

GOOOO CHEETAHS!



The Cheetahs Finished their TRYathlon 2024 season third in the league and fourth in the WORLD!

MEET YOUR LEADERSHIP TEAM



Anna Herzog
Executive Director



Caroline Long
Life Care Director



Danielle Murphy
Assistant Life Care



Michele Dvorak
Marketing Dir.



Wendy Zimmerman
Community Life



Christa Bleisi
Business Office
and Staffing



Dave Dragan
Director of Maintenance



Justine McDonald
Admin Assistant



Richard Fourre
Dietary Director



Jean O'Bresky
Chaplain



Cedar Creek
SENIOR LIVING
A Lifespark Community

Age Magnificently



Our Community Newsletter

APRIL 2024

Lets Celebrate!



Resident Birthdays

Donna Z. 4/07
Grace F. 4/10
Theresa G. 4/10
Meryl F. 4/28
Rachelle B. 4/28
Howard H. 4/29
Janice S. 4/29

Staff Birthdays

Hannah K. 4/1
Grace B. 4/2
Chad Z. 4/6
Kristen D. 4/7
Kyla I. 4/7
Brenda O. 4/14
Nikkia L. 4/21
Madelyn B. 4/23
Ifill I. 4/25
Anna H. 4/27
Annika H. 4/30

Staff Anniversaries

Chad Z. 1 year
Alyssa S. 2 years
Christine S. 3 years
Morgan W. 3 years

Happy April! This month includes April Fools' Day, National Pretzel Day, Passover, Eid al-Fitr, Earth Day, National Pet Day, and National Grilled Cheese Month!

This month will bring a lot of fun-filled activities, new ideas, and opportunities to learn, belong, and grow!

Take a look at our newest information in this month's newsletter, check out our activities, see what's going on in the community around you, and join your community members for a great month.

The April Lifespark Adventure theme is "Rainy Day Escapades". With that, the two films featured this month in Assisted Living will be **Rainman** and **Singing in the Rain!** Check the calendar for dates and times.

We look forward to seeing you here!

From The Executive Director- Anna Herzog

In the Area

It is with great delight to announce that Cedar Creek has been ranked 9th out of 43 communities that Lifespark owns and operates. This achievement is due to our amazing staff and residents who make Cedar Creek a place we want to live and work. Our great ranking is based on a lot of factors that have contributed to our success.



Cedar Creek's goal is to continue to provide the best customer service to our residents, visitors, families, and staff. Please provide us with feedback that you may have that we can utilize to bring Cedar creek to the next level. We value your opinion.

Feedback forms are located on the first floor next to the mailboxes. If you need assistance in filling out your feedback forms, please contact our Administrative Assistant Justine McDonald located at the front desk.

Thank you for making Cedar Creek a place to call home and a wonderful place to work.

Anna Herzog

Executive Director

Chaplain News- Jean O'Bresky

Hello from Chaplain Jean!

It has been six months since I started working as your chaplain and what a wonderful time it has been. I have enjoyed visiting with many of you and getting to know you. It has been fun doing activities with you, most especially Spiritual Conversations on Tuesday mornings, Hymn Sings in the memory care unit and Worship services in both assisted living and memory care areas of the facility. In the time I have been your chaplain I have been honored to accompany a few of our former residents and their families at the end of their lives. Then to lead our facility memorial service last January to celebrate the time that they were with us. It has been an honor to be your chaplain and know that I am available to provide you with emotional and spiritual support. I am in on Tuesdays all day and Friday afternoons.



Peace,

Chaplain Jean

Here are some opportunities out in the communities around us.

Dance- Every first Friday of the month from 1-4pm at East Bethel Senior Center for Waltz, Polka, and Square Dancing.
2241 221st Ave NE, East Bethel.
\$10 in the door includes refreshments (water and soda also for sale).

Volunteer- NACE Food Shelf is looking for volunteer help.
info@nacefoodshelf.org or 763-434-768
Monday 9:00 AM – 12:00 PM and 5:30 PM – 7:30 PM
Tuesday 5:00 PM – 8:00 PM
Wednesday 1:00 PM – 4:00 PM
Thursday 9:00 AM – 12:00 PM
18511 Hwy 65, Suite 200, East Bethel

Craft Show- Andover Community Center Spring Craft Show
April 20th 9:30am-4pm 15200 Hanson Boulevard NW, Andover

Theater- Lyric Arts in Anoka April 12- May 12 playing "9 to 5 The Musical"
Phone: [763.422.1838](tel:763.422.1838) Email: boxoffice@lyricarts.org
Tickets \$39-45.00
420 E Main Street, Anoka

St Francis High School - April 25-27 playing "Into the Woods"
3325 Bridge St NW, Saint Francis, MN 55070
Phone: (763) 213-1501
Tickets \$10.00



ANNOUNCEMENT

This month, we are adding an additional Walmart trip, for TWO total trips. See April 10 and April 29 in the calendar. Be sure to see Justine for sign up!



