



**Cedar Creek**  
SENIOR LIVING  
A Lifespark Community

*Age Magnificently*



# Our Community Newsletter

## February 2026

### **Celebrations**

#### **Resident Birthdays**

Alan H 2nd  
Cindy C 8th  
Barb R 21st  
Betty G 25th

#### **Staff Birthdays**

Angela W 1st  
Glory W 4th  
Amanda B 10th  
Lauren W 10th  
Jose R 18th  
Cynthia K 19th

#### **Staff Anniversaries**

Apologies to Tracey C and our Jan Publication. She has been with Lifespark for 5 years! WOW!

1 year: Anna C and Chris D

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

I LOVE TO READ MONTH  
BLACK HISTORY MONTH  
AMERICAN HEART MONTH  
Feb 1 Change Your Password Day  
Feb 2 Groundhog Day  
Feb 3 Take a Cruise Day  
Feb 5 Chocolate Fondue Day  
Feb 6 Nat'l Chopsticks Day  
Feb 8 Superbowl  
Feb 10 Umbrella Day  
Feb 11 Make a Friend Day  
Feb 13 Galentine's Day  
Feb 14 Valentine's Day  
Feb 16 National Tim Tam Day  
Feb 17 Mardi Gras  
Feb 20 Cherry Pie Day  
Feb 22 World Yoga Day  
Feb 24 Tortilla Chip Day  
Feb 27 Strawberry Day



Executive Director, Stasha

Even though the weather is cold, our hearts remain warm here at Cedar Creek as we reflect on a busy and exciting start to the year. January gave us the opportunity to celebrate our incredible team with a holiday party, recognizing the dedication, compassion, and hard work that make our community such a special place. We also marked an important milestone by reaching 100% occupancy, an achievement that truly reflects the teamwork and amazing quality care provided every day. We also said goodbye to our Marketing Director, Michele Dvorak, and would like to thank her for everything she contributed to Cedar Creek, wishing her continued success in her next chapter.

As we move into February, we look forward to continued connection and celebration within our community. Our Valentine's Day Dinner is on Friday, February 13th, and the event details have already been sent out with statements. Please remember to RSVP by February 6th if you plan to attend. We are excited to share a special evening filled with great food, meaningful moments, and time spent with loved ones.

Cold weather or not, the kindness, care, and teamwork shown throughout Cedar Creek continue to make this community feel like home.

Stasha

## Community Life with Wendy



February brings a lively spirit to senior living communities, turning a winter month into a season of color, connection, and celebration. With festive traditions and creative programming, it becomes a time when residents can enjoy meaningful social experiences and a renewed sense of togetherness.

Valentine's Day naturally takes center stage, offering opportunities for heartfelt activities that spark joy and companionship. Many communities host card-making, themed socials, candygram orders, or special dinners that encourage residents to share memories, laughter, and appreciation for the people who brighten their days.

These gatherings help strengthen friendships and create warm moments during the colder season.

Mardi Gras adds another layer of excitement to the month. Bright decorations, masks, king cakes, parties, and lively music bring the spirit of New Orleans right into our community. Throw in some Cajun-inspired treats that make the celebration both festive and you'll be sure to have a great time!

If you've ever wanted to feel like the kings and queens you are, Glamourshots are coming to our community! Sign up for a timeslot in the wellness center and get your portrait session and 5x7 for free!

February also inspires a variety of enriching indoor activities—art classes, book Making, music programs, and events that keep minds engaged and spirits high. These experiences offer meaningful ways to express yourself and stay socially connected.

Even in the heart of winter, February in senior living feels vibrant.

I invite you to join us as a regular attendee, or as someone coming in brand new! I'd love to see you there soon!

