

# Towner Crest

May 2024

## Official dedication celebrated at Towner Crest

**T**owner Crest opened its doors to the first residents in January 2020. As we all know, the world changed dramatically after that due to the global pandemic.

Although Towner Crest continued to move people in during 2020, an official Dedication Ceremony did not occur due to the fact that large gatherings were discouraged.

Fast forward to 2024, when Towner Crest completed the addition of eight new apartments to its Assisted Living and Memory Care areas. To celebrate the successful completion of this expansion project, and to honor the wonderful community that thrives at Towner Crest, an official dedication was planned for April 25, 2024.

Normally when PHS opens a new community, members of the wider community and prospective residents are invited to attend, but due to the fact that Towner is fully occupied, invitations were limited to current residents and employees.

The dedication ceremony included remarks from Towner Crest Campus Administrator, Sandi Bednarski, Presbyterian Homes & Services CEO, Dan Lindh, and Campus Pastor, Mark Triller. Guests also enjoyed a special Zoom appearance from Margaret Towner, our community's namesake.

After the remarks, guests spent time in fellowship while enjoying beautiful harp music by Rebekah Marek, delicious charcuterie cups catered by Boondocks BBQ and Restaurant, chocolate treats from Sweet P's Pantry, and Towner Crest's own roasted coffee.

Thank you to all who contributed and attended to make Towner Crest's long-awaited dedication a smashing success!



*Dedication*  
TOWNER CREST

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## New caregivers support group

Towner Crest is now host to a caregivers support group. Meetings are the first Tuesday evening of each month from 6-7 p.m.

The group discussions are facilitated by the daughter of one of our memory care residents. She is a nurse and certified by the Alzheimer's Association for support group facilitation.

The first meeting was held on April, 2, 2024, and will recur every first Tuesday evening of the month.

Some of the topics discussed will include communication, assisting with hygiene, mealtime/nutrition, sundowning, wandering, self-care and stress relief.



If you are interested in learning more about our caregivers support group, please reach out to Tracy Bigari, Housing Counselor, at 262-468-2251, or [tbigari@preshomes.org](mailto:tbigari@preshomes.org).

## Fitness classes at Towner Crest

Towner Crest is blessed to have an amazing fitness Instructor, Cathi Wright, directing its fitness programs.



In addition to guiding and instructing residents in our beautiful fitness center, Cathi offers several group exercise classes at Towner Crest each week.

Here's a look at some of these classes:

**Seated Chair Class:** This very popular class offers a wide variety of exercises to improve strength, flexibility, and range of motion.

**Gentle Seated Yoga:** This class will teach modified yoga poses, proper breathing techniques, and relaxation exercises while seated in a chair. Increased energy, flexibility, and focus are just a few of the benefits of regular yoga practice.

**Standing Balance Class:** Participants will be taken through a series of exercise to help improve balance, proprioception, leg strength, core stability, and flexibility. During this advanced class, most of the exercises will be executed while standing. (Preapproval by instructor is required.)

## The Fireside: A regular excursion from Towner Crest!

Did you know that attending The Fireside Dinner Theatre in Fort Atkinson is a regular event for many Towner Crest residents? In fact, our life enrichment director, Jeni Erdman, used to work for The Fireside.



Jeni's in-depth knowledge of and appreciation for The Fireside inspires her to offer regular outings to the venue. Towner Crest residents and other PHS residents from Southeast Wisconsin enjoy 4-5 shows each year at the renowned theatre. Towner Crest provides transportation to and from the event as well, making the experience stress-free for attendees.

So far in 2024, residents have enjoyed productions of *Jersey Boys* and *Fiddler on the Roof*. Still to come are trips to see *Nunsense*, *Rocky the Musical*, and *Miracle on 34th Street*.

If you are a fellow theatre lover, you will love living at Towner Crest and partaking in these regularly-scheduled outings!

## Total eclipse warms the heart

One of the great things about community living is experiencing major events together. A perfect example of this occurred this April 8th when Towner Crest residents and staff gathered to enjoy viewing the solar eclipse of 2024 together!



Supplied with protective viewing glasses as well as Moon Pies, Milky Way bars, and Eclipse gum, residents had a fun time watching and discussing the eclipse as it occurred. Some remembered past eclipses, while others viewed for the first time.

Although in Wisconsin, we weren't in the path of totality for viewing the eclipse, the experience of sharing such a cool and rare event together was a *total* blast for the community!

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TownerCrest.org

Presbyterian Homes & Services is a nonprofit organization and an equal opportunity employer serving older adults through community services, housing, and health care.

We are thrilled to announce the brand-new website!

The Presbyterian Homes & Services website is new and improved. Designed specifically with YOU in mind, the redesigned website is easy to use with simple navigation, abundant resources and a fresh look.

- Get news, stories and updates on PHS communities, residents and employees, plus resourceful information on living well!
- Access your community's newsletter, social calendar and dining menus all in one place.
- Explore the many different types of support PHS offers including rehabilitative services, home meal delivery and more.



**Visit PresHomes.org today!**