on Channel 24 with the entire community a filmed recital made especially for us by Fred Moyer, our all-time favorite pianist.

Generous subscribers suggested that the portion of their subscriptions allocated to cancelled concerts be used to enable donations to those musicians most seriously affected by the Covid-19 shutdown. We have received very grateful responses from those groups.

We cannot yet know when or whether our 2020-2021 series will become reality, but we will make every possible effort to continue bringing outstanding music to the Cedars in whatever format is possible.



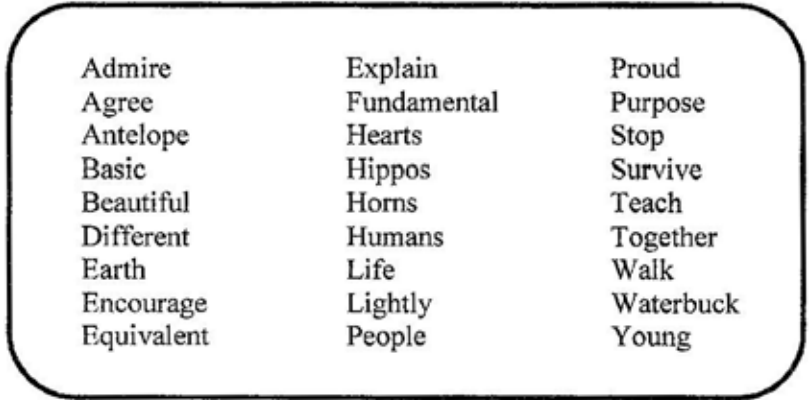
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 Work Orders... .. 919-259-7918
 Security... .. 919-883-7666
 Editor... .. Laura Booker
 919-259-7944
 Graphic Designer... .. Debb Hepp
 919-260-4495

Chicken Soup for Your Brain and Soul

The objective of this puzzle is to find and mark all the words hidden inside the box. The words may be placed horizontally, vertically, or diagonally.



Animal Wisdom Word Search



Sudoku Puzzle

Enter digits from 1 to 9 into the blank spaces. Every row must contain one of each digit. So must every column, as must every 3x3 square.

Puzzle rating: Medium

1				2		6		
6					1	9		
9		8			6			1
					2	5		4
3	1		4		8		9	7
2		4	1					
5			9			4		8
		1	8					3
		3		7				9

Puzzle by websudoku.com