



Cedar Creek
SENIOR LIVING
A Lifespark Community

Age Magnificently



Our Community Newsletter

November 2025

Celebrations

Resident Birthdays

Kay D 11/9
Donna N 11/16
Kathy M 11/20
Margaret H 11/24
J.Loe 11/26
Judy S 11/26
Marlis H 11/27
Shirley M 11/27
Norma G 11/27
Annette D 11/29
Jean E 11/30

Staff Birthdays

Emma S 11/24
Stasha A 11/25

Staff Anniversaries

One Year
Becky, Rosalia, Michelle M

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

NATIONAL PEANUTBUTTER MONTH

1st- Vegan Day
2nd -Daylight savings
3rd- National Sandwich Day
4th- Candy Day
5th- Redhead Day
6th- National Nachos Day
7th- Love Your Lawyer Day
11th- Veterans' Day
12th- National Happy Hour Day
13th- World Kindness Day
14th- Pickle Day
16th- Fast Food Day
17th- Homemade Bread Day
18th- Princess Day
21st- Stuffing Day
25th- Parfait Day
26th- Cake Day
28th- French Toast Day



Executive Director, Stasha

Fall has been such a fun and festive season here in our community! From the cozy decorations and colorful pumpkins to the spirited Spark challenges, it's been wonderful seeing our residents so engaged and full of excitement.

I'm also thrilled to share that our new Assistant Executive Director, Emily, will be joining us next week! Please make it a point to stop by, introduce yourself, and help us give her a warm welcome.

As we transition during this interim period, please don't hesitate to reach out to me directly with any billing questions or concerns. I'm always happy to help and want to ensure everything continues running smoothly for everyone.

We're looking forward to all the joy this season still has in store. There's nothing quite like fall, flannel, family, and friends. It is the perfect combination to make our community feel like home.

Community Life with Wendy



Fall Fun in Senior Living: Celebrate the Season with Us!

Autumn is in full swing, and our senior living community is embracing the season with warmth, flavor, and festive spirit. As the leaves turn and the air grows crisp, we're bringing residents together through a lineup of engaging fall activities designed to spark joy and connection.

This season, we're turning up the heat with our Chili Cookoff, where residents and staff compete for the tastiest bowl. For those who prefer a twist on tradition, our Fall Nachos Night offers a delicious blend of seasonal flavors and friendly conversation. Creativity takes center stage during our Pumpkin Craft and Thankful Tree Craft sessions—perfect for decorating your space and reflecting on the thankfulness of the season.

And don't miss our newest seasonal highlight: the Fall Food Festival! This flavorful event brings together the best of autumn cuisine—from savory bites to sweet treats—all in one festive celebration of community and culture.

Relaxation is also on the menu with our cozy Spa Night, featuring soothing treatments and pampering moments to unwind. And as we honor those who served, our Veterans' Day Recognition Ceremony provides a heartfelt opportunity to reflect, celebrate, and express gratitude.

We invite all residents to join in the fun—whether you're here for the flavors, the festivities, or the fellowship, there's something for everyone this fall. Check the activity calendar or visit the front desk to sign up. Let's make this season unforgettable, together!

Memory Care Fun in October



Events to Look Forward to in MC

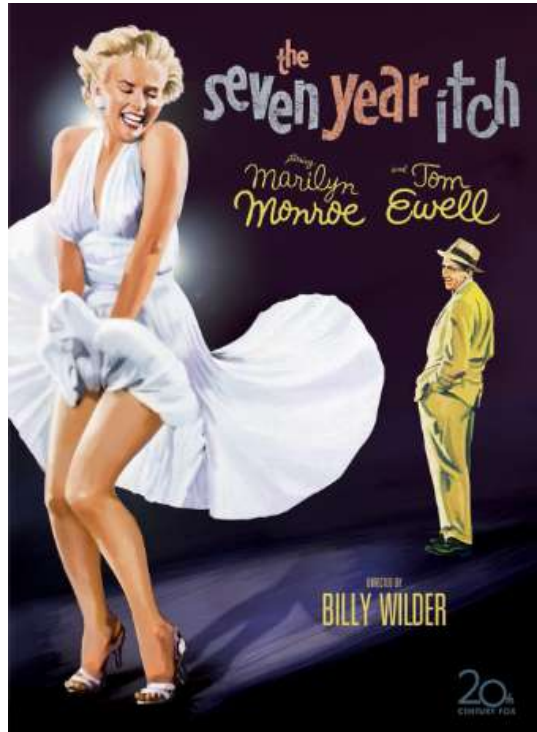
Oshibori Before Meals
Manicures
Thursday Snack Activities
Fall Mock Happy Hour
Turkey Hunt
Catholic Communion
Singing with Pastor Jean
Pastor Jason's Weekly Visit
Crafts
Turkey Decorating
Time Slips
Beautiful Questions
Birthday Celebration
Family Thanksgiving Meal



Movies this Month



Coco- Nov 3rd- 6:00 in
the community Room



7 Year Itch- Nov 9- 4:00 in
the pub



Wizard of Oz- Nov 20- 6:00 in
the Community Room

From the Desk of The Chaplain



This past month we have had special activities in our community centering on spirituality. Central to these activities was the practice of mindfulness, which means paying attention to what is happening right here and right now. Mindfulness is a good practice because it reduces stress, improves your mood, helps with memory, and supports heart health. It can also ease feelings of loneliness, improve pain management and deepen your connections with others.

