

Creekside Retirement Community is having a

# Pet Day

Public  
Welcome

*Lots of fun for all especially our beloved pets!*



**Saturday, July 23, 2011**  
**11:00 am - 2:00 pm**

- **Mobile Vet, Dr. MacInnes - with discounted immunizations**
- **Free Dog Wash - by Kidz-N-K9s 4H group**
- **Free BBQ Lunch - provided by Creekside**
- **Other Pet Venders**



**400 Gilkey Road, Burlington, WA 98233 • 360-755-5550**  
[www.creeksideretirement.com](http://www.creeksideretirement.com)

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

Lic. #BH1496

Locally Owned by Ed Watson

# CREEKSIDE COURIER

[www.creeksideretirement.com](http://www.creeksideretirement.com)  
400 Gilkey Road, Burlington, WA 98233 • 360-755-5550

Creekside Retirement Community

July 2011

Volume 7, Issue 7

## Pets At Creekside: The benefits of our furry friends

Do you find that when you pet a soft cat or play fetch with a dog, you relax and your heart feels a little warmer? Studies show that seniors that have pets tend to have better physical health and mental wellbeing than those that don't. They're more active, cope better with stress, and have better overall health. One study even showed that elderly pet owners had significantly lower blood pressure overall than their contemporaries without pets.

Before you adopt a pet, consider whether you can take care of the animal's daily needs. If you are living in an apartment setting, like Creekside, make sure that the animal is well suited for community living. Look for a pet that is friendly with other animals and people and ideally one that does not bark frequently. Once you adopt or purchase a pet, be sure to keep the vaccinations up to date and provide them with plenty of water. Of course, just as with



**CELEBRATE THE PET  
IN YOUR LIFE**  
**Pet Day at Creekside**  
**July 23<sup>rd</sup>, 11:00 am - 2:00 pm**

### Inside this issue:

|                                                      |       |
|------------------------------------------------------|-------|
| Lifeline Presentation .....                          | 2     |
| Website Updates .....                                | 2     |
| Welcome<br>New Residents .....                       | 2     |
| Kitchen Concoctions &<br>Riverside Health Club ..... | 3     |
| Calendar<br>of Events .....                          | 4 & 5 |
| Juanda Continues<br>The Adventure .....              | 6     |
| Birthdays! .....                                     | 6     |
| Spotlight Chef -<br>Omelettes .....                  | 7     |
| Meet Crystal .....                                   | 7     |
| Pet Day .....                                        | 8     |



FLOOR PLANS • TOUR • RETIREMENT LIVING • ASSISTED LIVING  
FAQ's • PHOTOS • NEWSLETTERS • CALENDARS • LOCATION • CONTACT US

## Check Out What's New On Our Website!



Our website has been updated with a new 360 degree view of Creekside. We also have current Activity Calendars and pictures from some of our events.

[www.creeksideretirement.com](http://www.creeksideretirement.com)

## Creekside Welcomes Our New Residents!

Please join us as we welcome:  
**Lola O'Bryan**  
and  
**Dolores Gillespie**



at a New Residents Social, held in their honor July 31th at 2:00 p.m. in the Great Room

*Good Food, Good Friends and Lively Entertainment!*

## Lifeline Presentation

July 20, 2011

at 1:30 in the Theatre Room

This presentation will explain how the Philips Lifeline Medical Alert Service works and describe the benefits of the NEW Lifeline with AutoAlert and the pendant-style help button. 24 hours a day, 365 days a year.

It will also describe how the Philips Medication Dispensing Service can help support medication adherence.

If you are interested and have questions, here's your chance to learn more about it.

**PHILIPS**  
**Lifeline**

## Contact Our Staff

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Crystal Jungquist - Dining Room Supervisor  
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## Spotlight Chef:

# Omelette



Join us for a Chef's Special Omelette!

*We think you will agree that our food is the best!*

This month is featuring omelettes. Come, bring a guest and watch as our chef prepares a dish customized to your taste.



Tuesday, July 12, 2011

11:30 am - 1:30 pm

Assisted Dining Room

Tuesday, July 19, 2011

11:30 am - 1:30 pm

Independent Dining Room

## Meet Crystal Jungquist

*A new definition of family is emerging today -  
"A group of people held together by bonds of love and affection."*

You may have seen one of our employees floating around the dining rooms from table to table; someone who knows everybody's name and there likes and dislikes. She is someone who loves her job and treats the residents as family.

