



**Cedar Creek**  
SENIOR LIVING  
A Lifespark Community

*Age Magnificently*



# Our Community Newsletter

## January 2026

### **Celebrations**

#### **Resident Birthdays**

Anthony D	1/4
Arden W	1/5
Marie G	1/8
Mary J B	1/13
Pat K	1/17
Dorene H	1/27
John M	1/30

#### **Staff Birthdays**

Ubah A	1/1
Grace S	1/4
Michele D	1/11
Collin T	1/13
HannaMae A	1/20
Tracey C	1/22
Alexandra F	1/27
Christa B	1/27

#### **Staff Anniversaries**

Vasudeva A, Griffin H	1 year
Grace B, Renee B, Caylee P	2 years
Tracy C	4 years

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

Jan 1- New Year's Day  
Jan 3- Festival Of Sleep  
Jan 4- Spaghetti Day  
Jan 5- Whipped Cream Day  
Jan 6- Bean Day  
Jan 7- Pass Gas Day  
Jan 8- Bubble Bath Day  
Jan 10- House Plant Appreciation Day  
Jan 12- Glazed Donut Day  
Jan 13- Rubber Duckie Day  
Jan 15- Hat Day  
Jan 16- Appreciate a Dragon Day  
Jan 19- MLK Jr Day  
Jan 20- Cheese Lover's Day  
Jan 24- Belly Laugh Day  
Jan 27- Chocolate Day  
Jan 29- Puzzle Day



Executive Director, Stasha

As December comes to a close, I want to take a moment to reflect on what has truly been a meaningful and memorable month here at Cedar Creek.

The holiday season is always a special time, and it was made even more so by the incredible sense of community we share. I am deeply thankful for our residents and families. Your trust, kindness, and partnership mean more than words can express. You are the heart of our community.

To our dedicated staff.... thank you for your continued hard work, compassion, and commitment, especially during a busy holiday season. Your dedication ensures that Cedar Creek remains a warm, supportive, and welcoming home for those we serve.

A special thank you goes to our wonderful Culinary Department for preparing such a beautiful and delicious holiday dinner. The care and effort you put into creating that experience did not go unnoticed and was truly appreciated by all who attended.

I would also like to extend a heartfelt thank you to Segi, HHA, for sharing his musical talents during the holiday dinner. His performance added an extra layer of joy and celebration to the evening and helped make the event truly memorable.

As we look ahead to January and the new year, we do so with optimism, gratitude, and excitement for what's to come. A new year brings new opportunities, continued growth, and a renewed commitment to providing exceptional care and support for our residents.

From all of us at Cedar Creek, we wish you a joyful holiday season and a happy, healthy New Year. We are grateful to walk into 2026, together.

Stasha

### Community Life with Wendy



Hello, Residents of Cedar Creek!

January at Cedar Creek Senior Living is a time of reflection, renewal, and connection. As the new year begins, residents are encouraged to look ahead with optimism while celebrating the life experiences that make our community so special. The calm pace of winter allows residents to focus on wellness, comfort, and meaningful relationships.

Our community offers a variety of engaging activities throughout January, including fitness classes, games, crafts, and educational programs designed to keep you active and involved. You may also enjoy participating in organized outings, such as local shopping trips and visits to nearby restaurants. These activities and outings help foster social connection, promote well-being, and create a warm, welcoming start to the new year at Cedar Creek Senior Living.

Looking forward to another fun month ahead!



## Memory Care Fun in December



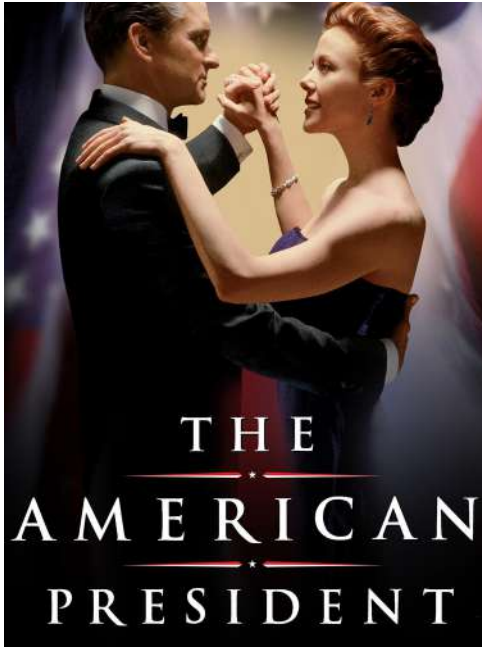
## Events to Look Forward to in MC

**Oshibori Before Meals**  
**Manicures**  
**Tuesday Snack Activities**  
**Mock Happy Hour**  
**Catholic Communion**  
**Singing with Pastor Jean**  
**Pastor Jason's Weekly Visit**  
**Crafts**  
**Time Slips**  
**Beautiful Questions**  
**Birthday Celebration**  
**Outing To DQ (residents need  
their guardian to sign them up  
and bring in payment)**





## Movies this Month



Jan 7th 6pm  
Community Room



Jan 18th 4pm  
Community Room



Jan 21st 6pm  
Community Room

## From the Desk of The Chaplain

As we stand at the beginning of a brand new year, I want to extend heartfelt greetings to each of you. The turning of the calendar is more than just a change of date—it's an opportunity to reflect, renew, and look forward with hope. Whether the past year has brought you joy, challenges, or a mix of both, together we now face the promise of new beginnings.