## Memory Care Fun in January

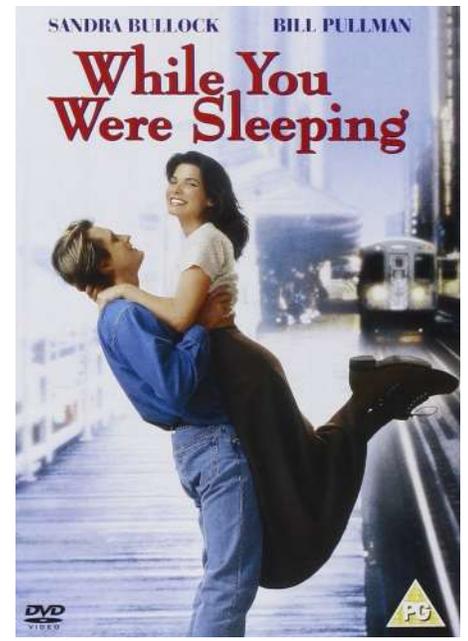
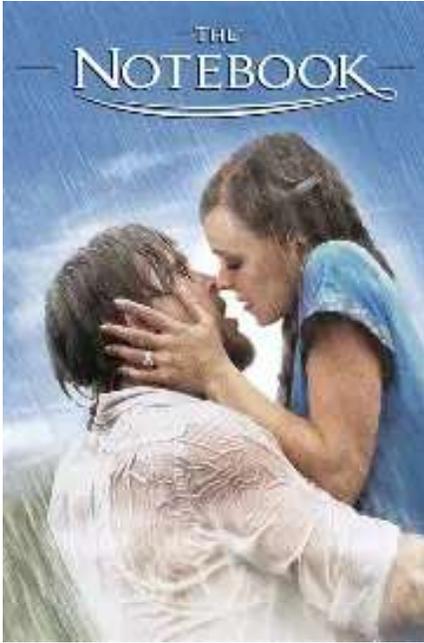


## Events to Look Forward to in MC

**Oshibori Before Meals**  
**Manicures**  
**Tuesday Snack Activities**  
**Mock Happy Hour**  
**Catholic Communion**  
**Singing with Pastor Jean**  
**Pastor Jason's Weekly Visit**  
**Crafts**  
**Time Slips**  
**Valentine's Day Party**  
**Jousting**  
**Glamour Shots**  
**Beautiful Questions**  
**Birthday Celebration**



## Movies this Month



Movies at 6:00pm in the Community Room Feb 11th, 17th, and 26th

### From the Desk of The Chaplain

A Valentine's Day Message from the Chaplain

Valentine's Day often arrives wrapped in red and pink—a swirl of hearts, chocolates, and memories. But at its core, Valentine's Day is about something much deeper and more enduring: love in all the forms it takes throughout a lifetime.



Here in our assisted living community, we see love expressed every day in the quiet, steady ways that matter most. We see it in family members who call just to check in, in friends who pull up chairs next to each other at meals, in staff who offer kindness through a gentle reminder or a warm cup of coffee, and in residents who share stories that help us understand who they are and where they've been.

As your chaplain, it is my honor to witness the love within this community—love expressed through resilience, tenderness, humor, and shared humanity. May this Valentine's Day remind us that love does not diminish with time; it grows richer, deeper, and more meaningful.

With gratitude and blessing,

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!**

**Guess the Shadow-** Feb 2nd in the community room: Residents and Staff have contributed their shadows for Groundhog's Day. Can you guess the right ones? Winners announced Feb 3 for whomever gets closest.

**TikTok Tuesdays-** join us in the pub on Tuesdays for a fun video trend.

**Lifelong Learning:** Marine Rescue and Rehab- Come join us for a live zoom with experts talking about marine life and rehab in the pub Feb 5th at 2pm in the Pub.

**Hearts Across America-** We are making Valentine's for another senior community! Feb 7th in the pub at 1:30.

**Valentine's Day Spirit Week-** Let's Celebrate! MONDAY: Wear Pink and Red TUESDAY: Silly Sock Day. Get Your Socks to Wear in the Wellness Center WEDNESDAY: Spread Kindness THURSDAY: Wear your favorite team Shirt or Jersey. FRIDAY: Show your love with heart themed clothing and giving love to those around you.

**Valentine's Day Mini Cake Decorating-** mini cakes will be baked and cooled... waiting for you to frost and decorate for the holiday. Feb 11th at 2:00 in the Bistro.

**EBES Valentine's Day Delivery-** the East Bethel Elementary Student Council will be here to deliver Valentines to residents Feb 13th

Let's Make Dipped Strawberries- 1:00 in the Bistro Feb 14th we will dip and decorate strawberries.