Aegis News- Anna Hamsmann



Aegis Therapy is excited to partner with Lifespark to provide outpatient therapy on site at Cedar Creek! We are located in the Wellness Center. Stop by and say hello, I would love to meet everyone!



JOIN US

TEAM CHEETAH FORKLIFTS

Do you like using remote controlled vehicles? Want to work on your Hand/Eye coordination? Want to become part of a team? Join Team Cheetah in the Forklift Games and compete with other communities throughout the surrounding areas and states!

Our first Practice April 1 @1:00
In the Community Room

See Wendy with questions!

INDOOR **FISHING** TOURNAMENT

Grand Prize For Heaviest Catch! Walmart Gift Card



TUESDAY, APRIL 16TH


2:30-4:00pm in The Pub
Come see what it's about!

HAVE AN IDEA?
WENDY WOULD LIKE TO HEAR FROM YOU!

LEAVE A SUGGESTION FOR OUTINGS AND ACTIVITIES IN THE BOX IN THE WELLNESS CENTER AND GET ENTERED INTO THE MONTHLY DRAWING FOR A PRIZE!



TRASH TO TREASURE



10am-2pm Last Saturday of Every Month!
in the Community Room (first event April 27th)

Bring your CLEAN, UNDAMAGED, no longer needed items to the community room. Place them on the tables and take items you need/want from others who are sharing their less frequently used items. At the end of the day, items that were not reused will be taken to Goodwill.



My dad is a smart man. He always has been someone who encourages me to take what happens in my life and use it as an opportunity to learn. I will call and tell him about things that happen and his response is often, "So what did you learn with this?"

I have learned a lot over my short introduction to Cedar Creek and have had a great time getting to know everyone in this community. I thank those who have taken me under their wing and patiently explained the good and the bad about events and activities they've been a part of, have guided me to successes, and have given me insights into what will help all continue to enjoy their time here at Cedar Creek.

So, in an effort to keep my father proud, I think that would like to share with you what it is that I have learned so far with this:

Everything I Need To Know, I Have Learned From A Senior

- Anytime is a good time for a party.**
- Walking or running- as long as we get there- that is all that matters.**
- We may have been "someone else" once, but being who we are now can be just as fabulous.**
- Cool shoes are overrated, comfy ones are a treasure.**
- Ice cream isn't just for kids.**
- Laugh a lot, you'll live longer.**
- Good friends make the day go faster.**
- Sitting just to visit really is a thing.**
- Never sell someone short. You will always be proven wrong.**
- With great teammates, you can make it 20 plus miles in just minutes.**
- When it's time for a hearing aid, don't get the cheap ones.**
- A tiny flamingo can make a bad day, great.**
- Sometimes all you need is a comfy recliner and some 'Forensic Files' on TV.**
- Learning never stops.**
- Make friends with your neighbors.**
- Being kind really does change everything.**
- and..**
- If you love what you do, you will never work a day in your life.**

Thank you for teaching me, Cedar Creek. I look forward to many adventures together!

Looking for a good read? Try these six online blogs for Senior Citizens



- Senior Planet:** <https://seniorplanet.org>
- AARP:** <https://www.aarp.org>
- Suddenly Senior:** <https://www.suddenlysenior.com>
- Sixty and Me:** <https://sixtyandme.com>
- Love to Know:** <https://www.lovetoknow.com>
- Grey Fox:** <https://www.greyfoxblog.com>

What's Happening in Memory Care-
By Alyssa Sturdevant, Community Life Assistant

In Cedar Creek

Gnome of the Month

Thursday, April 18th, join your community mates in The Pub at 1:00pm for our first Gnome of the Month Craft!

This month's gnome will be a succulent gnome pot. Don't know what that is? Well, you won't know until you join us to check it out! I know you will love it and want to add it to your gnome sweet gnome! Each month, a new gnome will grace our calendar for a new seasonal activity.



