



Cedar Creek
SENIOR LIVING
A Lifespark Community

Age Magnificently



Our Community Newsletter

September 2025

Celebrations

Resident Birthdays

Duane P- 10th

Pat M- 16th

Alton L- 25th

Jerry N- 30th

Staff Birthdays

Mary J- 13th

Amy L- 15th

Rosalia M- 15th

Staff Anniversaries

Sara C- 1 yr

Mary J- 2 yr

Emma S- 2 yr

Here are some other great things you can celebrate in September!

Sept 1- Labor Day

Sept 4- Eat an Extra Desert Day

Sept 5- Cheese Pizza Day

Sept 7-13 National Assisted Living Week

Sept 7- Grandparents' Day

Sept 8- Pediatric Oncology Nurse Day

Sept 9- Ants on a Log Day

Sept 10- National TV Dinner Day

Sept 12- Chocolate Milk Shake Day

Sept 13- International Chocolate Day

Sept 16- Collect Rocks Day

Sept 18- Cheeseburger Day

Sept 19- POW/MIA Day

Sept 22- First Day of Autumn

Sept 25- Lobster Day

Sept 29- Silent Movie Day



Executive Director, Stasha

As summer comes to a close, I want to take a moment to reflect on what a wonderful season it has been here at Cedar Creek. Our Summer BBQ was a great success, filled with laughter, good food, and cherished memories. We are grateful to everyone who joined us and made it such a special event. A special kudos to our culinary department for their incredible service and the delicious meals. Residents also enjoyed a variety of activities throughout the season, from games and crafts to special outings and events. Thanks to our Marketing and Community Life teams for their creativity and dedication in making these events possible. Our garden has been especially beautiful this year, providing both relaxation and fresh produce that everyone has enjoyed.

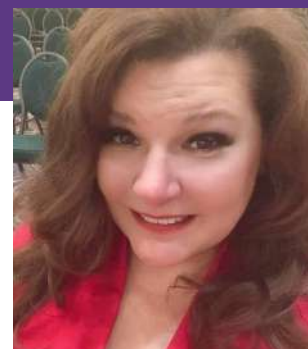
With the new school year beginning, we say goodbye and best of luck to our college students as they head back to their studies. Their hard work and dedication throughout the summer has been greatly appreciated, and we wish them continued success.

As we transition into the fall season, we are preparing for upcoming events and opportunities. We are also actively looking for new hires to join our team. If you know someone passionate about making a difference, we would love to connect with them.

Thank you for your continued support in making Cedar Creek a warm, welcoming community for all. I look forward to an exciting and vibrant fall season ahead!

Stasha

Community Life with Wendy



As we step into September, there's a crispness in the air and a sense of change all around. Fall is just around the corner, and we're looking forward to cozy days, warm drinks, and meaningful moments with all of you.

What's Happening This Month:

🍁 Grandparents Day – Join us on Sunday, September 7 for a pasta feed from 11:30-1 that day. All are welcome! Ask family to join you!

🎨 Arts & Crafts – A kindness rock garden, blanket tying, wooden owls and so much more will be heading your way for the month!

🎵 Live Music – Tap your toes or sing along as we welcome local musicians for a lively performance in the dining room.

🧘 Wellness- Don't forget to sign up for the shot clinic this month. More information is in this newsletter.

As always, thank you for being a cherished part of our Cedar Creek family. Let's make this September one to remember!

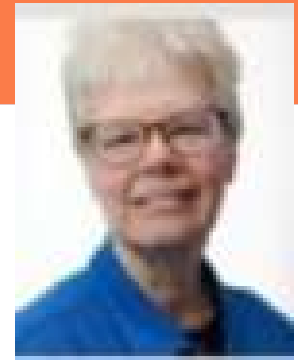
Memory Care Fun in July



Events to Look Forward to in MC

Oshibori Before Meals
Manicures
Thursday Snack Activities
Mock Happy Hour
Catholic Communion
Singing with Pastor Jean
Food Truck Fridays
Crafts
Woodfired Pizza Happy Hour
Birthday Celebration





September 1st is Labor Day which is the honors of all who work which includes all of you who are retired. You all have worked hard your entire lives, and this is your season to rest.

For many of us, our purpose was what we did for a wages. But purpose does not retire when we do, it simply changes. Work isn't just about earning a paycheck. It is about contribution and you all contribute so much to our community. Be it volunteering, creating artwork or simply sharing your wisdom. Here in this community we celebrate the ways you live with purpose. Whether you are showing a new resident around our community, participating in a spark challenge or simply being a source of kindness to someone who is struggling. You matter!

Let's continue to support one another in the ways we connect with one another – because part of aging magnificently knowing that purpose does not fade with age.

What's Going on in AL This Month?



Mini Farmer's Market

at Cedar Creek Senior Living
Back Lot
19131 Taylor St NE
East Bethel, MN 55011

Booths include:
salsas and sauces
sourdough breads
farm fresh meats
eggs
pet treats
cookies and baked treats
MORE!

for more info: Wendy.Zimmerman@lifesparks1.com

Wed Sept 17 9a-1p

19131 Taylor St NE, Cedar



Pendant vs Front Desk



Do you need to get a hold of someone but don't know who to talk to? Check this chart out to see who you should talk to.

