



**400 Gilkey Road
Burlington, WA 98233
360-755-5550
www.creeksideretirement.com**

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Winner of the
People's Choice
Award for Best
Retirement
Community
2008 & 2010



Creekside Retirement Community invites you to the 10th Annual

Breakfast with Santa

A Complimentary Buffet Breakfast,
Open To Kids Of All Ages.

8:30 a.m. Early Bird Special Seating for Seniors
9:30 & 10:30 a.m. Seatings for all ages

**Space is limited, tickets by reservation only!
RSVP by Wed., Dec. 7th to 360-755-5550**

Retired Marine,
Lonnie Shere will be at this event
collecting toys for the Toys For Tots program.

Bring your new, unwrapped toy
to breakfast and support

Free Parking and shuttle at Regence Blue Shield.



Enter to win
Prizes!

Complimentary
pictures with
Santa!



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Creekside's Assisted Living: Your Quality of Life, Enhanced by Our Attention to Quality.

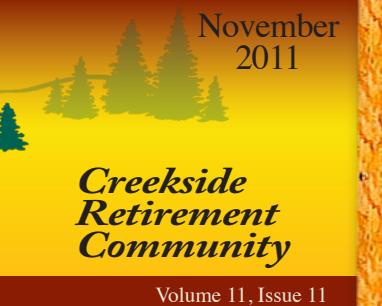
Creekside Retirement Community offers a spectrum of living options for our residents. Fifty-two of our apartments at Creekside are licensed for assisted living services for those who need help maintaining an active lifestyle.

At Creekside, assisted living means person-centered care. Our caring staff pays attention to the details and the needs of each resident. We offer a full menu of personalized assisted living services. Cheryl Peterson, our Director of Resident Services, builds each individual service plan after completing a comprehensive assessment. The following services may be included in a personalized plan: medication assistance, showering & bathing, dressing, personal appearance & hygiene assistance, mobility assistance, health maintenance, care coordination, continence management, diabetes support, and other special services.

Creekside has partnerships with local businesses that add to the value of

living here. Our access to pharmacies allows for easier management of medication ordering, refills and delivery; all coordinated by our nursing staff. With a Doctor's order, Physical and Occupational therapists can come to your apartment and work with you to build back strength after an injury or stroke. Our relationships with local skilled nursing communities allows for easier transitioning when you might need more intensive care for a short or longer window of time. Footcare clinics, drycleaning service, a beauty salon, hearing aid service, church services and bible studies are all either right here in the building or brought to our door.

Our activities program offers a variety of options from bingo and Wii bowling to scenic drives and shopping trips. Daily exercise, entertainment, special events and outings are all found on our monthly calendar. Each resident has a one-on-one meeting with Joanie in our activities department to



Volume 11, Issue 11

determine interests and "social history". This helps our staff connect our new residents to events and activities that might be of interest to them. We can also provide reminders and escorts to residents to and from activities as part of our care plan. Our Creekside bus has a lift to accommodate wheelchairs and walkers as needed. Emily, our private chauffeur, can also give you a ride to an appointment Monday through Friday.

Take a moment to stop by and meet our caring staff of nurses and caregivers in assisted living. We are very proud of the quality care that this staff provides our "Creekside Family". We are always happy to show you an apartment and have you stay for one of our delicious meals. *Hope to see you soon! ☺*

Inside this issue:

Red Hat Outing	2
Intergenerational Program	2
Welcome New Residents	2
Retirement Living	3
Calendar of Events	4 & 5
Craft Bazaar	6
Songs of Your Heart	6
Thanksgiving Party	6
Birthdays!	7
Employee of the Month Ron Green	7
Skagit Toe Tappers	7
Breakfast with Santa	8



Put on your red and purple hat! Creekside has started our own Red Hat Society

Juanda Schatz is our "Queen" and we are looking for members. They don't have to be residents here at Creekside, so your girlfriends or family can join with us in on all the fun. Juanda will be able answer any questions you have. We have our first Red Hat Outing planned, a Bazaar at a local chapter's Queen's house on

November 3rd, 2011 at 10:30 am



Joanie and Mandy will be members, and they are excited to be a big part of all the Red Hat Fun. Amy and Karen will also be joining in on some of the events.

