



**Cedar Creek**  
SENIOR LIVING  
A Lifespark Community

*Age Magnificently*



# Our Community Newsletter

## July 2024

### **Celebrations**

#### **Resident Birthdays**

Albena G- 7/03  
JoAnne Y- 7/15  
Marolyn B- 7/20  
Ardeth P- 7/21  
Lois O- 7/24  
Phyllis D- 7/24  
Lucy P- 7/26  
Linda W- 7/29

#### **Staff Birthdays**

Danielle M -7/11  
Vicky C- 7/11  
Toni G- 7/15  
Brittan P- 7/20  
Andrea C- 7/23  
Barbara B- 7/27

#### **Staff Anniversaries**

Marie C- 1 year

Here's to July!!!

This month we celebrate Independence Day, International Tiger Day, Canada Day, National Daquiri Day, and National Take Your House Plant for a Walk Day!

So whether you are enjoying fireworks, petting a tiger, or taking your plant for a walk, I hope that it is a great month!

I look forward to sharing more activities and fun with you this month as we try out a wine and canvas day, create an art gallery in our community for our family and friends to view, and enjoy a trip out for icecream.

July, HERE WE COME!

## It's Not Thanksgiving...



### **thank·ful**

['THaNGkf(ə)l]

adjective

pleased and relieved. expressing gratitude and relief

It's the wrong month for the holiday, I know, but I am so thankful anyway.

As I am finishing up this newsletter, and filling in spaces with the photos from this last month, and see the images from previous months as well, I reflect on the last few months in this position and can do nothing less than reflect on what I have and what for which I am grateful.

Every day I get the opportunity to wake up and not dread a minute of heading to my job. There are a few jobs that I have had where I have experienced times when I look forward to a work day or two in a week, but nothing like this one.

I get to play, plan, entertain, visit, create, and so much more. And I have everyone here to thank for this daily appreciation.

Without this wonderful community who has taken me under their wing to explain the various forklift, grip, pedal, quiz games etc - I wouldn't have the first clue what I am doing there!

Without residents who are brave enough to trust me and just show up to shoot nerf guns, fish pool noodle fish, put cookies in a pail, or take space quizzes- I'd just be sitting in a pub by myself staring at trees filled with cardboard safari animals.

Without staff willing to be shot with nerf guns, to take residents with me to get food etc, and take my crazy ideas in stride (and even encourage it)- I wouldn't be able to make some of this silliness happen.

And without all the families who share their amazing loved ones with us- I wouldn't have the daily joy of experiencing life with them too!

So I am thankful for all these great opportunities and all the joys I have been gifted with this wonderful community of people. I hope to continue to share more ideas and experiences throughout our time together!

SO ARE YOU READY FOR MORE??? Now on to JULY!



## What's Happening in Memory Care

By Wendy Zimmerman- Director of Community Life



The month of June in Memory Care brought a number of great events, fun activities, and wonderful moments with our residents. The last day of May concluded with a trip for Memory care residents to Broadway Pizza.

Residents also joined in on some arts and crafts time while they decorated sun visors, painted suncatchers, created safari animal magnets, and more.

When done with all the crafting fun, working up an appetite would mean our new weekly snack activity would not be available! Residents created pizza crackers, had a bagel bar, tried peanut butter and fruit "burritos", and made constellations with marshmallows and pretzel sticks.

Along with venturing into the assisted living wing of the building, residents had a chance to see Minnesota Zoo animals, listen to musicians, try food truck food with their family members, sing along to music with Kay, and join in on a birthday party to celebrate all the June birthdays in the community.

With so much fun and activity going on in memory care, it will be exciting to see what will happen in July!

## Activities Coming Up in Memory Care



**Snack Activity Days:**  
July 2, 9, 16, 23, & 30

**Music with Kay:**  
July 9 and 25

**Birthday Celebration:**  
July 24 with  
Todd Anderson



Starting in July Every  
Monday at 1pm and  
Friday at 10:30am in the  
Wellness Center



*Grip Games*

Be part of our team,  
get a Tshirt,  
Compete with other  
teams in MN and WI

JOIN US THIS SUMMER AT  
CEDAR CREEK SENIOR LIVING:



**FOOD TRUCK FRIDAYS!!!!**

Every Friday this summer from 11am-1:30pm in the front parking lot of Cedar Creek Senior Living.  
Coming Next:

- July 5- Deja Brewz (Coffees, Teas, and Bakery)
- July 12- MJ Happy Meals (Thai Food and Thai Teas)
- July 19- Hot Dog Bar (Gourmet Hotdogs)
- July 26- Mama's Taco Truck (TACOS)
- August 2- Chevy's Pit (BBQ)

Have family and friends join you for a treat! Prices vary from truck to truck with a new food truck every week!

