



The Difference Between Living and Living Well

400 Gilkey Road
Burlington, WA 98233
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www.CreeksideCCC.com

Management Team:

- Catherine Bowman-Executive Director
- Josie Summerlin-Associate Executive Director
- Sandy Sekhon- Wellness Director
- Nikki Welch-Associate Wellness Director
- Deja Mancia-Resident Services Director
- Eli Johnson-Dining Services Director
- Daniel Lteif-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
- 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 |

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November Birthdays

- 11/03 Eleanor L.
- 11/07 Sandy C.
- 11/11 Muriel S.
- 11/13 Jim B.
- 11/16 Lorraine S.
- 11/19 Richard N.
- 11/21 Lillian S.
- 11/21 Al M.
- 11/22 Sharon H.
- 11/22 Barbara A.
- 11/25 Sylva R.
- 11/26 Virginia M.



November Birthdays

If you were born between
November 1–21,
your astrological sign is Scorpio.

Scorpios are powerful investigators who
take control and lead the way to success.

Those born between November 22–30 are
Archers of Sagittarius. Archers are exciting
and independent.

Creekside Chronicle

Independent Living • Assisted Living • Memory Care

2025

November

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
360-424-4816

. Love the Skin You’re In

As the weather turns dry and cold, those at the American Academy of dermatology start to worry about the season’s harsh effects on our skin. To encourage us all to take healthy precautions, the academy has dubbed November Healthy Skin Month.

Protecting our skin is no small task. The skin, after all, is the body’s largest organ. The average adult wears about 20 square feet worth of it! It keeps us waterproof and shields us from germs. It acts as an air conditioner when we’re hot and a blanket when we’re cold.

It makes vitamin D, which allows our bodies to absorb calcium and strengthen our bones. One square inch of skin contains more than 70 feet of nerve fibers, making our sense of touch one of our most important senses for interacting with and understanding the world around us. With so many important jobs to do, it’s no wonder keeping our skin healthy is a top priority.

The Mayo Clinic offers five easy tips for keeping skin in tip-top shape:

- 1. Protect yourself from the sun.** Use sunscreen, wear protective clothes, and seek shade when the sun’s rays are strongest, between 10 a.m. and 2 p.m.. (Vitamins A and B3 can help counteract sun exposure.)
- 2. Don’t smoke.** Smoking decreases blood flow in the skin, depleting it of oxygen and other nutrients. Smoking also damages the fibers that keep skin strong and ward off wrinkles.
- 3. Be gentle.** Shave in the direction your hair grows, not against it. Use gentle cleansers, avoid hot water (which can remove essential oils), and apply a moisturizer with sunscreen.
- 4. Eat well.** A diet full of fruits, vegetables, whole grains, lean proteins, and vitamin C improves not just your skin but overall health.
- 5. Manage stress.** Avoid breakouts by not overwhelming yourself and exercising regularly.

Life Enrichment

Notice!

No walkers or wheelchairs on the bus until
further notice due to lift repairs needed.

No bus service 11/13 out for repairs.

Mark your Calendars!

Saturday November 15th

Creekside Fall Bazaar

1-4pm in the Eagle's Nest

Dining Services

Thanksgiving Family & Friends Buffet

Thursday 11/20 from 4pm-6:30pm in the Solarium

Guest Sign Up at the North Lobby

Menu: Ham

Turkey

Stuffing

Cranberry Sauce

Fruit Salad

Green Bean Casserole

Mashed Potatoes

Sparkling Cider

Glazed Carrots

Pumpkin Pie & Pecan Pie



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 on November 25th

Reminder daylight savings time ends Sunday, November 2nd.

- **Date:** Sunday, November 2, 2025
- **Time:** 2:00 a.m.
- **Action:** Clocks go back one hour.

This happens on the 1st Sunday in November and it will mean sunrise and sunset will occur an hour earlier than the day before.



The Lodge– Memory Care



Wednesday November 5th

Live guitar music with Steve Ellis at 2:30pm in the Lodge Dining Room

Sing Along with Gerry & Friends on **Tuesdays - November 11th & 25th** at 3pm in the Activity Room

Piano music with Ward McCary at 3pm Wednesday November 12th

Wednesday November 19th at 3:30 with Mary Whiton

New Music & Movement with Haile at 10:30am
Mondays, Tuesdays & Thursdays Starting November 10th

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

Family Support Group for Memory Care for family and friends
All welcome 4th Friday of the month at 2pm in the Theatre Room on the 2nd floor
Next one on November 28th

Happy Birthday!

Chris A. 11/02
Virginia C. 11/07
Sophie S. 11/20