Look for our monthly Red Hat events!



Love is Ageless...

Our Intergenerational program provides opportunities for children to learn and interact with seniors as well as for seniors to share their talents and enjoy being with children for meaningful experiences. Education, friendships, and caring are main components.

More and more, schools are increasingly searching for ways to offer their students the benefit of elders' experience. Our Intergenerational Program brings preschool age students together with seniors who provide a vital link to the past. By sharing their stories, elders provide an eyewitness account of historic events and a snapshot of what life was like when they were young.

The program allows both generations to feel more comfortable with each other and instills the value of volunteerism among young people. Intergenerational programs are activities that bring together individuals of different ages as partners to explore, study and work towards a shared goal. These activities foster cooperation and promote interaction among generations including children, youth and older adults.

When kids are deprived of relationships with older individuals, they can develop negative attitudes



toward aging that stay with them for life.

Together Creekside and Susan Wilbur Early Education Center (SWEEC) will coordinate field trips and service learning activities teaching students the positive aspects of aging and the value of volunteering.

Our first program will be Thursday November, 17th. We will be leaving Creekside at 1:30 and taking our bus to SWEEC which is located in La Conner. We will be spending about an hour with the Preschool Class working on a Thanksgiving project together. There will be many more fun dates to come. This will be great for our residents and for the kids as well. ☺

Creekside Welcomes Our New Residents!

Please join us as we welcome:

Harold & Marge Mathers, Allen Skiles,
Billy Eby, Milly Ware, Pauline Carlson
Joe Zambon and Doug Ersperer

at a New Residents Social, held in their honor
November 27th at 2:00 p.m.
in the Great Room with Joanie



November Employee of the Month Diane Oben!



Diane is our Employee of the Month for November. Diane has consistently displayed a very high level of professionalism and leadership. She has a desire to complete every task given to her with complete

attention to detail. Her love for our residents here at Creekside and doing her job in a manner that ensures that the residents have the best outcome possible is what makes Diane a Creekside Champion!



- Dorothy Garmann, Nov. 10**
- Lola O'Bryan, Nov. 17**
- Stan Loughlin, Nov. 18**
- Barbara Austin, Nov. 23**
- Connie Johnson, Nov. 26**
- Naomi Krueger, Nov. 30**

Christmas Gifts Skagit Toe Tapper's Christmas Show 2011



**Wednesday
Nov. 30th, 2011
2:30 p.m.**



Once again the Skagit Toe Tappers will bring you gifts of Sing-Alongs, Clogging, Humor and Toe Tappin' Music to celebrate the Christmas Season.

Come and join the fun!!



Craft Bazaar 1st Annual

FREE
Open to the public!
Come and enjoy the fun!

Saturday
November 19th
10:00 am - 2:00 pm

We'll be serving
Coffee, Cocoa,
Tea and Cookies

CRAFT SALE

Baked Goods Arts & Crafts Photographers

Beauty Items Much More!

“Songs of Your Heart”

When Phyllis Roberts began writing and performing “folksongs” growing out of her own life experience, she found it to be a truly fed endeavor. And it occurred to her that anybody could write songs and get the same joy and satisfaction. She began experimenting with groups in many different settings.

Come and hear Phyllis sing samples of these songs, both her own and those done in the groups. Who knows it may lead to a song writing group here at Creekside!



Come and join Phyllis and see what fun she has in store for you.

Songs of Your Heart

November 23rd at 2:00
in the Theatre Room

Creekside's Resident & Family Thanksgiving Party!



November 24th at 2:00 pm
in the Great Room

Come down for food, fun and good times, we all know and love our “Crazy Joanie” so come and see what she has in store for the party.

Joanie will be having a party every holiday!

Randy Johnson
will be our featured performer.
He is the son of Connie Johnson, and
has 25 years of experience singing,
playing piano and guitar.