Enjoy a tour of our community and free Cedar Creek Swag!

**Ice Cream and Lollipops:  
A Resident Arts and Crafts Gallery**

July 23-26 Cedar Creek would like to showcase Resident's Arts and Crafts- Past OR present in an "Art Gallery" in the Community Room.

Bring your favorite projects from your crafting, photography, painting, woodworking, needlecrafting and more to the Wellness Center by July 16th. It will be set up for display and viewing July 23-25 with a public viewing July 24 from 4:00-6:30pm with Icecream and lollipops being served to anyone who comes to take a look!

This can be ANYTHING you have made recently OR in the past!!

July 31 in the Pub

Wine and  
**CANVAS**

Join Wendy and your fellow Residents for a little wine or soda and a guided painting lesson that will conclude in a final underwater scene painted by YOU!

To make sure we will have enough supplies, please REGISTER for this event in the WELLNESS CENTER by July 22.

## Electronic Monitoring Information

We would like to inform you about an important policy regarding electronic monitoring in your apartments as mandated by the Minnesota Department of Health.

Residents of assisted living communities in the state of Minnesota have the right to install cameras or other electronic monitoring devices in their apartments.

Please note that the Minnesota Department of Health requires residents who utilize electronic monitoring to notify the community within 14 days of installing these devices in their units.

Electronic monitoring can offer various benefits including enhanced security, monitoring of health conditions, and peace of mind for both residents and their families - however we understand that it may also raise questions or concerns. We encourage you to reach out to our staff if you have any inquiries or require assistance regarding electronic monitoring in your apartment.

Your privacy and comfort are of utmost importance to us. If you have any questions about this or need assistance with electronic monitoring please do not hesitate to contact Caroline Long, Director of Health Services, or Anna Herzog, Executive Director.

## In the Community Around Us

### **The Global United Pageant**

Come see international and US contestants compete for the titles of Miss, Ms, Mrs, Classic, and Plus Global United

July 20th at 7pm

Crowne Plaza Minneapolis West  
3131 Campus Drive, Plymouth MN

### **Anoka Riverfest & Craft Fair**

July 13 9am-5pm

Historic Downtown Anoka

### **Anoka County Fair**

July 23-28

Anoka County Fairgrounds

# 4<sup>th</sup> OF JULY FIREWORKS

## WORD SEARCH PUZZLE

The words appear UP, DOWN, BACKWARDS, and DIAGONALLY.  
Find and circle each word.



R W G N A B S O P R O G R A M  
M F L A R E S P K E U L B D C  
K M S Y A Y R R I Z D C E H R  
L O W T F R A E R N S R T C O  
B O Q E E D E T M Q D H S T W  
L B O F J K V T E M U V M A D  
A I D A C S T W T K I K N W S  
S H P S R S H Y J I C H V C D  
T N D O R I K P K F L O S P N  
X R L U T I J Y A M I G R G U  
L O B E D D L J B R U Z U M O  
C F U S Q V L I G H T S Z H S  
Y A L P S I D U O C C Y I Z X  
B Y S E C I L B U P E B W C O  
S R E L K R A P S F N B V R E



BANG	DARK	MUSIC	SHIMMER
BLAST	DISPLAY	PARTY	SKY
BLUE	FIZZ	PROGRAM	SOUND
BOOM	FLARES	PUBLIC	SPARKLERS
BURST	GLITTER	RED	SPIN
COLORS	KIDS	ROCKET	WATCH
CROWDS	LIGHT	SAFETY	WHITE



Hello Residents,

Thank you to you all for participating in our annual Drill and Grill. We evacuated the community in 10.28 minutes. We are thrilled with our evacuation time and were pleased with the participation by our residents and staff. Our BBQ that followed our Evacuation was a success and the food was delicious. A huge thank you to everyone who assisted in putting this Drill & Grill together.



## MEET YOUR INTERIM COOKING TEAM



Andrew Sturdevant



Brenda Olsen