



**Cedar Creek**  
SENIOR LIVING  
A Lifespark Community

*Age Magnificently*



## Our Community Newsletter

### May 2025

#### **Celebrations**

##### **Resident Birthdays**

George M - 8th  
Rod D- 9th  
Jack S - 19th  
Nancy S - 20th  
Dot D - 24th  
Bill M - 31st

##### **Staff Birthdays**

Kathleen M - 5/4  
Becky C - 5/4  
Renee B 5/24

##### **Staff Anniversaries**

Two years  
Grace S, Alexandra F,  
and Nikkia L

Here are some great things you  
can celebrate in May

May 1- May Day  
May 3- Kentucky Derby  
May 4- Star Wars Day  
May 5- Cinco De Mayo  
May 8- Military Spouses' Day  
May 13- Apple Pie Day  
May 16- Mimosa Day  
May 18- Visit Your Relatives Day  
May 20- Pick Strawberries Day  
May 23- National Taffy Day  
May 25- National Tiara Day  
May 28- Hamburger Day  
May 30- Int'l Jazz Day



Welcome Stasha!

Hello Cedar Creek residents, families, and friends! My name is Stasha Andrews, and I'm so excited to be part of this wonderful community as your new Executive Director.

I bring over 10 years of experience in senior care and group home leadership. Throughout my career, one thing that has always guided me is believing that everyone deserves to feel respected, heard, and truly at home, no matter their age or ability.

Before stepping into this role, I served as an Assistant Executive Director/Business Office Manager at another Lifespark community. I was part of a team that led with compassion, teamwork, and a strong commitment to quality care. I've also worked closely with individuals living with Dementia, Alzheimer's, and developmental disabilities, which taught me the importance of patience, adaptability, and meaningful connection.

What I love most about this work is building relationships with residents, families, and staff. I also take pride in creating a positive, safe, and supportive place to live and work. My door is always open, and I believe in working together to make this community the best it can be.

On a personal note, I'm happily married to my high school sweetheart, a proud parent of three wonderful kids, and I'm thrilled to share that we have two grandbabies on the way! Our first is due in June, and our second is due in September. Family is everything to me, and I bring that same sense of love and care into the work I do every day.

I'm truly honored to be here, and I look forward to meeting each and every one of you! Please stop by and say hello!

See you soon,  
Stasha

May Day is a European festival of ancient origins marking the beginning of summer, usually celebrated on 1 May, around halfway between the Northern Hemisphere's Spring equinox and June solstice. Festivities may also be held the night before, known as May Eve. Traditions often include gathering wildflowers and green branches ("bringing in the May"), weaving floral garlands, crowning a May Queen (sometimes with a male companion), and setting up a Maypole.



## Memory Care Fun in April



## Events to Look Forward to in Memory Care

**Oshibori Before Meals**  
**T15 on Mondays**  
**Every Other Tuesday Manicures**  
**Thursday Snack Activities**  
**Outing to Wendy's for Frosties on the 29th.**

### May Reads

Here are a few books listed as "great for seniors"!

*The Tears that Tought Me* - Morgan Richard Oliver  
*101 Fun Things to do in Retirement* - Stella Rheingold  
*Three Days in June* - Anne Tyler  
*Comfort and Joy* - Kristin Hannah  
*Getting Older* - Robert Bailor

## From the Desk of the Chaplain

Happy May everybody! This is my favorite month of the year because Spring is finally here! The flowers start peeking out of the ground, the trees are budding and the weather is warm. It is amazing how weather can affect our moods. During the winter we might feel a bit down because we aren't outside that much. We miss the sights and sounds of nature. Our skin craves the nutrition of vitamin D from the sun. As the snow melts and the landscape gets greener we feel as if we are going to burst into the great outdoors ready to enjoy another season of summer.

Each change of season reminds me of the scripture passage in the third chapter of Ecclesiastes. "For everything there is a season and a time for every matter under heaven" (Eccl. 3: 1) It brings home the knowledge that there is something greater than ourselves that drives the cycles of life and we can trust in this higher power to care for us through the changes of our lives.

Chaplain Jean O'Bresky

## From Lifespark Complete

Your Good Mood is More Than Just a Pleasant Feeling. It's Important!

Giving your mood a boost changes things! Getting happier can influence your sleep patterns, appetite, memory, energy, and even how well your body heals. As we age, staying emotionally well is just as important as staying physically strong. Everyone has some down days. But there are lots of easy ways to bring yourself back up again.