A resource panel on:

Public Invited. No Charge.

Held at
Creekside in the
Great Room

Retirement Living

Thoughtful Planning

Wednesday • November 16, 2011
3:00 - 4:00 p.m.

Take advantage of this opportunity to gather a variety of information about your retirement living plans, all in one place. At this event, each representative will offer a 10 minute review of their programs and services to the audience. They will then be able to talk with you individually to address any specific questions you might have.

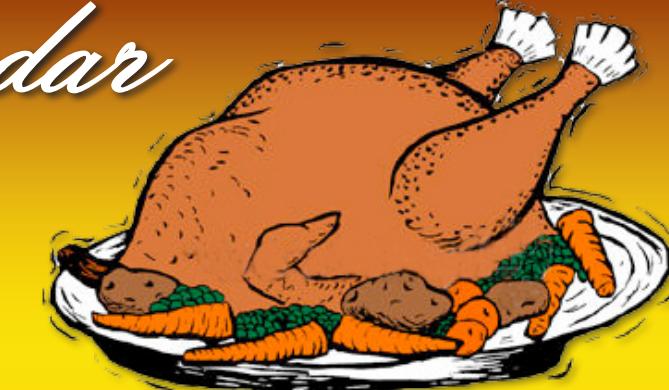
- Joseph Carpenter, CFP, CIMA,
Financial Advisor, Merrill Lynch
- Roger Hammerquist, S.A.S.H.
(Sell A Seniors Home)
- Bob Masterman, Property Manager,
Windermere Property Management
- Tabatha Lehman, Service Officer,
VFW (regarding VA Benefits)
- Perry Williams, United Insurance
Group (re: The ABCs of Medicare)



Give the gift of a well planned future this holiday,
to your family, your spouse, yourself...