Crystal Jungquist is our Dining Room Supervisor. She is the reason why our dining rooms run so smoothly. She has been one of Creekside's valued employees for the past 4 years. Crystal has been working in the restaurant field since she was 16. Crystal told me she has the best of both worlds. "Being taught by the residents and teaching her younger staff members. I influence the lives of these young girls and the

residents influence mine." Crystal's favorite part about working at Creekside is talking and visiting with the residents. "It's like having a 100 grandparents." Working at Creekside you get to know the residents so well it feels as if they are family. Crystal told me that "It's like a family get together every night." Crystal also likes working with the younger staff members, they keep her feeling young.

Crystal has lived in Skagit Valley her whole life. Many of the residents knew her parents and her grandparents. Some of our residents even taught her in school. She graduated from Sedro Woolley High School. Crystal has 4 kids, 2 grandkids and 2 dogs. She has



been married for 35 years. To me Crystal is one of the strongest employees here at Creekside. When we have special events we all know that it will go off without a hitch because of her and her staff. ☺

*Thanks Crystal for being such an asset to Creekside!*

# Juanda Continues To Live The Adventure

Any of you who went to our fabulous Mother's Day Brunch saw the beautiful corsages that Juanda Schatz made, with a little help from a few kind souls. Juanda has lived here at Creekside for almost a year. She has 2 children who live in California. And as many of you have seen her newest child, Hannah Rose a feisty little Bishan Poodle.

Juanda is always willing to help with anything that we may need, whether it be corsages for Mother's

Day or gift bags for Father's Day.

Juanda met her late husband Andy when she was 15 her father was adamant about her graduating from high school before she got married. So, 2 weeks after graduation she married Andy. They built a house in Lodi, California where they raised their son and daughter. While they raised their family they collected, restored, and showed antique engines.

Juanda has done many things in her life. She has been up in a hot air



balloon, held a koala bear, petted and fed a giraffe. She has also been inside a volcano, tasted poi and milked a cow. Juanda's motto is "Life is an adventure that I will continue to live as long as I can." ☺

## TAI CHI



### for HEALTH

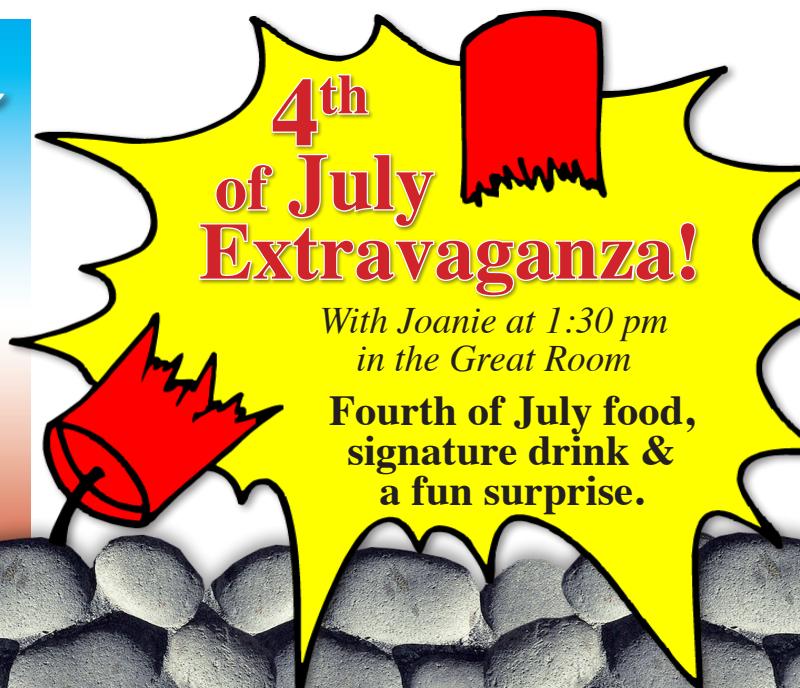
*Improve your strength,  
flexibility & balance*

Monday's at 11:15 am &  
Thursday's at 11:00 am

Instructor: Colleen Snyder

## July Birthdays

Pat Kobervig, July 4  
Ken Loving, July 7  
Marian Nelson, July 13  
Joe Milhelich, July 22  
Ruth Smiley, July 23  
Bonnie Fraser, July 26  
Lee Stacey, July 27  
Alma Hansen, July 28



Educational Series VII:

# Aging... It happens! Kitchen Concoctions for a Happy Heart

## Heart Healthy Nutrition

This is the seventh in a continuing series of educational events to be held at Creekside Retirement Community. **Public Invited. No Charge.**

**Fun Snacks and a Cooking Demonstration will follow!**



Guest Speaker

**Lou Kupka-Schutt**



**Tuesday  
July 12, 2011  
1:30 p.m.**

Lou Kupka-Schutt holds a PhD from WSU, a Masters from UW, and is a Registered Dietitian. She provides assistance to people of all ages regarding tasty, healthy foods and how to be good consumers of nutrition.

