



**400 Gilkey Road
Burlington, WA 98233**

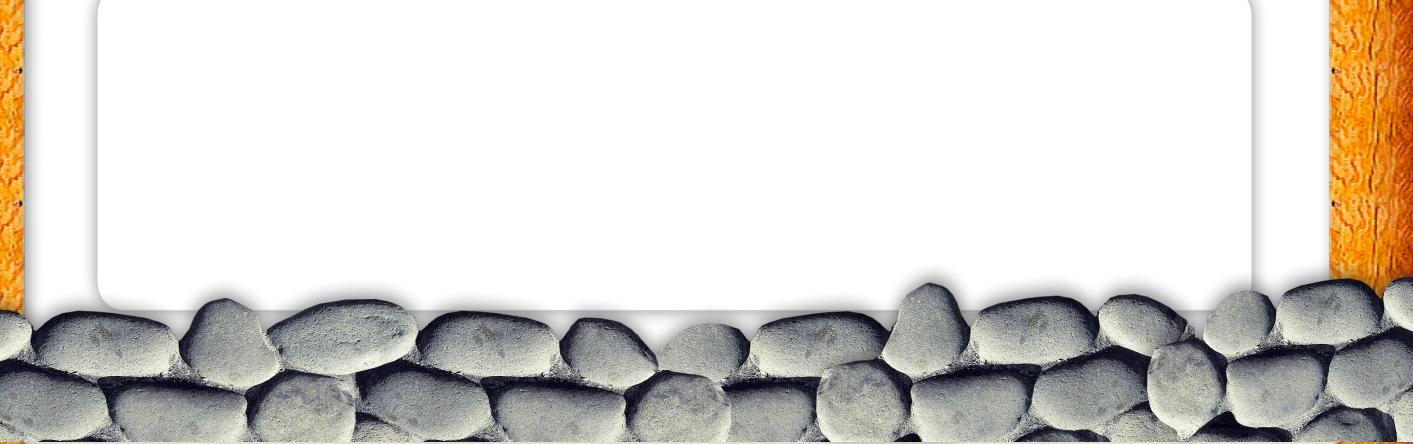
360-755-5550

www.creeksideretirement.com

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



PRESRT
STANDARD
US POST PD
BURLINGTON
WA 98233
PERMIT NO. 22



Educational Presentation on:

Shingles and Whooping Cough

Understand the Signs and Symptoms of both of these contagious illnesses.
Learn about how they are transmitted, how they are treated and where you can get vaccinations.

**Monday
May 14th, 2012
2:00 p.m.**

*in the Creekside Retirement
Community Great Room*

*Presentation by:
Spencer Harris, Walgreens Store Manager
& Becca Swaen, RN, Walgreens Infusion
and Respiratory Services*

**Refreshments will
be provided!**

**This Free
Event is Open
to the Public!**



www.creeksideretirement.com

400 Gilkey Road, Burlington, WA 98233 • 360-755-5550

Meet Gary Cline

Creekside is happy to welcome Gary Cline as our new Dietary Manager. Gary lives in Monmouth, Oregon, west of Salem, but will be relocating to the Skagit Valley area soon. He moved to the Northwest in 2007 from Northern California but continues to be a huge fan of the San Francisco Giants, 49ers and USC. Other than being a sports enthusiast (football being his favorite sport) Gary also enjoys, wine and fishing. He has

three daughters, two who live in California and one in Florida, and three grandsons.

Gary's career interest was influenced by his grandfather who owned a restaurant in Detroit, MI. He served in the Air Force for four years as a Medic and is a Veteran of the Vietnam era. After getting married, he started working as a Chef and later went on to develop a successful career in the hotel and senior living businesses.

Since 1991, Gary has worked in Senior Dining starting with a career with Sodexo-Marriott.

After working with Sodexo, Gary was recruited by various companies: Abhow, Kisco Senior Living, and Sunwest Management, as National Director of Dining Services. Along the way he competed in National culinary competitions, winning three gold metals. He also went on to develop a culinary training program at the Culinary Institute of Monterey.