Creekside Retirement Community Calendar

November 2011



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9:30 am, Exercise GR 10:00 am, Trivia IL 10:00 am, BibleStudy TR 1:30 pm, Shopping: Thrift Store 3:00 pm, Trivia AL 3:30 pm, Sitting Exercise AL 6:00 pm, Writer's Workshop TR	2 9:30 am, Exercise GR 10:00 am, Trivia IL 11:00 am , Casino Run - Resident Choice 3:00 pm, Trivia AL 3:30 pm, Sing Along AL 6:00 pm, Midweek Movie TR	3 9:30 am, Exercise GR 10:30 am , Red Hat Outing 2:00 pm , AL Resident Council TR 3:00 pm, Wii Class GAM 3:30 pm, Cooking Hour AL 6:00 pm, Scrabble	4 9:30 am, Exercise GR 10:00 am, Fred Meyer 2:30 pm, BINGO GR 4:00 pm , Happy Hour: Trainbreak	5 9:30 am, Exercise GR 1:00 pm, BINGO GR 2:15 pm, Wii Class GAM 3:30 pm, Spinning Yarn with Joanie AL 6:30 pm, Bridge
6 10:00 am, Church Service TR 12:30 pm, Catholic Service TR 3:00 pm, Sunday Matinee TR	7 9:30 am, Exercise GR 10:00 am, Haggens/Banking 1:30 pm , Resident Meeting TR 3:00 pm, Nickel BINGO GR	8 9:30 am, Exercise GR 10:00 am, Trivia IL 10:00 am, BibleStudy TR 1:30 pm, Shopping: Dollar Store 3:00 pm, Trivia AL 3:30 pm, Sitting Exercise AL 6:00 pm, Writer's Workshop TR	9 Ears 2 U 9:30 am, Exercise GR 10:00 am, Trivia IL 11:00 am, Chair Volleyball GR 3:00 pm, BINGO GR 3:30 pm, Sing Along AL 6:00 pm, Midweek Movie TR	10 9:30 am, Exercise GR 1:30 pm, Scenic Ride 3:00 pm, Wii Class GAM 3:30 pm, Cooking Hour AL 6:00 pm, Scrabble	11 9:30 am, Exercise GR 10:00 am, Fred Meyer 2:30 pm, BINGO GR 4:00 pm , Ken's Cocktails Hour: Liquid Dessert - A Salute To Our Troops! GR	12 9:30 am, Exercise GR 1:00 pm, BINGO GR 2:15 pm, Wii Class GAM 3:30 pm, Spinning Yarn with Joanie AL 6:30 pm, Bridge
13 10:00 am, Church Service TR 12:30 pm, Catholic Service TR 3:00 pm, Sunday Matinee TR	14 9:30 am, Exercise GR 10:00 am, Haggens/Banking 1:30 pm, Scenic Ride 3:00 pm, Nickel BINGO GR	15 9:30 am, Exercise GR 10:00 am, Trivia IL 10:00 am, BibleStudy TR 1:30 pm , Monthly Birthdays with The Renegades 3:30 pm, Sitting Exercise AL 6:00 pm, Writer's Workshop TR	16 9:30 am, Exercise GR 11:00 am, Chair Volleyball GR 3:00 pm , Thoughtful Planning GR 6:00 pm, Midweek Movie TR	17 Foot Care Room 218 9:30 am, Exercise GR 1:30 pm , Intergenerational Program: SWEEC Preschool 3:30 pm, Wii Class GAM 6:00 pm, Scrabble 4:00 pm , Spaghetti Feed AMC	18 9:30 am, Exercise GR 10:00 am, Fred Meyer 1:30 pm, Walking Group IL 2:30 pm, BINGO GR 4:00 pm, Solarium Social SL	19 1st Annual Craft Bazaar 10:00 am - 2:00 pm in the Great Room
20 10:00 am, Church Service TR 12:30 pm, Catholic Service TR 2:00 pm , Hometowners: Tom & Joe 3:00 pm, Sunday Matinee TR	21 9:30 am, Exercise GR 10:00 am, Haggens/Banking 1:30 pm, Scenic Ride 3:00 pm, Nickel BINGO GR	22 9:30 am, Exercise GR 10:00 am, Trivia IL 10:00 am, BibleStudy TR 11:30 am , Jerry's Men's Group 1:30 pm, Shopping: Burlington Mall 3:00 pm, Trivia AL 3:30 pm, Sitting Exercise AL 6:00 pm, Writer's Workshop TR	23 9:30 am, Exercise GR 11:00 am, Chair Volleyball GR 2:00 pm , Songs of Your Heart GR 3:00 pm, BINGO GR 3:30 pm, Sing Along AL 6:00 pm, Midweek Movie TR	24 Happy Thanksgiving Party with Joanie & Randy at 2:00 pm in the Great Room	25 9:30 am, Exercise GR 10:00 am, Fred Meyer 1:30 pm, Walking Group IL 2:30 pm, BINGO GR 4:00 pm, Solarium Social SL	26 9:30 am, Exercise GR 1:00 pm, BINGO GR 2:15 pm, Wii Class GAM 3:30 pm, Spinning Yarn with Joanie AL 6:30 pm, Bridge
27 10:00 am, Church Service TR 12:30 pm, Catholic Service TR 2:00 pm , New Resident Social with Joanie GR	28 9:30 am, Exercise GR 10:00 am, Haggens/Banking 1:30 pm, Scenic Ride 3:00 pm, Nickel BINGO GR	29 9:30 am, Exercise GR 10:00 am, Trivia IL 10:00 am, BibleStudy TR 1:30 pm, Shopping: Skagit Gardens 3:00 pm, Trivia AL 3:30 pm, Sitting Exercise AL 6:00 pm, Writer's Workshop TR	30 9:30 am, Exercise GR 11:30 am , Lunch Date: The Farm House 2:30 pm , The Skigit Cloggers GR 6:00 pm, Midweek Movie TR	LOCATIONS IL IL Lobby AL AL Lobby GR Great Room TR Theatre Room	GAM ...Game Room SL Solarium FR Fitness Room AC Arts & Crafts Room (AL 2nd floor)	