

Cedars

Creative, Productive, Joyous Lives

An abstract painting with various colors and shapes, including trees and figures, serving as a background for the quote.

"There are two main strategies we can adopt to improve the quality of life. The first is to try making external conditions to match our goals. The second is to change how we experience external conditions to make them fit our goals better."

Mihaly Csikszentmihalyi, *Flow: The Psychology of Optimal Experience*, 1990

Dear Cedars Families,

I cannot think of anything that better captures how Cedars participants are responding to our current Shelter in Place mandate. Complain, become stressed, get short-tempered—not our residents! While staff are consistently finding ways to engage them while they remain in their homes, it is the attitude of the residents themselves that matters the most. They are positive, supportive of one another (and of staff), optimistic and adaptable. **It is their approach to life that enables them to change how they experience this crisis and still have creative, productive, joyous, and healthy lives.**

While every one of them looks forward to the time they can be with their larger circle of friends, go back to working in gardens, feeding animals, and continuing to explore and engage in the community, for now they are rising to the occasion—sheltering in place with the indomitable spirit they possess day in and day out. **Hats off to them for being the heroes making their own lives better, one day at a time.**

Each day brings new moments for participants to show their resiliency. To name a few....



Backyard Bowling!

A couple bowling pins and a basketball don't quite compare to the 40 lane professional bowling alley where residents usually spend their Monday nights, but with the creativity of staff as well as their encouragement, you'd never tell the difference. Hey, a strike is a strike!

Facebook Fun!

Cedars participants have been building community online, through Cedars private Facebook group for participants, family members, and staff. This page has turned into a creative space for sharing photos from daily walks, progress on art projects, instructional videos from staff, and fun moments like dance parties and live music!



Birthday Parties!

Birthdays are usually a time to go out and celebrate with friends. But with the support of Cedars staff, party-spirit of Cedars housemates, and of course, a whole lot of birthday cake... the party goes on!

DIY Projects!

Our talented artists are getting crafty with materials for projects at home or when catching some fresh air. Jean, one of our dedicated weavers, swapped out the huge looms at TAC for a handheld knitting needle! And, to the delight of family members and housemates, some of our gardeners have been showing off their skills by helping out with yard work at home!



Seeing participants continue to be the best expression of themselves certainly lifts my spirits and makes me feel even more connected to Cedars mission - I hope it does the same for you.

Warm regards,



Chuck Greene
Executive Director

P.S. Join Cedars for Virtual Marin Open Studios 2020! Three Cedars artists are featured in this online collection. [Click here for more information.](#)

P.P.S. I hope you can join us on May 16 at 1:00 pm PT via Zoom for our first Cedars Family Association (CFA) meeting of 2020. We will be discussing "Life at Cedars during Covid-19". Betty LeFevre, CFA President, sent out details yesterday. If you did not receive them, let me know and we will get the Zoom link to you!