Creekside NEWSLETTER

Creekside
Continuing Care Community
The Difference Between Living and Living Well



November 2026

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

Welcome to November!

As the leaves fall and the air turns crisp, our hearts naturally turn toward thankfulness. This month, we want to express our deepest gratitude to you—our residents and families—who make Creekside such a vibrant, warm, and loving place to call home.

We have a beautiful month planned, full of festive meals, cozy social hours, and opportunities to connect.

We wish you all a joyful, peaceful, and very Happy Thanksgiving!



Celebrating November

Memoir Writing Month

Diabetes Month

Inspirational Role Models Month

Fill Our Staplers Day
November 2

Use Your Common Sense Day
November 4

Dear Santa Letter Week
November 8–14

Go to an Art Museum Day
November 9

Veterans Day (U.S.) / Remembrance Day (Canada)
November 11

Apple Cider Day
November 18

Gingerbread Cookie Day
November 21

Thanksgiving Day (U.S.)
November 26

Small Business Saturday
November 28

Meet the Team

Catherine Bowman
Executive Director

Kim Smith
Associate Executive Director/Business Office Manager

Brandy Ross
Wellness Director

Rickianna Lopez
Resident Services Director

Eli Johnson
Dining Services Director

Renee Potter
Associate Dining Services Director

Marcus Oliver
Plant Operations Director

Jaime Esquivel
Environmental Services Director

Dawn McComas
Marketing Director

Melissa White
Community Relations Director

Leslie Lawson
Community Relations Director

Crystal Diemert
Life Enrichment Director

Happy Birthday!

Alice F. – 1st
CHRIS A. – 2nd
Eleanor L. – 3rd
Suzanne "Suzy" C. – 3rd
Sandra "Sandy" C. – 7th
Emil "Fred" F. – 8th
Muriel S. – 11th
James "Jim" H. 11th
Kari "MICHELLE" G. – 13th
Diane W. – 15th
Richard "Ole" N. – 19th
SOPHIE S. – 20th
ALLAN "ALLAN" M. – 21st
Lillian S. – 21st
Barbara A. – 22nd
Jessie L. – 23rd
Madeleine N. – 24th
Sylva R. – 25th

Wellness Tip

Wellness & Safety Corner: Beating the "Winter Blues"

As the days get shorter and the weather gets colder, it is completely normal to feel a bit more tired or sluggish. Here are three quick tips to keep your spirits high this season:

- **Catch the light: Keep your window blinds open during the day. Try to sit near a window for at least 15–30 minutes every morning to absorb natural sunlight.**
- **Stay social: Cold weather makes it tempting to stay in your apartment, but joining a group exercise class or coming down for afternoon coffee is a great way to boost your mood.**
- **Keep moving: Even a short walk down the indoor hallways helps release endorphins, which naturally improve sleep and energy levels.**

Important Dates & Reminders

Daylight Saving Time Ends: Don't forget to turn your clocks back one hour on Sunday, November 1st!

Join us on Saturday November 7th from 11am-3pm for our Annual Fall Bazaar.

Patriotic music program with Lee Howard on Wednesday November 11th to honor our Veteran's.



Monthly program featuring a new resident each month "This is My Life". Wednesday, November 18th at 2:30pm in the Theatre Room.

Resident & Family Thanksgiving Buffet Friday 11/20 4pm-6:30pm
Sign Up at the North Lobby if you have guests joining you.

Monthly Veteran's Breakfast every last Tuesday of each month. Next one is November 24th at 8:30am.

Memory Care family support Group Meeting every 4th Friday of the month, next one is November 27th at 2pm in the Theater Room.