We are excited to have Gary bring his culinary talents and

**Creekside
Retirement
Community**

Volume 17, Issue 17

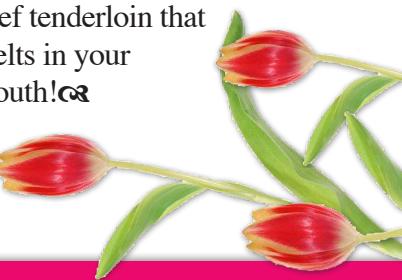
May
2012



training and management skills here to Creekside. If you attended our Anniversary Party last summer, or our Mother's Day brunch you got to experience Gary's attention to quality, beautiful presentations, delicious culinary creations and beef tenderloin that melts in your mouth! ☺

Inside this issue:

New Dining Hours	2
Welcome New Residents	2
Library Notes	2
Cinco de Mayo	3
Mother's Day High Tea	3
Calendar of Events	4&5
Zumba Gold	6
Let's Ride	6
Ken's Cocktail Hour	6
Birthdays!	7
Employee of the Month Joanie Nagatani	7
Memorial Day Event	7
Shingles & Whooping Cough	8



New Dining Hours



**Breakfast is from 7:00-9:00 am
Continental Breakfast until 10:00 am
Lunch is from 11:30-1:00pm
Dinner is from 4:30- 6:00 pm**

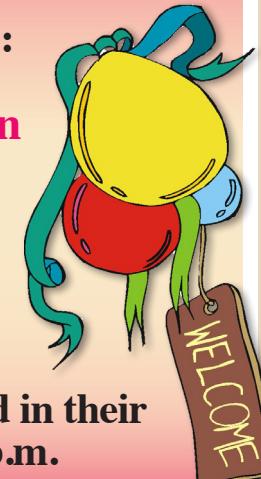
- If you are out at a doctor appointment have someone call ahead and we will have a meal set aside for you when you get back.
- If you could RSVP with the front desk for parties of 5 or more for the main dining rooms that would be great.
- You may also reserve either one of our private dining rooms with the front desk.

Creekside Welcomes Our New Residents!

Please join us as we welcome:

**Capt. David & Jane Whelan
Mary Jones Penn ington
Hilda Brooks
Raymond Boe**

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



Library Notes...



"From Winter's Sleep"
I saw a robin in the yard today,
A happy little bird at play,
A note of spring was in his song,
He sang for joy the whole day long.

I also saw the flowers bloom,
To lift us from mid-winters gloom,
Their yellow, purple blossoms spread,
To mark the pathways that we tread.

From winters sleeping comes new life,
Each season has its time to spend,
And so with us, our seasons go,
Until God brings us to our end.

Marceine Melcher
Creekside Librarian

Contact Our Staff

Christina Carney - General Manager
gm@creeksideretirement.com

Amy Aslett - Community Relations Coordinator
crc2@creeksideretirement.com

Karen Conway - Community Relations Coordinator
crc3@creeksideretirement.com

Mandy Buck - Activity Director
activities@creeksideretirement.com

Meg Papendorf - Director of Housekeeping
housekeeping@creeksideretirement.com

Dale Baumgardner - Maintenance Supervisor
plantoperations@creeksideretirement.com

Marilyn Whyte - Business Office Manager
bom@creeksideretirement.com

Crystal Jungquist - Dining Room Supervisor
dietaryservices@creeksideretirement.com