Gardening Goodness

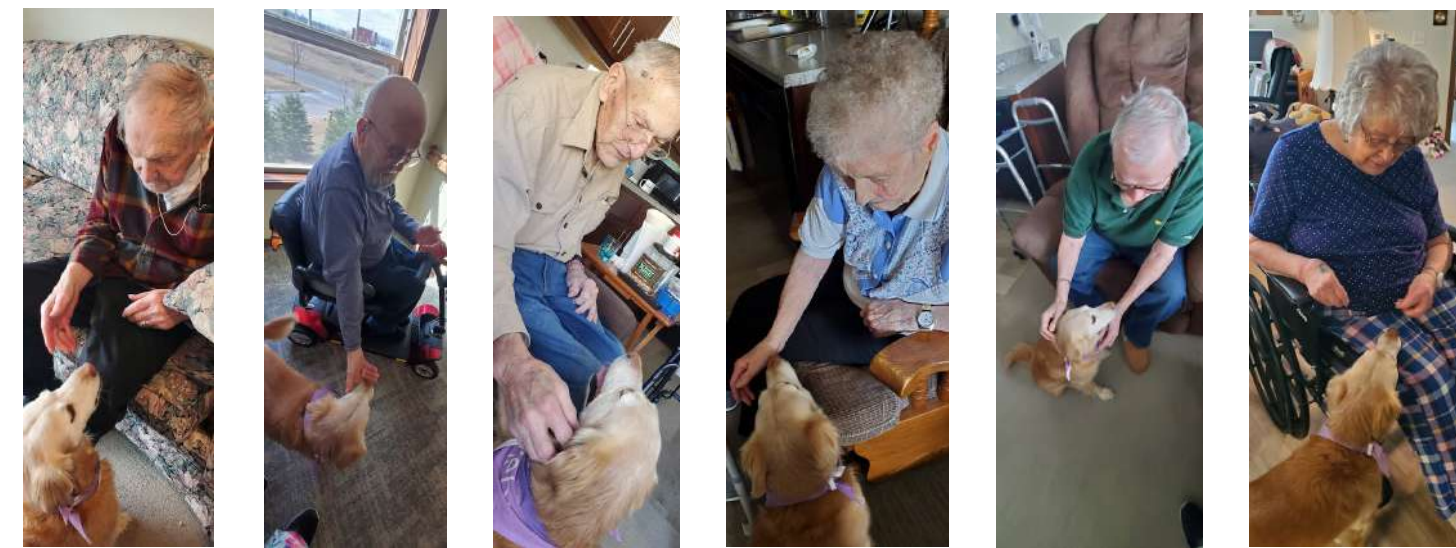
Join your community mates for our first gardening interest meeting at 1pm April 3rd in the community room to start preparing for our community garden flowers and produce!

From Maintenance:

Please do not use the self-cleaning setting on your oven. We will clean it for you at no charge. Simply ask the housekeeping staff to schedule a time to clean the oven. Spring planting is just around the corner so start thinking about things that we can do to make this growing season better than last year's. Recycling: never put plastic bags in the recycling dumpster and flatten all cardboard boxes that will be put in the recycling dumpster.

Reba Love

Reba made some great visits to residents!. If you did not receive one, and would like a visit, please let Wendy know!



Andrea and Alyssa from the Community Life Department lead most of the Memory Care activities so that residents can have fun, keep active, and be joyful!

Here at Cedar Creek Senior Living, our Memory Care unit is always busy with activities. Each activity is back to back and lasts about 30 minutes to an hour with small breaks in between. Each activity has therapeutic qualities and benefits for the variety of Memory Loss conditions within Memory Care

The activities department provides a variety of activities that keep their mind, brain, body, and spirits active. Some of the popular activities in Memory Care include bingo, exercise, bean bag toss, sing-along, matching and sorting, and church and spiritual programs. Another popular program for the Memory Care residents is an afternoon of Crafts, Cookies, Music and Stories with Madison! During this, Home Health Aide Jeanne and her niece lead a craft for the residents to make, then they decorate cookies. Madison also plays the piano and reads stories to the residents. Most recently they made St. Patrick themed glasses as their craft and everyone looked fabulous wearing them.

Memory Care gets opportunities to go outside of their unit and get a change of scenery. The music programs and birthday and holiday socials in the Assisted and Independent Living side of the community are another popular activity that Memory Care attends with about 90% of the unit participating.

Wendy, The Community Life Director, also took some residents to Dunkin Doughnuts for their monthly outing in March.

Fun and joy do not stop in life, instead it continues - and that's what the Community Life Department does for all residents from Memory Care to Assisted and Independent Living, so they may continue the fun and joy for years to come!

Marketing News - Michele Dvorak

Hello from The Marketing Department. First I want to welcome all our new residents!! We have had 4 Apartments leased and 5 new faces joining the Cedar Creek Family. I would like everyone to introduce yourself or reach out if you see someone new. We all know how being the "new kid on the block" feels and a friendly face or offer to share a coffee would go a long way to making them feel at home. I also want to let you all know that I have several reservations on the remaining apartments as well and we MAY be at 100% sometime in the month of April!! If I reach that lofty goal we will have some kind of mini celebration for the community. I want to thank everyone for welcoming me back and allowing me to be a part of this Community. I think we have something pretty special here and are all very lucky to be a part. I look forward to hosting events in the future that we can all enjoy!



Michele-Cedar Creek Marketing Director