# RIVERSIDE HEALTH CLUB: There's something for everyone!

Riverside welcomes residents of Creekside Retirement to **ENROLL FOR \$0 (save \$129)** through **July 31, 2011**.

Come to a Senior Fitness Seminar at Creekside on July 13 at 1:30p.m.

Land classes geared toward the active aging population:  
**Group Active, Fit for Life, TRX Gold**

Aqua classes geared toward the active aging population:  
**Afternoon Energy Blast, Arthritis Class**

2225 Riverside Drive, Mount Vernon  
360.424.4200





# Creekside Retirement Community Calendar

## July 2011



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

|                                                                                                                                                                            |                                                                                                                                                                                |                                                                                                                                                                                                          |                                                                                                                                                                                                       |                                                                                                                                                                                                                |                                                                                                                                                                                                |                                                                                                                                                                                       |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>3</b><br>10:00 am, Church Service <b>TR</b><br>12:30 pm, Catholic Service <b>TR</b><br>3:00 pm, Sunday Matinee <b>TR</b>                                                | <b>4</b><br><b>4<sup>th</sup> of July Extravaganza!</b><br>with Joanie<br>1:30 pm <b>GR</b>                                                                                    | <b>5</b><br>9:30 am, Exercise <b>GR</b><br>10:00 am, Trivia <b>IL</b><br>1:30 pm, Shopping:<br>Dollar Store<br>3:00 pm, Trivia <b>AL</b><br>3:30 pm, Sitting Exercise <b>AL</b>                          | <b>6</b><br>9:30 am, Exercise <b>GR</b><br><b>11:00 am, Casino Run - Resident Choice</b><br>3:00 pm, BINGO <b>GR</b><br>3:30 pm, Sing Along <b>AL</b><br>6:00 pm, Midweek Movie <b>TR</b><br>Ears 2 U | <b>7</b><br>9:30 am, Exercise <b>GR</b><br>11:00 am, Tai Chi <b>GR</b><br><b>2:00 pm, AL Resident Council AC</b><br>3:00 pm, Wii Class <b>GAM</b><br>3:30 pm, Cooking Hour <b>AL</b><br>6:00 pm, Scrabble      | <b>8</b><br>9:30 am, Exercise <b>GR</b><br>10:00 am, Fred Meyer<br>1:30 pm, Walking Group <b>IL</b><br>2:30 pm, BINGO <b>GR</b><br>4:00 pm, Solarium Social <b>SL</b>                          | <b>9</b><br>9:30 am, Exercise <b>GR</b><br>1:00 pm, BINGO <b>GR</b><br>2:15 pm, Wii Class <b>GAM</b><br>3:30 pm, Spinning Yarn<br>with Joanie <b>AL</b><br>6:30 pm, Bridge <b>AL</b>  |
| <b>10</b><br>10:00 am, Church Service <b>TR</b><br>12:30 pm, Catholic Service <b>TR</b><br>3:00 pm, Sunday Matinee <b>TR</b>                                               | <b>11</b><br>9:30 am, Exercise <b>GR</b><br>10:00 am, Haggens/Banking<br>11:15 am, Tai Chi <b>GR</b><br><b>1:30 pm, Resident Meeting GR</b><br>3:00 pm, Nickel BINGO <b>GR</b> | <b>12</b><br>9:30 am, Exercise <b>GR</b><br>10:00 am, Trivia <b>IL</b><br><b>1:30 pm, Aging It Happens... Kitchen Concoctions TR</b><br>3:00 pm, Trivia <b>AL</b><br>3:30 pm, Sitting Exercise <b>AL</b> | <b>13</b><br>9:30 am, Exercise <b>GR</b><br>11:00 am, Arts N Crafts <b>AC</b><br><b>1:30 pm, Senior Fitness Seminar GR</b><br>3:30 pm, Sing Along <b>AL</b><br>6:00 pm, Midweek Movie <b>TR</b>       | <b>14</b><br>9:30 am, Exercise <b>GR</b><br>11:00 am, Tai Chi <b>GR</b><br>1:30 am, Scenic Ride<br>3:00 pm, Wii Class <b>GAM</b><br>3:30 pm, Cooking Hour <b>AL</b><br>6:00 pm, Scrabble                       | <b>15</b><br>9:30 am, Exercise <b>GR</b><br>10:00 am, Fred Meyer<br>1:30 pm, Walking Group <b>IL</b><br>2:30 pm, BINGO <b>GR</b><br><b>4:00 pm, Happy Hour: Applebee's</b>                     | <b>16</b><br>9:30 am, Exercise <b>GR</b><br>1:00 pm, BINGO <b>GR</b><br>2:15 pm, Wii Class <b>GAM</b><br>3:30 pm, Spinning Yarn<br>with Joanie <b>AL</b><br>6:30 pm, Bridge <b>AL</b> |