Gary Cline - Dietary Supervisor
dietaryservices@creeksideretirement.com

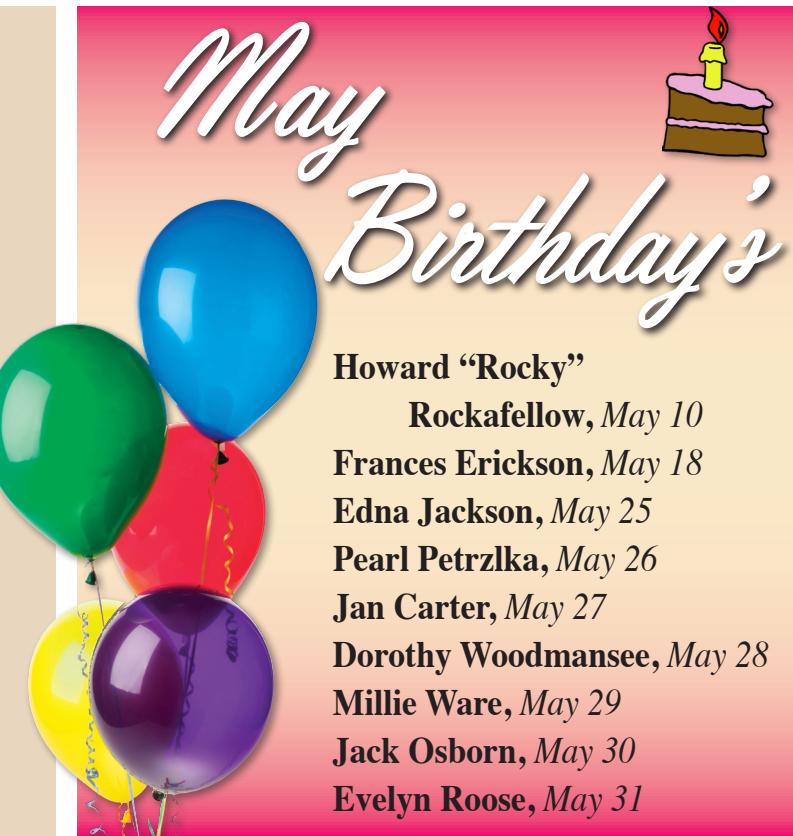
Employee of the Month



Joanie Nagatani *Activity Assistant*

Joanie is always willing to come in and work in a moment's notice, always with a smile on her face. She always puts the residents first. She is THE BEST ASSISTANT EVER! Hands Down! Oh and she is finally taking the plunge and getting married after 27 years of being engaged!

Way to go Joanie!



Howard "Rocky" Rockafellow, May 10
Frances Erickson, May 18
Edna Jackson, May 25
Pearl Petrzlka, May 26
Jan Carter, May 27
Dorothy Woodmansee, May 28
Millie Ware, May 29
Jack Osborn, May 30
Evelyn Roose, May 31

Memorial Day Celebration *with Joanie*

Monday, May 28th, 2012 at 2:00 pm

Come to the Assisted Living Dining room. We will be doing something special in remembrance of those who have fallen.

Then at 3:00 Joanie will be showing the fabulous movie ...



Zumba Gold®

Zumba Gold targets the largest growing segment of the population: baby boomers. It takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. What stays the same are all the elements the Zumba Fitness-Party is known for: the zesty Latin music, like salsa, merengue, cumbia and reggaeton; the exhilarating, easy-to-follow moves; and the invigorating, party-like atmosphere.

Active older adults want camaraderie, excitement and fitness as a regular part of their weekly schedule. Zumba Gold is the perfect fit. It's a dance-fitness class that feels friendly, and most of all, FUN!

*Our first class is
Thursday, May 17th, 2012
at 10:00 am in the Great Room*



*Come and join
Justy Mayernik*

a Licensed Zumba Gold instructor

Let's Ride...

To help better serve our residents we would like to remind you to schedule your ride with Dwain as soon as you possibly can to make sure we can accommodate everyone to the best of our capabilities. Please try not to schedule appointments between 11-12 during the drivers lunch hour, we will still pick up those that are finished with their appointments. If you are late to your scheduled pick up time we may have to continue on with the other rides and pick you up at a later time or you may have to find another means of transportation.

We have applications for the *SKAT Dial A Ride* program at Front Desk and the phone number to *A Better Cab Company* is **360-755-9262** they are very reliable and reasonable.

We may not always be able to accommodate every ride but we will try our best to get every resident to their destinations.