One of the greatest gifts here at our assisted living community is the sense of belonging we share. As we welcome 2026, I encourage you to reach out, connect, and support one another. Whether it's joining in group activities, sharing a story at meal times, or simply offering a smile in the hallway, small gestures can brighten someone's day and remind us all that we are never alone.

My prayer for you this year is that you find peace, joy, and renewed purpose. May you feel surrounded by love and cared for in body, mind, and spirit. Remember, each day is a gift—an opportunity for gratitude, growth, and grace. If you ever need someone to talk to or a listening ear, my door is always open.

With love and blessings,

Chaplain Jean

## 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 some of what's in store!**

**Manicures with Becky-** Join Becky in the Pub on the 3rd and 17th for a nail polish refresh.

**Spark Game Team Pics-** If you play ANY of the Spark games in a year, please join Wendy in the Pub Jan 5th at 1:00 for team pics.

**Bean Recipe Tasting-** It's National Bean Day. Let's try a few recipes with different ways beans are being used! 1:00 in the Bistro.

**TikTok Tuesday-** Video: Our Residents are throwing a fit! Come in your very best outfit (think your most stylish) and join us to have fun making a TikTok video and attempt to go viral! 2:30 in the Pub.

**Let it Snow!-** Londyn wants to make snowflakes with you and add them to the pub for a fun winter decor! 1:30 in the Pub Jan 7th.

**The American President-** Playing at 6:00 Jan 7th in the Community Room: A widowed U.S. President running for reelection and an environmental lobbyist fall in love. It's all above-board, but "politics is perception," and sparks fly anyway.

**Donuts and Coffee-** Have a morning donut and coffee to kick off your day. Jan 8th and Jan 22nd in the Bistro at 10:30am.

**Lifelong Learning: A Moment in Time-** experience Photavia's curated collection of LIFE Magazine images and creative conversation prompts. This program sparks nostalgic memories and will get us kicked off for an exciting year of lifelong learning to come. 2:00 in the Pub Jan 8th.

**Jingle Bell Door Craft-** Make a fun door hanging for the winter season! 1:00 in the Pub Jan 9th.

**Tattoos and Booze-** Come for the usual Happy Hour time 2:30 the 9th in the pub, but take your choice of temporary tattoos for some fun cosplay time. Been dying to see what a rose looks like on your forearm? We've got you!

**Glazed Donut Bar-** It's National Glazed Donut Day! Come enjoy your donut with fun choice toppings! 1:30 in the Bistro.

**Cards with Ruth and Jerri-** Come make a monthly greeting card with volunteers and family members Ruth and Jerri. 10:30 in the Pub.

**TikTok Tuesday-** Video: Candy Salad. Join Wendy in the pub to make a fun video with candies you will select from the provided collection. We will be having fun highlighting our community and making a candy salad! Jan 13th at 2:30 in the Pub.

**Outing to Mansetti's-** Jan 14th. Sign up ahead of time. 10:30am in the lobby.

**Mason Jar Votive Craft-** We will be making pretty winter LED votive jars to decorate your apartments. Join Wendy at 2:30 in the Pub Jan 14th.

**Meet Me in St Louis-** Playing at 4:00pm in the Community Room Jan 18th. A heartwarming musical film that follows the Smith family as they navigate love, family dynamics, and the anticipation of the 1904 World's Fair in St. Louis.

**Cooking With Carlos-** Join Chef Carlos in the Bistro Jan 20th at 2:30 for a lesson in Cuban food.

**Winter Snack Activity-** In the works- enjoy a great winter snack in teh Bistro at 2:00 Jan 21st.

**Calendar Girls-** Movie at 6pm in the Community Room Jan 21st: The comaedy of best friends Chris and Annie who are members of a charitable institute. When Annie's husband succumbs to leukemia, the friends decide to pose nude for a calendar to raise funds for a local hospital.

**Casino Happy Hour-** Come on in to the Bistro and Community Room on Jan 23rd at 2:00 for a happy hour and casino fun! Play a few games, including human slots, and enjoy a fun at home casino.

**TikTok Tuesday:** Video Then and Now. Bring your younger self in a photo and share with others how you have aged magnificently! Let's make a fun memory of then and now! 2:30 in the Pub Jan 27th.



# WINTER

## WORD SEARCH



### WORD LIST

BOOTS  
CHILLY  
COAT  
COLD  
FEBRUARY  
FIREPLACE  
FLURRIES  
FREEZE  
FROST  
FROSTBITE  
HIBERNATE  
HOLIDAY  
HOT CHOCOLATE  
ICE SKATING  
ICICLE  
IGLOO  
JACKET  
MITTENS  
NEW YEAR  
PENGUIN  
SCARF  
SKIING  
SLEIGH  
SNOW  
SNOWFLAKE  
SNOWMAN  
SOLSTICE  
WINTER

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





## December Activities in Assisted Living





# December Employee of the Month

## Mary Johnson



We are proud to recognize Mary Johnson as our Employee of the Month! Their dedication, positive attitude, and consistent willingness to go above and beyond make a meaningful impact on both our team and those we serve. Thank you for your hard work and commitment—we truly appreciate all that you do.

### The Leadership Team



**Stasha Andrews**  
Executive Director



**Sara Carder**  
Director of Health Services



**Morgan Seamon**  
Assistant Director of Health Services



Photo coming soon:  
Welcome AED, Emily!



**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