| <b>17</b><br>10:00 am, Church Service <b>TR</b><br>12:30 pm, Catholic Service <b>TR</b><br><b>2:00 pm, Hometowners: Tom &amp; Joe</b><br>3:00 pm, Sunday Matinee <b>TR</b> | <b>18</b><br>9:30 am, Exercise <b>GR</b><br>10:00 am, Haggens/Banking<br>11:15 am, Tai Chi <b>GR</b><br>1:30 pm, Scenic Ride<br>3:00 pm, Nickel BINGO <b>GR</b>                | <b>19</b><br>9:30 am, Exercise <b>GR</b><br>10:00 am, Trivia <b>IL</b><br><b>1:30 pm, Monthly Birthdays with The Renegades</b><br>3:00 pm, Trivia <b>AL</b><br>3:30 pm, Sitting Exercise <b>AL</b>       | <b>20</b><br>9:30 am, Exercise <b>GR</b><br><b>1:30 pm, Lifeline Presentation TR</b><br>3:00 pm, BINGO <b>GR</b><br>3:30 pm, Sing Along <b>AL</b><br>6:00 pm, Midweek Movie <b>TR</b>                 | <b>21</b><br>9:30 am, Exercise <b>GR</b><br>11:00 am, Tai Chi <b>GR</b><br>1:30 am, Scenic Ride<br>3:00 pm, Wii Class <b>GAM</b><br>3:30 pm, Cooking Hour <b>AL</b><br>6:00 pm, Scrabble<br>Foot Care Room 218 | <b>22</b><br>9:30 am, Exercise <b>GR</b><br>10:00 am, Fred Meyer<br>1:30 pm, Walking Group <b>IL</b><br>2:30 pm, BINGO <b>GR</b><br>4:00 pm, Solarium Social <b>SL</b>                         | <b>23</b><br><b>Pet Day</b><br>11 am - 2 pm                                                                                                                                           |
| <b>24</b><br>10:00 am, Church Service <b>TR</b><br>12:30 pm, Catholic Service <b>TR</b><br>3:00 pm, Sunday Matinee <b>TR</b>                                               | <b>25</b><br>9:30 am, Exercise <b>GR</b><br>10:00 am, Haggens/Banking<br>11:15 am, Tai Chi <b>GR</b><br>1:30 pm, Scenic Ride<br>3:00 pm, Nickel BINGO <b>GR</b>                | <b>26</b><br>9:30 am, Exercise <b>GR</b><br>10:00 am, Trivia <b>IL</b><br>1:30 pm, Shopping:<br>Burlington Mall<br>3:00 pm, Trivia <b>AL</b><br>3:30 pm, Sitting Exercise <b>AL</b>                      | <b>27</b><br>9:30 am, Exercise <b>GR</b><br><b>11:30 am, Lunch Date River Rock Pizza</b><br>3:00 pm, BINGO <b>GR</b><br>6:00 pm, Midweek Movie <b>TR</b>                                              | <b>28</b><br>9:30 am, Exercise <b>GR</b><br>11:00 am, Tai Chi <b>GR</b><br>1:30 pm, Scenic Ride<br>2:00 pm, Food Committee Meeting<br>3:00 pm, Wii Class <b>GAM</b><br>3:30 pm, Cooking Hour <b>AL</b>         | <b>29</b><br>9:30 am, Exercise <b>GR</b><br>10:00 am, Fred Meyer<br>1:30 pm, Walking Group <b>IL</b><br>2:30 pm, BINGO <b>GR</b><br><b>4:00 pm, Fireside Cocktails: Watermelon Mint Cooler</b> | <b>30</b><br>9:30 am, Exercise <b>GR</b><br>1:00 pm, BINGO <b>GR</b><br>2:15 pm, Wii Class <b>GAM</b><br>3:30 pm, Spinning Yarn<br>with Joanie <b>AL</b><br>6:30 pm, Bridge <b>AL</b> |
| <b>31</b><br>10:00 am, Church Service <b>TR</b><br>12:30 pm, Catholic Service <b>TR</b><br><b>2:00 pm, New Resident Social GR</b>                                          |                                                                                                                                                                                |                                                                                                                                                                                                          |                                                                                                                                                                                                       |                                                                                                                                                                                                                |                                                                                                                                                                                                |                                                                                                                                                                                       |

**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)

