



**Cedar Creek**  
SENIOR LIVING  
A Lifespark Community

*Age Magnificently*



## Our Community Newsletter

### July 2025

#### **Celebrations**

##### **Resident Birthdays**

**Arlene H - 15th**

**Joanne Y - 15th**

**Marolyn B - 20th**

**Lois O - 24th**

**Lucy P - 26th**

**Linda W - 28th**

##### **Staff Birthdays**

**Vicky C - 11th**

**Toni G - 15th**

##### **Staff Anniversaries**

**1 year**

**Abigail S, Ashley N,  
Kathleen M, Carlos C,  
Sara M**

Here are some great things you  
can celebrate in July

**Canada Day - 1st**

**World UFO Day - 2nd**

**Independence Day - 4th**

**National Chocolate Day - 7th**

**National Body Painting Day - 8th**

**National Teddy Bear Picnic Day - 10th**

**National French Fries Day - 13th**

**National Give Something Away Day - 15th**

**National Hot Dog Day - 16th**

**National Sprinkles Day - 22nd**

**National Drive Thru Day - 24th**

**National Water Park Day - 28th**

**National Cheesecake Day - 30th**



Executive Director, Stasha

Dear Families and Friends of Cedar Creek,

June was a wonderful month filled with meaningful moments and special time spent with loved ones. While the weather didn't always go our way, there was no shortage of joy, connection, and activity throughout our community.

As we welcome July, the team at Cedar Creek is looking forward to more sunshine, laughter, and engaging summer events. We hope to create even more opportunities for residents and families to enjoy time together.

Last month, we hosted our Annual Skills Fair, which had a fantastic turnout. We also proudly celebrated National CNA Week. Cedar Creek is fortunate to have 21 compassionate CNA's whose dedication and care make a difference in the lives of our residents every single day. We are so grateful for their ongoing commitment.

A special addition to our community is the new Memorial Tree, now displayed in the 2nd-floor library. This beautiful tribute honors the memory of residents and friends who are no longer with us. It serves as a lasting symbol of the love and legacy they leave behind.

We have also introduced a new "Meet the Team" flyer that features the names and roles of our leadership staff. While I've had the pleasure of meeting many of you, I look forward to connecting with those I haven't yet had the chance to meet. Please don't hesitate to stop by or reach out if you have any questions, concerns, or simply want to say hello.

Wishing you and your loved ones a safe, joyful, and Happy 4th of July!

May it be filled with celebration, gratitude, and special moments.

### Community Life with Wendy



July is a season of sunshine, laughter, and connection—especially here at in Cedar Creek. Summer brings a wonderful opportunity for our residents to enjoy the outdoors, engage in activities they love, and build friendships in a environment full of great personalities and community. With warm days ahead, we make the most of the season through a variety of fun and enriching experiences.

Our July calendar is packed with engaging activities designed to bring joy, movement, and creativity into each day. Residents can enjoy morning stretch in our group exercise classes, participate in crafting sessions, or join a lively game of Yahtzee or Crazy 8's.

For those who love music, we host two performances in the dining room each month. If it is social time you are looking for, we host happy hours every friday- with one "special" happy hour each month.

Our socials, happy hours, and Tuesday barbecues provide not just delicious treats, but opportunities for residents to laugh, mingle, and make lasting memories.

July isn't just another month—it's a celebration of vibrant living, shared moments, and the simple joys of summer. I look forward to seeing you all thoroughout the month with all the fun we will have!



## Memory Care Fun in June



## Events to Look Forward to in MC

**Oshibori Before Meals**  
**Every Other Tuesday**  
**Manicures**  
**Thursday Snack Activities**  
**Outing to Culver's**  
**Mock Happy Hour**  
**Food Truck Fridays During**  
**Lunch Time**

Memory Care Outing

# CULVERS

JULY 17TH

A Culver's meal featuring a large burger with cheese, pickles, and a beef patty, a side of golden french fries, and a soft-serve ice cream cone with almonds. The background is a solid blue color.

Let Wendy or Michelle at the front desk know if you would like your resident to attend and arrange for payment of your resident's meal.

From the Desk of the Chaplain

One of the highlights of the summer season is the prevalence of music! Our communities burst with opportunities to hear live music, and the summer brings gatherings and occasions with music at the center. Every July, I love hearing a live rendition of "Stars and Stripes Forever" by John Philip Sousa. The piccolo solo toward the end always stirs my spirit and transports me to summers as a child sitting on the grass listening to an orchestra before the fireworks display. This music makes me feel full and alive and free. What are the songs of summer that bring you joy, make you feel alive, or stir in your soul? Why do they carry special meaning for you? What memories do they pull forward? What values or core beliefs do these songs remind you of whenever you hear them?

From the Business Office with Christa

Hello Families and Residents! In an effort to improve communication and save the trees, I would like to reintroduce the option of paperless statements!

If you are interested, please reach out to me and we can set up your or your family members profiles to have monthly billing statements sent out via email. This not only means possibly saving a tree or two, but it also means you'll get your bill sooner rather than waiting on good old snail mail. Feel free to call me at 763-392-5443 or shoot me and email at: [christa.blesi@lifesparks1.com](mailto:christa.blesi@lifesparks1.com)

From Maintenance with Griffin

July 9th evacuation drill will start at 11am. It is building wide, and the Fire Department will be here to assist. If you have any questions, just let Griffin know!



