



**400 Gilkey Road
Burlington, WA 98233**

360-755-5550

www.creeksideretirement.com

**Winner of the
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Where Did You Come From?

**Skagit Valley Genealogical Society
Presentation & Workshop**

April 9th at 1:30 in the Great Room

What is Genealogy?

What are my roots? How did my family get here?

Come to this fun, informative presentation and workshop on how to trace your family roots!

Handouts on how to get started, guidance from “the pros” and resources to start the process.

Look for more information on program date and time in next month's newsletter!



Save The Date!



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What A Small World!

Eldora LaCount and Connie Johnson certainly think it is. Many years ago Connie lived on 15th Street South in Burien, WA, and Eldora on 15th Street South in Burien. They lived only one block apart for many years and didn't even know it until they started talking and got acquainted here at Creekside! Now Connie and Eldora live

across the hallway from each other. Connie's son, Randy, and Eldora's daughter's, Lorraine and Carol, all graduated from Highline High School in Burien around the 1960's. You can now see Randy playing the Creekside piano at events, Lorraine at the Assisted Living Front Desk, and Carol visiting in the dining room. It is really a small world and we are lucky to



Eldora



Connie

Joanie's St. Patrick's Day Party

There'll be plenty o' celebratin'!

**Clan
Dancers!
See page 7**

Please join us

**Saturday, March 17th
at 4:00 pm in the Great Room**

Joanie will be serving **Green Beer and Corned Beef & Cabbage Sliders** for you to enjoy. There will also be a nonalcoholic drink choice as well. Come and join Joanie and of course you better wear **green**.

be able to be a part of it.

Join us in the month of March as we celebrate what a small world it is by having our own Creekside staff share their history with us. At the end of this month we will be celebrating by having “Tastes From Around the World”.

Check out the Creekside Calendar and page 6 of this newsletter for dates and times of these events! ☺

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March
2012



**Creekside
Retirement
Community**

Volume 15, Issue 15

The Bowen Technique

"Balancing the Autonomic Nervous System"

A Bowen Technique uses a series of simple, gentle "moves" across muscle and connective tissue. It is similar to tuning a stringed instrument, sending harmonic vibrations that balance the body. Because it works in harmony with the body, the Bowen technique is incredibly effective for most any muscular, skeletal or nerve imbalance. The technique is so gentle it can be used on anyone from infants to the elderly. Bowen produces a deep relaxation and can release blocked emotional energy, which can assist the body in creating a context for the auto-regulation/healing process to occur.

While substantial relief is often experienced with the first session, long term resolution is typical with the second or third session. Certain chronic or degenerative conditions may benefit from further or ongoing attention.

Catherine Kelly,
Esthetician, LMP, Bowen Practitioner

Will be at Creekside:
March 15th & 29th, 2012

For an appointment please call 360-421-1531



Creekside Welcomes Our New Residents!

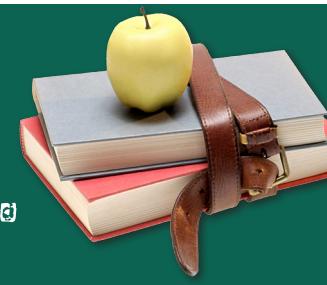
Please join us as we welcome:

Becky VanCleave
Eugene Price
Bob & Adrianna Swanson
Ella Chitwood



at a New Residents Social, held in their honor March 25th at 2:00 p.m.
in the Great Room

Library Notes



Hurrah!! We have finally finished the third floor library on the IL side. It has been a big job, and I sincerely thank all the Creekside Elves who helped so much. (you know who you are) I couldn't have done it without you. And my other exciting news is . . . the magnifier is now set up in the AL library on the second floor of the assisted living side. It is great! If you have something in small print that you need to read, give it a try. This is open to anyone to use just as both libraries are. The second floor library is shaping up nicely, and we invite you to take a look. My thanks again to all those who have helped with this. More books are coming in, so KEEP READING and enjoy.

Marceine Melcher
Creekside Librarian

Contact Our Staff

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Dale Baumgardner - Maintenance Supervisor
plantoperations@creeksideretirement.com
Marilyn Whyte - Business Office Manager
bom@creeksideretirement.com
Crystal Jungquist - Dining Room Supervisor
dietaryservices@creeksideretirement.com

Employee of the Month Jennifer Nording



Her bright smile is always on when she sees our residents. Jennifer is conscientious and thoughtful. She is always willing to lend a hand to anyone that asks. Jennifer is a great asset of Creekside.

Way to go Jennifer!



March Birthdays

Marceine Melcher, Mar 2
Tom Bergman, Mar 6
Isabelle Berry, Mar 9
Lola Weisler, Mar 9
Marge Hillius, Mar 10
Pete Welch, Mar 13
Coraleen Hale, Mar 13
Derward Osborne, Mar 15
Donald Austin, Mar 15
Phyllis Roberts, Mar 19
Polly Westdal, Mar 26
Ken Fenske, Mar 29
Myrtice Frame, Mar 29
Cliff Gillard, Mar 30

The Clan Heather Dancers

will be performing at our

St. Patrick's Day Party
Saturday, March 17th

at 4:00 pm
in the Great Room



Corned Beef & Cabbage Sliders and Green Beer!