You don't need fancy equipment or lots of time to do mindfulness. You can try these gentle practices:

- Mindful breathing: Sit comfortably and take slow, deep breaths. Notice the air moving in and out.
- Gratitude moments: Each day, name one thing you're thankful for.
- Mindful walking: During strolls, notice the colors, sounds, and sensations around you.
- Body scan: Lie down or sit quietly and gently notice how each part of your body feels, from head to toe.



VIRTUAL PROGRAM

U.S. ARMY IN YELLOWSTONE

PRESENTED BY:
WYOMING VETERANS
MEMORIAL MUSEUM

Wonderland's Soldiers:
The United States Army
in Yellowstone National
Park, 1886-1916" explores
the Army's time
managing and operating
Yellowstone National
Park.

**NOVEMBER 6TH
2:00PM**

VETERANS DAY



HONORING ALL WHO SERVED

2:30 PM IN THE COMMUNITY ROOM



THANKSGIVING BUFFET MENU

Thursday November 27th

Roasted Turkey
Pineapple Raisin Glaze Ham
Mashed Potatoes
Candy Sweet Mashed Sweet Potato
Green Beans Almondine
Stuffing
Gravy
Mixed Lettuce
Fruit
Pumkin Pie
Pecan Pie
Rolls

Family member \$18.00

Please Rsvp by November 18th at the front desk

What does it mean?

Do you see some events you would like to attend, but aren't sure what they will involve? Here is a rundown on what's in store!

Nov 3- Movie: Coco- a Disney Pixar film. An animated movie about family, music, and the Day of the Dead.

Nov 4- Darlin' Jesse Performance- The return of one of our favrite performers. Singing and guitar.

Nov 5- Fall Nachos- In observation of National Nacho day (Nov 6), come to the Bistro and enjoy a fall spin on this popular snack.

Nov 6- Lifelong Learning presents US Army In Yellowstone- PRESENTED BY: WYOMING VETERANS MEMORIAL MUSEUM Wonderland's Soldiers: The United States Army in Yellowstone National Park, 1886-1916" explores the Army's time managing and operating Yellowstone National Park.

Nov 9- Movie: 7 Year Itch- Marilyn Monroe, Tom Ewell. When his family goes away for summer vacation, a hitherto faithful husband with an overactive imagination is tempted by a sexy new neighbor.

Nov 10- Grip Games Banquet- If an active Cheerleader or Participant, we would love to have you join us for a luncheon to celebrate our season.

Nov 11- Veterans' Day Recognition- If a veteran or veteran spouse, be recognized for your service to our country. All welcome to come and honor our community members with military ties.

Nov 12- It's National Happy Hour Day! Let's celebrate with fall themed martinis! (alcoholic and virgin options will be available)

Nov 13- Toilet Paper Pumpkin Craft- Make a cute craft pumpkin using a roll of toilet paper!

Nov 15- Fall Food Festival of Nations- Join us in the Community Room and Bistro to sample all kinds of different cultural treats! Guests will treat you to their national foods!

Nov 15th- To Celebrate National Homemade Bread Day, we are going to make painted toast!

Nov 18th- It's National Princess Day! We are going to observe it with a Mary Kay consultant joining us for a spa evening! Get a facial and a relaxing princess themed spa night.

Nov 19th- The Nissels will be here to play music and celebrate our community members' November Birthdays.

Nov 20th- Outing to Chester's - a cafe in St Francis.

Nov 20th- Movie: Wizard of Oz- In observance of Wicked: For Good Being released, you can see where it all started by watching the original inspiration.

Nov 21- Chili Cook Off Happy Hour- Come to the ub starting at 2:00 to enjoy a soda or adult beverage and sample various chili's and vote for your favorite. Residents and Staff will be competing for the favorite chili recipe.

Nov 24- In celebration of National Peanutbutter Month, we are going to make no-bake peanutbutter treats in the Bistro.

Nov 25- Let's enjoy fall themed yogurt parfaits!

Nov 26- In honor of Thanksgiving, let's reflect on what we are thankful for by making a thankful tree.

Nov 26- Brain Boosting Board Games- New Study Finds These Popular Games May Lower Your Risk of Dementia! Join us to play!

Nov 29th- Trash to Treasure- bring your unneeded items (clothes, household items, etc) to the Community Room and see what others have brought that may be something you need! leftover items will be brought to Goodwill.

October Activities in Assisted Living



From Nursing

As we gather around this season of gratitude, I want to take a moment to express my heartfelt thanks to each of you — our wonderful residents and their families.

To our residents, thank you for allowing us the privilege of caring for you each day. Your strength, stories, and smiles bring warmth and purpose to our work. You remind us daily why compassion and connection are at the heart of nursing.

To our families, thank you for your trust, support, and partnership. Your encouragement and involvement help us create a true sense of community and home.

This Thanksgiving, I am especially grateful for the dedication of our nursing team and all staff who go above and beyond to ensure our residents feel loved, safe, and valued.

May your holiday season be filled with peace, gratitude, and joyful moments shared with those you hold dear.

With heartfelt thanks,

Sara



November Employee of the Month



Segimond (Segi) Ankrah

"I'm someone who loves helping others and bringing positivity wherever I go. I enjoy learning new things, meeting people from different backgrounds and finding joy in the little moments of life. Outside of work, I like spending time with friends, playing different musical instruments, creating art and staying active. I believe in kindness, hard work and always giving my best in everything I do."

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



Wendy Zimmerman
Community Life Director



Griffin Huberty
Director of Environmental Services



Carlos Ciudad
Culinary Director



Michelle Miller
Administrative Assistant



Jean O'Bresky
Chaplain