Activities that bring you joy—like movement, sunlight, and connection—can help your brain release natural feel-good chemicals like serotonin and endorphins. And the good news? Improving your sense of well-being can be enhanced with tiny, consistent choices you make.

- Step outside. Natural sunlight helps your body make Vitamin D, which supports a healthy mood. Even five minutes outdoors or near a sunny window can help.
- Move your body. A few stretches, a hallway walk, or dancing to music that makes you happy can lift your spirits.
- Enjoy an energizing snack. Add something nourishing to your diet now and then. A handful of nuts, a few berries, or a little piece of dark chocolate can help fuel your brain and body.
- Try a two-minute reset. Close your eyes, and inhale slowly through your nose for a count of four. Hold that breath for four more. Then exhale through your mouth for six. You'll see the difference! Just a few rounds will calm you.
- Plan for things to look forward to or revisit something you used to love. "Today, I'm going to..." What will it be? Even a small activity—like reading a magazine, taking out your paint set, calling a friend, or attending a performance—can add structure and lift to your day.

If you find yourself feeling down too often, be brave and talk to someone. Just like you would for concerns over your physical health. Your Lifespark primary care team is a great resource. Mental health is a big part of Aging Magnificently.





# May Word Search

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

May

Maypole

Spring

Mother's Day

Flowers

Ribbons

Festivals

Dance

Basket

Butterfly

Worm

Worker

Gardening

Taurus

Sunshine

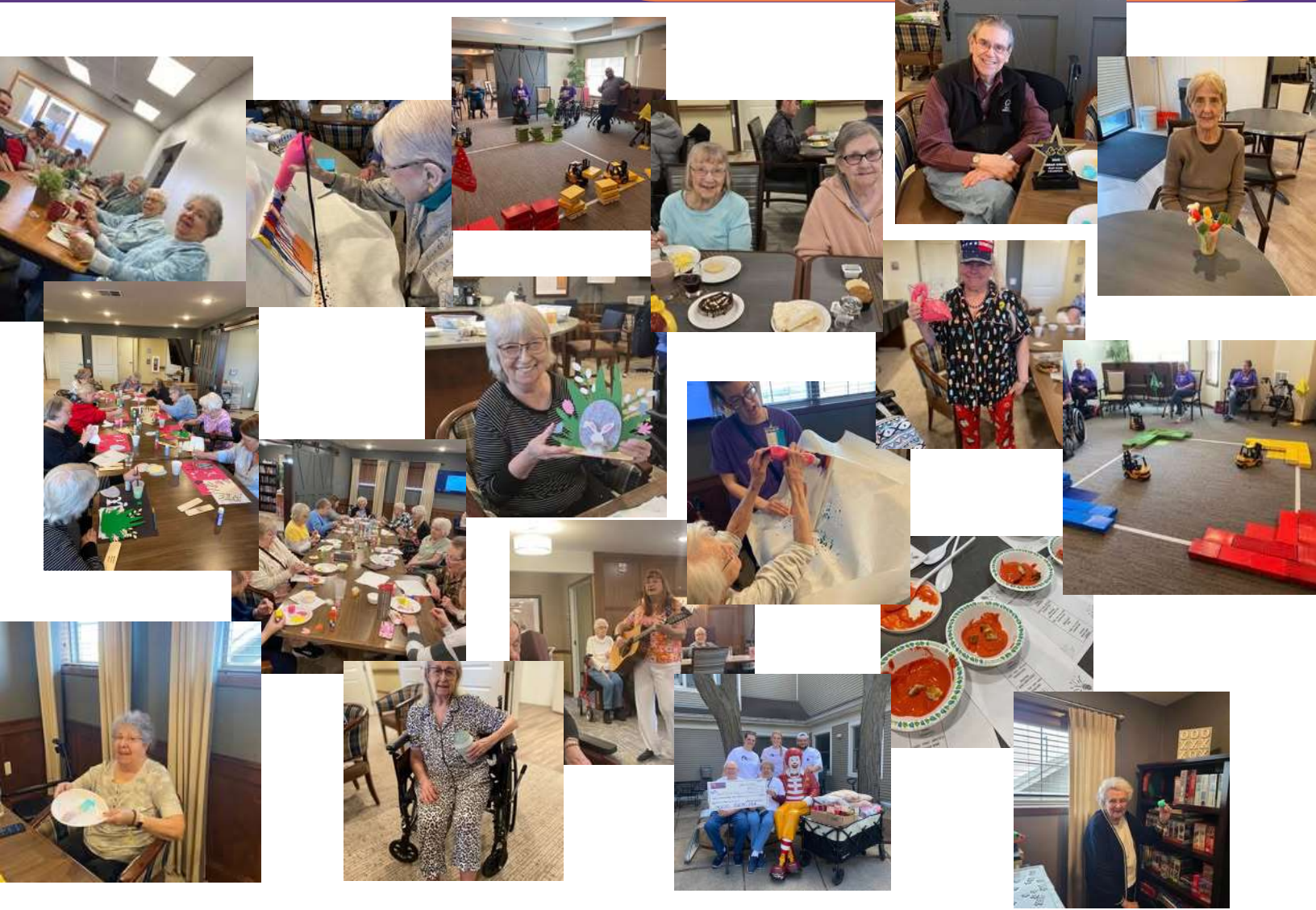
Blossom

Bouquet

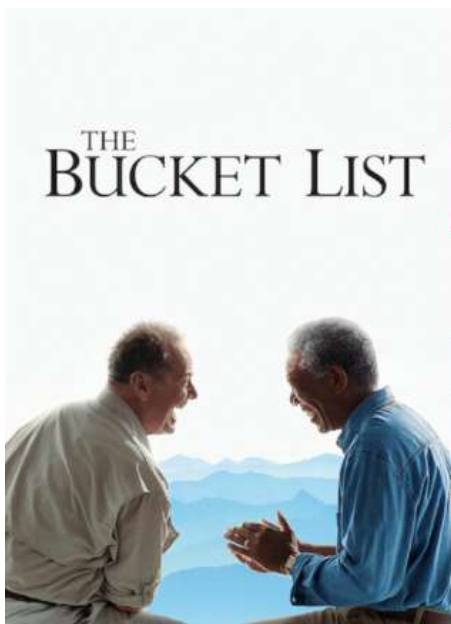
Tradition



## April Activities in Assisted Living

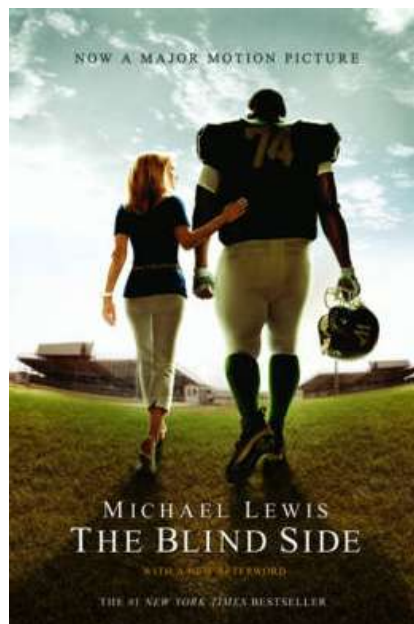


## AL Movies in May

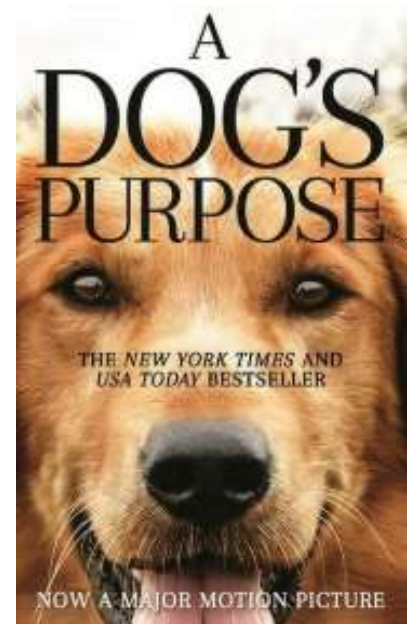


## The Bucket List

### May 7th



The Blind Side  
May 15th



## A Dog's Purpose

May 27th



# May Employees of the Month



Christa



Grace



Sara

Cheetahs are THIRD in the World!



## FORKLIFTS AND BIG CATS!

Join the Cheetahs to cheer or play with us in the newest season of spark games and remote controlled forklifts. See a teammate or Wendy for more info! All welcome!