Scottish Highland Dances & Irish Step Dance



A Historic Ride with Edie Edmundson



Burlington has been around for a long time. Edie will be taking us on a tour of Burlington and the surrounding area. She will be giving insight of what it was like when she was a child and how Burlington has changed through the years and how it is today. This will be a lot of fun. We will have two of the same bus trips. Please only sign up for one trip so many can enjoy the trips. These trips will be about 2 hours long. We will be stopping at the City Hall and possibly the library so there will be bathroom breaks. But plan on sitting on the bus for a longer than normal scenic ride.

The first ride is on Thursday March 8th at 10:00 AM

The second ride is on Thursday March 22nd at 10:00 AM

We will be taking another trip to the
Susan Wilbur Early Education Center (SWEEC)
March 15th, 2012

*We'll meet in the lobby and the bus will leave here
at 1:30 and head to La Conner.*

Our last trip was in November 2011, and we all had a great time with the preschoolers. This time we will be doing a St. Patrick's Day craft with the kids and joining them for snack.

Contact Mandy for more information or questions



Ken's Cocktail Hour

Friday, March 16th, 2012 at 4:00 pm in the Great Room

*Come to the Great Room and join Ken Fenske
as he plays some Irish tunes for us as Mandy's
makes the signature drink,*

"Irish Buck"



Celebrating our Cultural Histories From Around the World to Creekside!

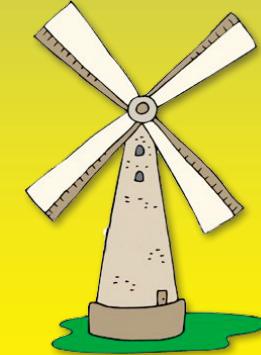
Join us this Month as we celebrate the rich cultural histories we have right here at Creekside!

Some of our staff will be offering presentations about their family history and roots of origin in the Theater Room (dates and times are listed below). Tuesday, March 27th, we will wrap up the month with a culinary potluck celebration, "Tastes from Around the World". Come and enjoy tasting samples of food from a variety of the different cultures "represented" here at Creekside.

Friday, March 9th

at 2:00 in the Theater Room

Crystal Jungquist, Creekside's Dining Room Supervisor, is going to tell the history of her Great Grandpa Poldervart and how he came to this part of the country from his home in Holland.



Sunday, March 11th

at 2:15 in the Theater Room

Joanie Nagatani, Activities Assistant, will share with you the history of her family and how they settled in Burlington as well as her Japanese Heritage.



Friday, March 16th

at 2:00 in the Theater Room

Mandy Buck, Activities Director, has a great story to tell about how her Irish family settled in the La Conner, WA, area. She will also be hosting a cocktail hour afterward with her signature Irish Buck cocktail!



Friday, March 23rd

at 2:00 in the Theater Room

Danene Yakobian, Dining Room Server, tells about her family roots in Armenia.



Tuesday, March 27th

at 3:00 - Tastes From Around the World Potluck!

Come and sample traditional food from the different cultures represented right here at Creekside.

Watch for more exciting events next month!



