



The Difference Between Living and Living Well

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www.CreeksideCCC.com

Management Team:

Catherine Bowman-Executive Director
Josie Summerlin-Associate Executive Director
Sandy Sekhon- Wellness Director
Deja Mancia-Resident Services Director
Eli Johnson-Dining Services Director
Chris Serowicz- Associate Dining Services Director
Kim Smith-Business Office Manager
Marcus Oliver -Plant Operations Director
Jamie Haines-Environmental Services Director
Dawn McComas-Marketing Director
Melissa White-Community Relations Director
Teddi Anshus-Community Relations Director
Crystal Diemert-Life Enrichment/EverFit Director

We embrace the concept of living well through maximizing each individual’s potential across the six areas of wellness:

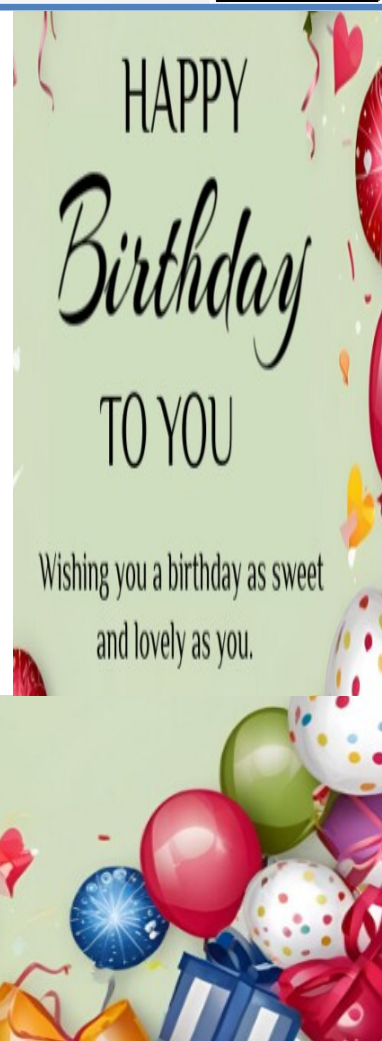
Physical	Emotional
Intellectual	Vocational
Spiritual	Social

Electronic Service Requested

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U.S. POSTAGE
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BURLINGTON
WA 98233
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June Birthdays

6/01 Gerry T.
6/02 Jo K.
6/08 Patsy K.
6/09 Bruce B.
6/09 Ray E.
6/11 Lynn G.
6/11 Maxine W.
6/12 Lyle Kendall
6/14 Donna H.
6/14 Marlene G.
6/29 Marge G.



Creekside Chronicle

Independent Living • Assisted Living • Memory Care

2025
JUNE

Wellness Wins for Men

Is it the doughnuts? The BBQ? The beer? When it comes to the proverbial battle of the sexes, women are winning in the health arena. Unfortunately, many men put their health last. But June is Men’s Health Month, a time to cast aside being macho and embrace the advice medical science has to offer.

Lucky for men, the top threats to their health aren’t secret. The leading threat to men’s health is cardiovascular disease—the hardening of arteries that often leads to strokes or heart attacks. To combat this deadly disease, commonsense medical advice applies: exercise at least 30 minutes a day, eat more fruit and vegetables, get your cholesterol checked, and stop smoking. Quitting smoking will also reduce the chance of lung cancer, another leading threat to men.

Another cancer that affects many men as they age is prostate cancer. Luckily, most prostate cancers are slow-growing and unlikely to spread... if caught early. Perhaps one of the most important decisions a man can make is to regularly visit a doctor for checkups. Amazingly, women are 100 percent more likely to visit a doctor for an annual checkup than men. Visiting a doctor is truly the first, and easiest, step in improving a man’s health.

Throughout the month of June, people will be wearing blue in support of men’s health issues. For you men out there, June may be just the time to try a new hobby or exercise, such as yoga, weightlifting, tai chi, golf, fishing, gardening, or woodworking. Even a daily walk can bring innumerable benefits to both the mind and body. And men don’t just ignore physical ailments; they often ignore mental or psychological ailments, too. Activities that exercise the body also reduce stress and provide a social outlet. June 15 is Father’s Day, but it may also be a great day to schedule a doctor’s appointment.



All About Hearing

2nd Thursday
of each month

At 2:15pm

Foot Care Clinic

1st Wednesday
of the month

By appointment

Sign Up North Lobby

Vitals Clinic

1st Tuesday

of each month

at the Wellness Center

Star Beauty Salon

Wednesdays by
appointment

Life Enrichment

Father's Day Event

Friday June 13th

2pm-3pm

Root Beer Floats & Music with Monte Asken

Interested in Displaying your Craft or Hobbie?

Sign up for our show for July date TBD in the activities book in the North Lobby

June Scavenger Hunt

Daily June 1-30 after 10am

Look for clues at the North Lobby front desk and search for the item.

Write down what you found and the location you found it in.

Turn in answer in box at the north lobby.

We will have a raffle drawing for the winner in July.

A Word from our Departments

Marketing/Community Relations:

Good Friends Make Good Neighbors Program

When a Creekside resident refers a new potential resident to a Cascade Living Community and the person moves in for at least 90 days, the resident will receive a \$4,000 credit applied to their base rent.

Veteran's Breakfast

Every last Tuesday of the month at 8:30am in the bistro. Next one is June 24th.



Dementia Education

Thursday June 12th in the Theatre Room at 1:00pm

The Lodge– Memory Care



Wednesday June 4th

Live guitar music with Steve Ellis at 2:30pm



Father's Day Event

Root Beer Floats & Guitar Music with Lee Howard
Wednesday 6/11 3:15-3:45pm

Sing Along with Gerry & Friends on Tuesdays - June 10th & June 24th at 3pm.

Wednesday June 25th piano music with Ward McCary at 3pm.

Join us for scenic drives Thursday mornings at 9:30am.

Family Dementia Education in the Theatre Room on the 2nd Floor at 1:00pm Thursday, June 12th

Happy Birthday!

Kathy T. 6/22

Doris H. 6/26

