



## WELCOME TO OUR MONTHLY NEWSLETTER

We are grateful to share another month with our wonderful residents, families, and team. This season is a chance to slow down, connect, and enjoy the little moments.



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# Mark Your Calendar

March 8th	DayLight Savings-1 hour ahead
March 11th	Alzheimer's Support Group
March 18th	Early Voting-Spring Primary
March 20th	First Day of Spring
March 25th	Resident Birthday Party
March 26th	Oscar Party-Live Music
March 31st	Fall Prevention Presentation

# Resident Birthdays

March 21st	Kathy B
March 25th	Kathy E.





*Resident Socials*  
*-Live Music-*

Enjoy drinks, snacks, and live entertainment

March 6th-Kory Pawelski-2:30PM

March 20th-David Austin-2:30PM

March 26th-Richard Shaten-4:30 PM



### *Resident Feature- Liz*

Liz grew up on the East Side of Madison, Wisconsin, along side her brother, Brad. She is the proud mother of two sons, Jay and Kent, and family has always been an important part of her life. Education and career are among Liz's greatest accomplishments. She earned a degree in Psychology and a Master's in Social Work, working in a School and a Psychiatric Hospital before retiring at age 62.

In her free time, Liz enjoys arranging flowers, gardening and her favorite food is pizza. She loves her cat and looks forward to seeing her boyfriend, Don. Some of her happiest memories include getting married and traveling to many different countries. Liz brings warmth and thoughtfulness to those around her. One item still on her bucket list is traveling to Southern California to see a dear friend.



### *Staff Feature- Cyndi Sue*

Born in Madison, Wisconsin, Cyndi Sue is the youngest of eight siblings — a role that helped shape her fun-loving spirit and deep appreciation for family. She has called Sun Prairie home her entire life. She is the proud mom of two amazing kids, Courtney and Logan, and a very special grandma to her energetic grandson, Oliver — who completely has Grandma's heart. Whether she's cooking up a delicious meal, baking something sweet, or simply gathering everyone around the table, Cyndi Sue treasures time spent with family and friends.

She has been part of The Legacy of DeForest team for nearly four years and currently serves as our Front Office Assistant, where her warm smile and welcoming personality make everyone feel right at home.

Cyndi Sue is also a proud graduate of Capri Beauty School and has been doing hair for 42 years! In addition, she works with Tushen-Newcomer Funeral Home in Sun Prairie.

When she's not working, you might find Cyndi Sue enjoying a great conversation over an Old Fashioned — especially if it's shared with good company.

# Community Events

*A Night at the Oscars*

Residents & Families Invited  
*Thursday March 26, 2026*  
 Hors d'oeuvres at 4:30pm & Dinner at 5:00pm

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*Resident Awards Ceremony To Follow*  
 Residents will receive Oscars for a variety of categories.

We will be serving dinner & live entertainment by  
**Richard Shaten**

*RSVP by March 20th*  
 RSVP by email to [cathy.davis@legacyofdeforest.com](mailto:cathy.davis@legacyofdeforest.com)  
 or call Cyndi Sue at (608) 807-2888

*The Legacy*  
 of DeForest

6639 Pederson Crossing • DeForest, WI 53532  
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JOIN THE LEGACY OF DEFOREST FOR OUR

# FALL PREVENTION

TAUGHT BY THE PT TEAM OF ENCOMPASS HEALTH

**TUESDAY, MARCH 31ST**  
**FROM 1:00PM-2:00PM**

compass Health PT team will be sharing tips on Fall Prevention.  
 Come learn how to keep you or your loved ones safe!

**JOIN US!**



## *Tip of The Month*

### **Comfort Comes From Consistency**

As winter lingers and spring begins to emerge, small routines can bring a powerful sense of comfort and calm. Regular mealtimes, gentle movement, social connection, and familiar daily rhythms help support both physical health and emotional well-being.

Consistency creates a feeling of being cared for, even during seasonal transitions. Whether it's enjoying a favorite activity, sharing a warm drink with others, or keeping a steady routine, these moments build peace of mind and stability. At The Legacy of DeForest, we focus on creating environments where comfort, care, and connection are part of everyday life.

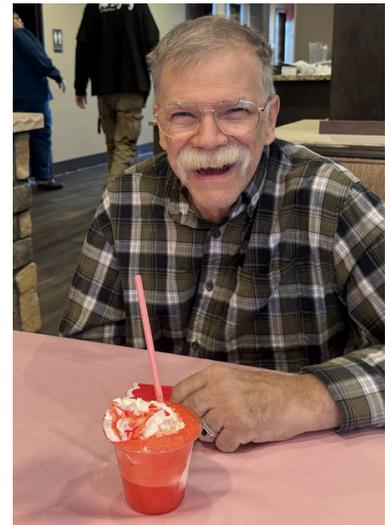
## *Pop culture and fun facts*

### **This month in History**

**March 1939-** (Stagecoach) John Wayne's breakout role premiered.

**March 1941-** Glenn Miller recorded "Chattanooga Choo Choo" It became the first gold record ever awarded.

**March 1951-** Color TV was demonstrated publicly (though most homes still had black and white TV sets.)





***SEE YOU NEXT MONTH!***

**Contact Us**

**6639 Pederson Crossing • DeForest, WI 53532 • (608) 807-2888 • [parkvistaliving.org](http://parkvistaliving.org)**

**A Note from Our Team**

**We are grateful for the trust you place in us.  
Please reach out anytime with questions or feedback.**

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**See community moments and updates online.**