Creekside Retirement Community Calendar



March 2012



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4 10:00 am, Church Service TR 12:30 pm, Catholic Service TR 2:15 pm, Bingo GR 3:30 pm, Sunday Matinee TR	5 9:30 am, Exercise GR 10:00 am, Haggens/Banking 1:30 pm, Scenic Ride 2:00 pm, Cards GAM 3:00 pm, Musical Movie Monday's TR	6 9:30 am, Exercise GR 10:00 am, Bible Study 10:00 am, Trivia IL 1:30 pm, Shopping: Burlington Mall 3:30 pm, Jerry's Going Away Party GR	7 9:30 am, Exercise GR 11:00 am, Chair Volleyball GR 3:00 pm, Bingo GR 3:30 pm, Sing-A-Long AL 6:00 pm, Midweek Movie TR	1 9:30 am, Exercise GR 3:00 pm, Wii Class GAM 3:30 pm, Cooking Hour AL 6:00 pm, Scrabble GAM	2 9:30 am, Exercise GR 10:00 am, Fred Meyer 1:30 pm, Walking Group IL 2:00 pm, Bingo GR 4:00 pm, Happy Hour: Applebee's	3 9:30 am, Exercise GR 1:30 pm, Wii Class GAM 2:15 pm, Bingo GR 6:30 pm, Bridge GAM
11 10:00 am, Church Service TR 12:30 pm, Catholic Service TR 2:15 pm, Joanie's Roots GR 3:30 pm, Sunday Matinee TR	12 9:30 am, Exercise GR 10:00 am, Haggens/Banking 1:30 pm, Resident Council Meeting TR 2:00 pm, Cards GAM 3:00 pm, Musical Movie Monday's TR	13 9:30 am, Exercise GR 10:00 am, Bible Study 10:00 am, Trivia IL 1:30 pm, Shopping: Dollar Store 3:30 pm, AL Exercise AL	14 9:30 am, Exercise GR 11:00 am, Casino Run: Resident Choice 2:00 pm, AL Resident Council Meeting TR 3:00 pm, Bingo GR 6:00 pm, Midweek Movie TR Ears 2 U	8 9:30 am, Exercise GR 10:00 pm, Historic Ride with Edie Edmundson 3:00 pm, Wii Class GAM 3:30 pm, Cooking Hour AL 6:00 pm, Scrabble GAM	9 9:30 am, Exercise GR 10:00 am, Fred Meyer 2:00 pm, Crystal's Roots TR 2:00 pm, Cards GAM 2:30 pm, Bingo GR 4:00 pm, Solarium Social SL	10 9:30 am, Exercise GR 1:30 pm, Wii Class GAM 2:15 pm, Bingo GR 6:30 pm, Bridge GAM
18 10:00 am, Church Service TR 12:30 pm, Catholic Service TR 2:00 pm, Hometowners: Tom & Joe 3:30 pm, Sunday Matinee TR	19 9:30 am, Exercise GR 10:00 am, Haggens/Banking 1:30 pm, Scenic Ride 2:00 pm, Cards GAM 3:00 pm, Musical Movie Monday's TR	20 9:30 am, Exercise GR 10:00 am, Bible Study 10:00 am, Trivia IL 1:30 pm, Monthly Birthdays with The Renegades 3:30 pm, AL Exercise AL	21 9:30 am, Exercise GR 11:30 pm, Lunch Date: 5 Guys Burgers and Fries 3:00 pm, Bingo GR 3:30 pm, Sing-A-Long AL 6:00 pm, Midweek Movie TR	15 9:30 am, Exercise GR 1:30 pm, SWEEC Preschool 3:00 pm, Wii Class GAM 3:30 pm, Cooking Hour AL 4:15 pm, Spaghetti Feed: Allen Methodist Church 6:00 pm, Scrabble GAM Bowen Massage	16 9:30 am, Exercise GR 10:00 am, Fred Meyer 2:00 pm, Mandy's Roots TR 2:00 pm, Cards GAM 2:30 pm, Bingo GR 4:00 pm, Ken's Cocktail Hour: Irish Buck GR	17 9:30 am, Exercise GR 1:30 pm, Wii Class GAM 2:15 pm, Bingo GR 4:00 pm, Joanie's St.Patrick's Day Party GR 6:30 pm, Bridge GAM
25 10:00 am, Church Service TR 12:30 pm, Catholic Service TR 2:00 pm, New Resident Social TR	26 9:30 am, Exercise GR 10:00 am, Haggens/Banking 1:30 pm, Scenic Ride 2:00 pm, Cards GAM 3:00 pm, Musical Movie Monday's TR	27 9:30 am, Exercise GR 10:00 am, Bible Study 10:00 am, Trivia IL 1:30 pm, Shopping: Thrift Store 3:00 pm, Taste Of The World GR 3:30 pm, AL Exercise AL	28 9:30 am, Exercise GR 11:00 am, Chair Volleyball GR 3:00 pm, Bingo GR 6:00 pm, Midweek Movie TR	22 9:30 am, Exercise GR 10:00 pm, Historic Ride with Edie Edmundson 2:00 pm, Food Committee Mtg TR 3:00 pm, Wii Class GAM 3:30 pm, Cooking Hour AL 6:00 pm, Scrabble GAM	23 9:30 am, Exercise GR 10:00 am, Fred Meyer 2:00 pm, Danene's Roots TR 2:00 pm, Cards GAM 2:30 pm, Bingo GR 4:00 pm, Solarium Social SL	24 9:30 am, Exercise GR 1:30 pm, Wii Class GAM 2:15 pm, Bingo GR 6:30 pm, Bridge GAM
				29 9:30 am, Exercise GR 2:00 pm, Tea Party 3:00 pm, Wii Class GAM 3:30 pm, Cooking Hour AL 6:00 pm, Scrabble GAM Bowen Massage	30 9:30 am, Exercise GR 10:00 am, Fred Meyer 1:30 pm, Walking Group IL 2:00 pm, Bingo GR 4:00 pm, Solarium Social SL	31 9:30 am, Exercise GR 1:30 pm, Wii Class GAM 2:15 pm, Bingo GR 6:30 pm, Bridge GAM

LOCATIONS

- IL**IL Lobby
ALAL Lobby
GRGreat Room
TRTheatre Room
- GAM** ...Game Room
SLSolarium
FRFitness Room
ACArts & Crafts Room
 (AL 2nd floor)