**Match Game-** MISPRINT- it will be the "(Not So) Newlywed Game" and happy hour Feb 20th in the Bistro at 2:00. Join us as we watch a few of our own resident couples battling it out to see who knows who best! Happy hour drinks and treats provided!

**Glamour Shots-** sign up by Feb 16th in the wellness center to get hair and makeup done, then prepare for your most beautiful or handsome photos to be done. We provide all the accessories and gear. Men and Women welcome. Photo day is Feb 22nd starting at 10am. SIGN UP FOR YOUR SPOT.

**I Love to Read Month Community Book-** come to the pub on Feb 25th at 1:30 to fill out a self portrait page and word prompts. This book will be sent it to create copies. One will be here in the community for all to see and you may purchase additional copies for your own keepsake. More details coming.

# CUPID CARLOS DELIVERS CANDYGRAMS!

\$1.00 EACH.

PROCEEDS GO TO AMERICAN HEART ASSOCIATION.

DEADLINE TO ORDER: FEB 10TH



CONTACT WENDY FOR ORDER AND PAYMENT  
WENDY.ZIMMERMAN@LIFEPARKSL.COM



## TikTok Tuesdays!

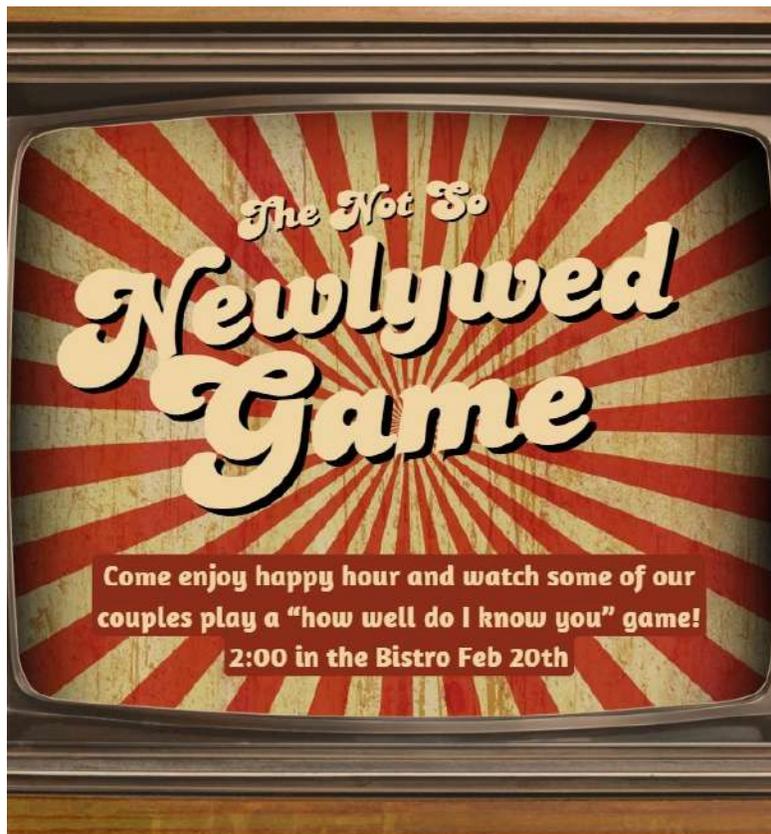
Join us for trending video fun!  
2:30 in the Pub.



Feb 3- Harlem Shake: a fun 2014 video trend. If you have fun things like sunglasses, boas, or silly items, bring them along!

Feb 10 - In a Box : Come for a fun photo/video opportunity to make a "Brady Bunch" style photo. Come as you are!

Feb 17 - Mardi Gras: Join us for King Cake, Shrimp Poy Boys, beads, and Mardi Gras Fun!



*Get Your Glamour Shots*

Ladies and Gentlemen!

Sign up for your time slot in the Wellness Center.

Free!! 5X7 included!

We provide all the accessories and hair/makeup for all who want it.





**The Cheetahs Want YOU!**

**Join us!**

**See Wendy or your community members for details.**



# Employee of the Month



## Renee Boller

Culinary is thrilled to have nominated Renee for her hard work and efforts with the residents of this community.

### 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