**Purple University**

Learn about our FOOD state Symbols!  
**A Four Part Series**

Our state muffin (blueberry), state grain (wild rice), state Drink (milk), and state fruit (honey crisp apple).

Come learn about why it was chosen, fun facts about the choice, and sample a great recipe on the theme of the state symbol!

**First three Wednesdays in July at 1:00 in the Pub**



Cedar Creek Happy Hour

**FLIGHT NIGHT**

*DURING HAPPY HOUR IN THE PUB*

Test out four fun drinks (alcoholic and/or non-alcoholic)  
Keep your flight board and glass!

**STARTS 2:30PM**

**JULY 18, 2025**

Sign up for this event on the wellness center door By July 10<sup>th</sup> to ensure enough supplies!



**How it Works:**

Grip Games is back for its 4<sup>th</sup> season and will look a bit different to those who have participated in the past. Each Team will have a total of 4 Power Loops allowing for up to 8 participants per wave. The goal is to get more Liters of water pumped than your competitor. You have 4 5-minute waves to pump as many Liters of water as your team can. Important note: This year's competition will be intergenerational.

**How you can be involved:**

- Be a Grip – Team Member that pumps water through the Power Loop
- Be a member of the Cheer Squad.
- Scorekeeper
- Be a member of the Rhythm Section

Scrimmage will be July 15<sup>th</sup> at 1:00 PM

To learn more about the 2025 Grip Games please speak to

COMING IN AUGUST  
BACK BY POPULAR  
DEMAND



MR AND MS CEDAR CREEK SENIOR  
**COMPETITION**

CONTESTANTS IN MS AND MR DIVISIONS  
COMPETE AND GET CROWNED!

SEE WENDY FOR MORE INFORMATION

# Who's Who?

Did you figure it out? Congrats to Lorie A for getting the most correct!  
Staff



Christa   Stasha   Griffin   Becky   Morgan   Carlos   Sara   Wendy  
Residents



Lorie A   Betty G   Barb R   Art S   Carl J   Lois S   Ann J

## Fun Facts About July

- \* July is named after Roman dictator Julius Caesar (100 B.C.–44 B.C.). Caesar developed the precursor to the Gregorian calendar we use today.
- \* The first artificial ice rink in the world opened in London on July 17, 1876.
- \* July is recognized as National Ice Cream Month in the United States, making it a perfect time to enjoy this popular treat.
- \* The birthstone for July is the ruby, symbolizing passion and love.
- \* Neil Armstrong became the first person to walk on the moon on July 20, 1969, during the Apollo 11 mission.
- \* In the Southern Hemisphere, July is equivalent to January in the Northern Hemisphere in terms of seasons.

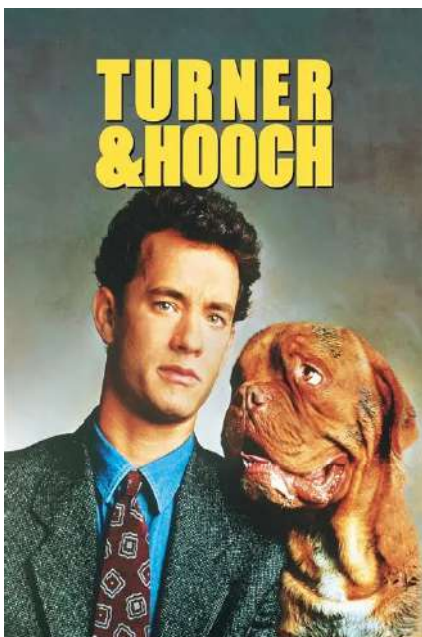


## June Activities in Assisted Living

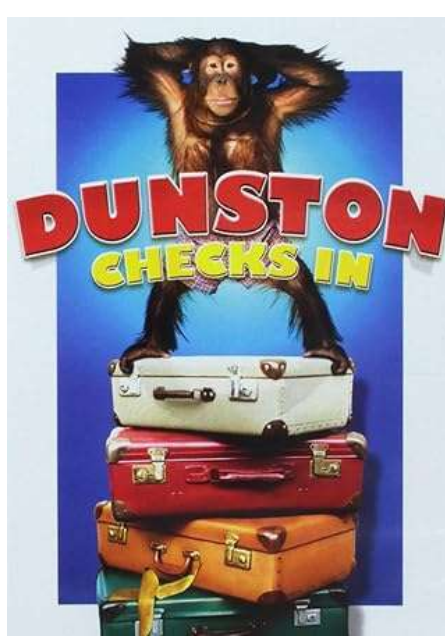


## AL Movies in July

Weekday movies are at 6pm in the Community Room. Saturday is at 4PM in the community Room.



July 5



July 16



July 20



# July Employees of the Month



Emma



Jessica



Wendy

## The Leadership Team



**Stasha Andrews**  
Executive Director



**Sara Carder**  
Director of Health Services



**Morgan Seamon**  
Assistant Director of Health  
Services



**Michele Dvorak**  
Director of Marketing



**Christa Blesi**  
Business Office Manager



**Wendy Zimmerman**  
Community Life Director



**Griffin Huberty**  
Director of Environmental  
Services



**Carlos Ciudad**  
Culinary Director



**Michelle Miller**  
Administrative Assistant



**Jean O'Bresky**  
Chaplain