Creekside and Dwain want to give you the best service possible.

Ken's Cocktail Hour

Friday, May 11th, 2012
at 4:00 pm in the Great Room



*Come and join Ken Fenske as he plays the piano
for us and Mandy makes the signature drink*

“Mint Julep”

These were a big hit last year!

Come to the Great Room and Celebrate

Cinco de Mayo

with Joanie



**Saturday
May 5, 2012
3:00 pm**



**We will be having a Nacho
Bar and Margaritas**

Mother's Day High Tea

**Saturday, May 12th, 2012
at 2:00 pm in the Great Room**



Join Chef Gary as he does a High Tea.

We will have the musical enjoyment of local harpist, Pat Edwards!



Invite your daughters and granddaughters or your friends.

Please RSVP to 360-755-5550 by Thursday, May 10th

Bring your favorite tea cup to the party.

Creekside Retirement Community Calendar

May 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9:30 am, Exercise GR 10:00 am, Bible Discussion TR 10:00 am, Trivia IL 1:30 pm, Shopping: Dollar Store 3:30 pm, AL Exercise AL 6:00 pm, Guys Movie Night TR	2 9:30 am, Exercise GR 11:00 am, Chair Volleyball GR 1:30 pm, Joanie's Travelogue TR 3:00 pm, Bingo GR 3:30 pm, Sing-A-Long AL 6:00 pm, Midweek Movie TR	3 9:30 am, Exercise GR 11:00 am, Walking Group AL 1:30 pm, Origami with Joanie AL 3:00 pm, Wii Class GAM 3:30 pm, Cooking Hour AL 6:00 pm, Scrabble GAM	4 9:30 am, Exercise GR 10:00 am, Fred Meyer 11:00 am, Trivia AL 2:00 pm, Cards GAM 2:00 pm, Bingo GR 4:00 pm, Solarium Social SL	5 9:30 am, Exercise GR 1:30 pm, Wii Class GAM 3:00 pm, Cinco de Mayo Party with Joanie GR 6:30 pm, Bridge GAM
6 9:30 am, Exercise Group GR 10:00 am, Church Service TR 12:30 pm, Catholic Service TR 2:15 pm, Bingo GR 2:30 pm, Wii Class GAM 3:30 pm, Sunday Matinee TR	7 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	8 9:30 am, Exercise GR 10:00 am, Bible Discussion TR 10:00 am, Trivia IL 1:30 pm, Shopping: Burlington Mall 3:30 pm, AL Exercise AL 6:00 pm, Guys Movie Night TR	9 9:30 am, Exercise GR 11:00 am, Chair Volleyball GR 1:30 pm, Scenic Ride 3:00 pm, Bingo GR 3:30 pm, Sing-A-Long AL 6:00 pm, Midweek Movie TR Ears 2 U	10 9:30 am, Exercise GR 11:00 am, Walking Group AL 2:00 pm, AL Resident Council Mtg. TR 3:00 pm, Wii Class GAM 3:30 pm, Cooking Hour AL 6:00 pm, Scrabble GAM	11 9:30 am, Exercise GR 10:00 am, Fred Meyer 11:00 am, Trivia AL 2:00 pm, Cards GAM 2:30 pm, Bingo GR 4:00 pm, Ken's Cocktail Hour: Mint Juleps GR	12 9:30 am, Exercise GR 2:00 pm, Mother's Day Tea GR 6:30 pm, Bridge GAM
