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### **Three Pillars Celebrates Three Centenarians in Three Months**

*Neighbors at Three Pillars celebrate their 100th birthdays within three months of one another; attribute love, working hard, good genes, and relaxation to their longevity*

**Dousman, WI August 1<sup>st</sup>, 2016** – There must be something special about the wonderful lifestyle and unmatched quality of care provided at Three Pillars, because in the past three months, three women have celebrated their 100<sup>th</sup> birthdays!



*The July birthday girls shared a party with their neighbors, friends, and family, celebrating their century of life.*

Dorene Krueger, Bertie Kennedy, and Ruth Secosh, neighbors at Three Pillars' Compass Point Cared / Assisted Living, each celebrated their 100<sup>th</sup> birthdays within the past three months. Krueger on April 30<sup>th</sup>, Kennedy on July 28<sup>th</sup>, and Secosh on July 31<sup>st</sup>. The three ladies received a collective 318 well-wishes on Three Pillars' Facebook page ([www.facebook.com/threepillarsseniorliving](http://www.facebook.com/threepillarsseniorliving)), and of course, numerous parties, flowers, cake, and ice cream to celebrate.

Along with the celebrations, the ladies also enjoyed reflecting on their century of life, offering wisdom for those wondering their secret to longevity. Kennedy attributes caring for others and working hard for her hundred years. "I've done nothing special, just worked all my life. As a nurse, it gave me something wonderful to focus on all those years."

To Secosh, it's all been about people and relationships. "Love people - that's the most important thing in life, and it'll get you far" she says.

Krueger adds, "Making time for yourself is key." For her, daily fishing and golfing during retirement in Florida paved the way for reaching her hundredth birthday. She's also certain that her mother, who lived to be 103 (and also lived at Three Pillars for 30 years!), probably passed down some great genetics.

Three Pillars is home to 319 residents, five of whom are now 100 years old.

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*Dorene Krueger, who celebrated her hundredth birthday on April 30<sup>th</sup>.*



*Bertie Kennedy, who celebrated her hundredth birthday on July 28<sup>th</sup>.*



*Ruth Secosh, who celebrated her hundredth birthday on July 31<sup>st</sup>.*

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For more information about this story or Three Pillars Senior Living Communities, please contact Kelsey Pangborn, Communication Strategist at 262.965.7333 or [kpangborn@threepillars.org](mailto:kpangborn@threepillars.org).

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