Pendant

Press your pendant when any of these may apply:

- Chest Pain
- Shortness of Breath
- Dizziness (feeling unable to safely transfer)
- Fall (unable to get up)
- Fire or major water leak
- Injury or bleeding
- Any other type of medical or health emergency
- Need to use bathroom prior to scheduled toileting service
- Escorts (outside of resident's service plan)

Overuse of emergency pendant can lower response time in a true emergency. Residents may also incur additional charges related to use of emergency pendant.

Front Desk

Call the front desk when you have questions or problems with any of these things:

- Water, heat, windows
- Menu or kitchen questions
- Want to talk to nurse or HHA
- Activity information
- eMenu (family help)
- Appointments
- Mail and packages
- Grocery orders
- Housekeeping (spills)
- Billing information
- Needing to reschedule care conference
- Need medication list printed for doctor appointment

FRONT DESK: 763-392-5443

You see a lot of events on the calendar, but aren't totally sure what they mean? Here is a rundown of some of those activities!

September 3- Wooden owls will be created to enjoy as a part of your fall decor. Complements of another laser cut piece by Wendy's Hubby!

September 4- Lifelong Learning: Birds of Alaska- Come watch a presentation in the pub about birds of Alaska. Presented by the Alaska Sealife Center.

September 5- It's National Cheese Pizza Day. Join us in the Bistro for Happy Hour and enjoy a mini pizza that will be wood fire prepared! (We will have a few gluten free options as well)

September 7- Happy National Grandparents' Day! We are inviting your families and the community around us to join in on a pasta bar lunch!

Septmber 8- Join us in the Pub to tie polar fleece blankets that we will be donating to the Ronald McDonald House Upper Midwest.

September 10- Make your own TV dinner and a Movie: It's National TV Dinner Day so we are going to celebrate! Come to the Bistro where we will have your TV dinner tray and selections of items to fill your TV dinner compartments. Create your dinner selection and join us in the Community Room for a movie (Gentlemen Prefer Blondes)

September 13 is International Chocolate Day. We are going to replace the usual Cookies and Coffee with a chocolate bar and social hour! Come try many different chocolates!

September 16- National Collect Rocks Day is a great day for us to start a kindness rock garden! Join Wendy in the Bistro to decorate rocks with kindness and we will get them ready to be added to our rock garden that is heading out to the "old" garden area!

September 17th- Let's have a race! Join us in the Pub for a competition between mechanical "pets". Pick the Unicorn, Panda, Puppy, Capybara, or others and see if your pet will win the race. Winner of the final bracket will take home a prize!

September 22- It's the first day of Fall! Gather in the Bistro to try some popular fall pie flavors!

September 24- Gather in the Bistro to take a fall walk, enjoy nature, and collect garbage around our roads etc. Let's keep our communities clean!

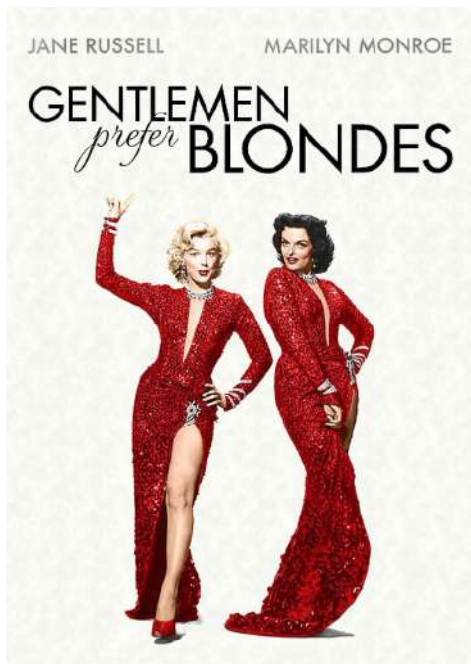
Sept 27- Come on down to the Community Room to cheer on the 10 contestants vying for the titles of Mr and Ms Cedar Creek Senior! Every contestant will be crowned with two taking the top male and female awards!

Sept 29- Sunset will be at 7... it's a great time to celebrate National Silent Movie Day with a silent movie and popcorn in the back lot outdoors (weather permitting). Backup plan to watch in the Community Room.

July Activities in Assisted Living



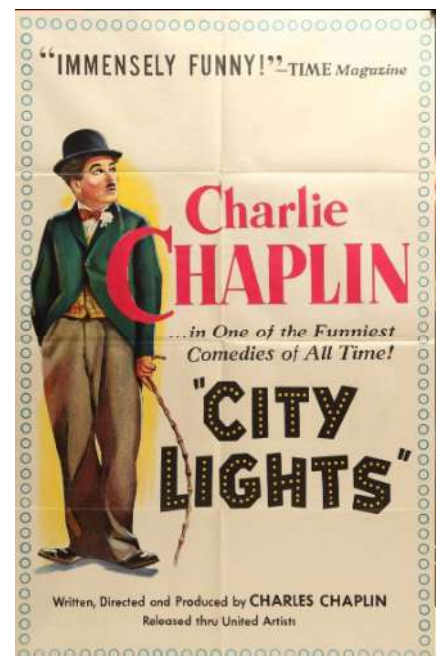
AL Movies in August



TV Dinner and Movie Sept 10th
5:30 Bistro/Community Room



Sept 18
6:00 Community Room



Outdoor Silent Movie Sept 29
7:00 Back lot

September Employees of the Month



IJ



Vasudeva



Sara

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