13 9:30 am, Exercise Group GR 10:00 am, Church Service TR 12:30 pm, Catholic Service TR 2:15 pm, Bingo GR 2:30 pm, Wii Class GAM 3:30 pm, Sunday Matinee TR	14 9:30 am, Exercise GR 10:00 am, Haggens/Banking 1:30 pm, Shingles/Whooping Cough Presentation TR 2:00 pm, Cards GAM 3:00 pm, Musical Movie Monday's TR	15 9:30 am, Exercise GR 10:00 am, Bible Discussion TR 10:00 am, Trivia IL 2:00 pm, Monthly Birthdays with The Renegades 3:30 pm, AL Exercise AL 6:00 pm, Guys Movie Night TR	16 9:30 am, Exercise GR 11:00 am, Casino Run: Resident Choice 1:30 pm, Scenic Ride 3:00 pm, Bingo GR 6:00 pm, Midweek Movie TR	17 9:30 am, Exercise GR 10:00 am, Zumba Gold GR 11:00 am, Walking Group AL 2:00 pm, Crafts with Juanda GR 3:00 pm, Wii Class GAM 3:30 pm, Cooking Hour AL 4:15 pm, Spaghetti Feed: Allen Methodist Church	18 9:30 am, Exercise GR 10:00 am, Fred Meyer 11:00 am, Trivia AL 2:00 pm, Cards GAM 2:30 pm, Bingo GR 4:00 pm, Happy Hour: Sports Keg	19 9:30 am, Exercise GR 1:30 pm, Wii Class GAM 2:15 pm, Bingo GR 4:00 pm, Guys Night Out 6:30 pm, Bridge GAM
20 9:30 am, Exercise Group GR 10:00 am, Church Service TR 12:30 pm, Catholic Service TR 2:00 pm, Hometowners: Tom & Joe 3:30 pm, Sunday Matinee TR	21 9:30 am, Exercise GR 10:00 am, Haggens/Banking 1:30 pm, Town Hall Meeting TR 2:00 pm, Cards GAM 3:00 pm, Songs with Terry & Carolyn GR	22 9:30 am, Exercise GR 10:00 am, Bible Discussion TR 10:00 am, Trivia IL 1:30 pm, Shopping: Ross 3:30 pm, AL Exercise AL 6:00 pm, Guys Movie Night TR	23 9:30 am, Exercise GR 11:00 am, Chair Volleyball GR 11:30 pm, Lunch Date: Bistro On Spruce 1:30 pm, Scenic Ride 3:00 pm, Bingo GR 3:30 pm, Sing-A-Long AL 6:00 pm, Midweek Movie TR	24 9:30 am, Exercise GR 10:00 am, Trip Burlington Library 11:00 am, Walking Group AL 2:00 pm, Food Forum TR 3:00 pm, Wii Class GAM 3:30 pm, Cooking Hour AL 6:00 pm, Scrabble GAM	25 9:30 am, Exercise GR 10:00 am, Fred Meyer 11:00 am, Trivia AL 2:00 pm, Cards GAM 2:30 pm, Bingo GR 4:00 pm, Solarium Social SL	26 9:30 am, Exercise GR 1:30 pm, Wii Class GAM 2:15 pm, Bingo GR 6:30 pm, Bridge GAM
27 9:30 am, Exercise Group GR 10:00 am, Church Service TR 12:30 pm, Catholic Service TR 2:00 pm, New Resident Social TR	28 9:30 am, Exercise GR 10:00 am, Trivia IL 2:00 pm, Memorial Day Celebration - AL Dining Room 3:00 pm, Movie "War Horse" TR	29 9:30 am, Exercise GR 10:00 am, Bible Discussion TR 10:00 am, Trivia IL 1:30 pm, Shopping: Thrift Store 3:00 pm, "The Music Box" GR 6:00 pm, Guys Movie Night TR	30 9:30 am, Exercise GR 11:00 am, Chair Volleyball GR 1:30 pm, Scenic Ride 3:00 pm, Bingo GR 3:30 pm, Sing-A-Long AL 6:00 pm, Midweek Movie TR	31 9:30 am, Exercise GR 11:00 am, Walking Group AL 1:30 pm, Scenic Ride 2:00 pm, Pool League PR 3:00 pm, Wii Class GAM 3:30 pm, Cooking Hour AL 6:00 pm, Scrabble GAM	LOCATIONS GAM ...Game Room ILIL Lobby ALAL Lobby GRGreat Room PRPool Room ACArts & Crafts Room (IL 2nd floor)	