



The Difference Between Living and Living Well

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

www.CreeksideCCC.com

Management Team:

- Catherine Bowman-Executive Director
- Josie Summerlin-Associate Executive Director
- Sandy Sekhon- Wellness Director
- Brandy- Ross-Associate Wellness Director
- Rickianna Lopez-Resident Services Director
- Eli Johnson-Dining Services Director
- Daniel Lteif-Associate Dining Services Director
- Kim Smith-Business Office Manager
- Marcus Oliver -Plant Operations Director
- Jaime Esquivel-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 |

Electronic Service Requested

PRSRT STD
U.S. POSTAGE
PAID
BURLINGTON
WA 98233
PERMIT NO. 4

July Birthdays

- | | |
|------------|------------|
| Joan G. | 7/1 |
| Don A. | 7/4 |
| Leola K. | 7/6 |
| Edith O. | 7/7 |
| Marge Q. | 7/7 |
| Marlene H. | 7/8 |
| John F. | 7/10 |
| Kathy R. | 7/10 |
| Mary J. | 7/17 |
| Jeanne M. | 7/18 |
| Janet G. | 7/19 |
| Cheryl T. | 7/20 |
| Darlene P. | 7/21 |
| Graeme B. | 7/23 |
| Ruth S. | 7/23 “101” |
| Vicki H. | 7/23 |
| Jan D. | 7/24 |
| Larry H. | 7/29 |



July Zodiacs

- Cancer (The Crab) July 1–22
Leo (The Lion) July 23–31



All About Hearing

2nd Thursday
of each month
At 2:15pm –PZ

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

The Rhythm of Early America

In 2026, the United States marks the 250th anniversary of 1776—a milestone that invites reflection, not just on historic events but on the texture of everyday life in colonial times. Long before modern conveniences, daily routines were shaped by necessity, skill, and close-knit communities.

Food, for example, was seasonal and local by default. Families relied on what they could grow, hunt, or trade. Cornmeal, beans, and salted meats were staples, while gardens supplied herbs and vegetables. Preserving food—through drying, smoking, or pickling—was essential for surviving the winter. Meals were simple but sustaining, and little went to waste.

Craftsmanship was equally central to daily life. Many households produced what they needed, from clothing to tools. Spinning wool, weaving fabric, and sewing garments were common skills, as were woodworking and blacksmithing. Objects were made to last, repaired when broken, and valued for their function as much as their form.

Community ties helped hold everything together. Neighbors shared labor during harvests, barn raisings, and other large tasks. Churches, markets, and town gatherings provided structure and connection. In a world without instant communication, relationships were built face-to-face and maintained through mutual reliance.

The rhythms of life 250 years ago highlight a kind of resilience that feels both distant and familiar. Colonists adapted constantly—to weather, to shortages, to uncertainty. Their resourcefulness wasn’t a choice; it was a requirement. This anniversary offers a chance to consider what endures. Skills like making, mending, and sharing haven’t disappeared—they’ve simply changed form. The same is true of community and adaptability. While the tools and technologies of daily life have evolved, the underlying values—resourcefulness, cooperation, and persistence—remain recognizable.

Life Enrichment



Honoring America's 250th Birthday with a Patriotic Door Decorating Contest. See flyer insert for more details.

Dining Services

Friday July 3rd

BBQ Buffet

4pm-6:30pm

Solarium

Guest \$20 per person



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 July 28th



The Lodge– Memory Care



Wednesday 7/1/2026

**Live guitar music with Steve Ellis at 2:30pm
in the Lodge Activity Room families encouraged to join in on the fun!**

Sing Along with Gerry & Friends on 2nd and 4th **Tuesday of the month**
at 3pm in the Activity Room

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

Family Support Group for Memory Care for family and friends
All welcome at 2pm in the Theatre Room on the 2nd floor
Next one on Friday, 7/24/2026

Happy Birthday!

7/18 Kathleen G.

7/27 Debbie P.

