

Creekside Club



Creekside Club 9801 Penn Ave S, Bloomington, MN 55431 952-888-5405 Hours: 8:00am to 4:30pm

Celebrating November

Aviation History Month

**Banana Pudding Lovers
Month**

Pomegranate Month

Lifewriting Month

**100th Birth Anniversary of
Roy Rogers**
November 5

Veterans Day
November 11

Homemade Bread Day
November 17

Family Week
November 20-26

Game and Puzzle Week
November 20-26

Thanksgiving Day
November 24

You're Welcome Day
November 25

New Adult Day Program Director Announced!

It is with great pleasure that I am pleased to announce that Heather Liesenfeld has accepted the position of Director of Adult Day Programs at Martin Luther Campus. Heather has been employed with the Martin Luther Campus for the past three and a half years and has successfully served as the Program Coordinator of Creekside Club. ***Please join me in welcoming and supporting Heather in her new role.***

During the next few weeks, Heather will be training with me to ensure a smooth transition. Heather will continue to be located at the Creekside Club location, but will be responsible for the oversight at both Campus and Creekside Adult Day Programs. As Director of Adult Day Programs, Heather will also be responsible for the oversight of our campus transportation services.

We will be hiring another program assistant at Creekside Club to work directly with participants and caregivers as Heather's new role will require her to be available to both adult day program locations.

I feel confident that the adult day programs will continue to grow and thrive under Heather's leadership. The quality programs and services that you and your family member have enjoyed and come to expect and depend upon will continue well into the future.

If you have any questions about the transition, please don't hesitate to contact me at (952)948-5173 or at speter31@fairview.org

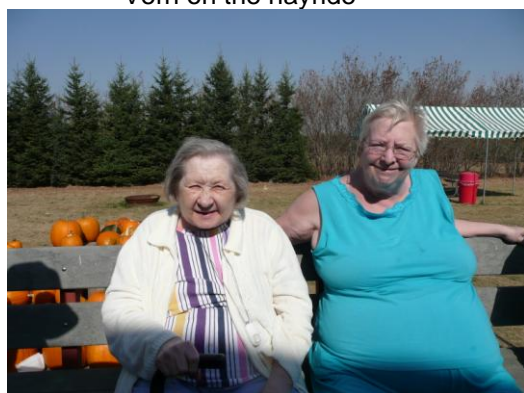
Best regards,

Sally Peterson
Former Director of Community Services

Pictures from Creekside Club's Outing to the Apple Orchard



Vern on the hayride



Marie & Sandra on the hayride



Donald, Centhia, & Roxine on the hayride



Bud & Steve rocking on the porch

Wall of Fame

October's spotlighted Creekside Club Friend was Scott P.

Scott was born in Minneapolis to Myrna and Roy. He is the first born in his family. He has 2 brothers and 1 sister. Scott grew up in Minneapolis, attending John Erickson Elementary School and Roosevelt High School. He took college courses at Metropolitan University and Normandale College, studying Liberal Arts and Law Enforcement.

Scott lived most of his adult life in Minneapolis and Apple Valley, just recently moving to Bloomington to live with his sister. Scott has worked a variety of jobs including; a cook at Woolworths and manager of Beek's Pizza. He has 2 sons, Garret and Nick.

Scott's many hobbies include: collecting coins, monitoring the stock market, surfing the internet, and writing poetry (see one of his poems on the next page).

Scott splits his time between Creekside and Campus Clubs, so he has gotten to know many people.

Thank you Scott for sharing pictures and your story with us over the last month! We have enjoyed getting to know you better.

The person we will be spotlighting in November is Pat B.



Nurse's Notes by Jane Stutelberg

PNEUMONIA

Pneumonia is an infection or inflammation of the lungs. It can affect just one section of the lung or sections throughout both lungs. When you have pneumonia, air sacs in your lungs fill with pus or other liquid, and oxygen has trouble reaching your blood. You can get it year round but it is most common in winter months. It is most commonly found in those at highest risk:

- Elderly
- People with weakened immune systems
- Smokers
- People with other chronic illnesses, especially lung problems

Pneumonia can be caused by a virus, bacteria, fungus or chemicals. It often follows another illness, such as a cold or the flu.

When a person's body defenses are weakened by the flu, bacteria can invade the lungs and cause pneumonia. **BACTERIA CAN BE PASSED FROM PERSON TO PERSON CAUSING PNEUMONIA TO BE SPREAD THROUGH THE AIR.**

Common symptoms of pneumonia may include:

- Painful cough
- Productive cough
- Fever
- Difficulty or painful breathing, especially when inhaling

Most cases of pneumonia require prescription medications.

It's also very important to get rest, proper diet and adequate fluids. Pneumonia can be fatal and the risk of contracting pneumonia and having serious complications can be greatly reduced by getting a pneumonia and a flu shot. Talk with your physician about getting both of these shots.

Jane Stutelberg, R.N.

Poetry Corner

The Ring

First the ring then the real thing
You feather the nest
And get rid of the rest
Because you get rid of the rest
Two become one and that's the test

We said our vows
To treasure and hold
Because this step is usually bold
Because you start young
And want to be old
And together forever

Till death do you part
And heaven awaits
Those that stay together
Forever and ever

With that solemn oath
They became kings and queens
And their children
Become princes and princesses

And when they're both gone
It's the rings that live on
That marriage is sacred
Till the bells toll
And they're gone heart and soul

Written by – Creekside Club Friend Scott P.

Welcome New Creekside Club Friends!

We would like to welcome our new Creekside Club Friends. With each new person that joins our group we become better, stronger, and happier. We would like to extend a special welcome to:

**Robert "Smokey" T.
&
Jean W.**

Story telling with Creekside Club Thanksgiving and Other Stories

Vern P – Thanksgiving is about appreciating the blessings that you have, what's important to you, what you're thankful for. I'm thankful for my friends, my family, and my ability to interact. I think finding meaning and light at this point in life is important. My volunteer work for many years has had meaning for me.

I'm (Carl G.) thankful that I met and married the lady I did. We got married 3 months after we met and stayed married for 50 years. She has passed on. I'm also thankful for my lady friend, Goldie. She lost her spouse too. Throughout my life, I have enjoyed just being with people. And being with all you folks.

I (Carl G.) remember one time my brother and his friend Merlin were racing and one of the cars hit a telephone pole. Eleanor Garner was a passenger in that car and hit the windshield and broke her nose. Old Man Garner was hopping mad and came over to our house, yelling that he was going to sue us. As he was walking away, my younger brother George's boomerang hit Old Man Garner in the back of the head. (It wasn't on purpose).

My (Carl G.) brother George was called "Pookie". It's funny because it turned out that the lady I married was also nicknamed "Pookie". Another coincidence was that I entered the Navy on 9/5/42, and that happened to be my future wife's birthday. I didn't know her yet.

I'm (Steve O.) thankful for friendships, being able to be a musician, my loving wife, my soon to be born granddaughter (in February 2012).

I (Carl G.) remember one time I was hired by Old Man Kutz to pick pickles. He wanted them to be a certain size, but didn't tell me, so I picked all of them. He got mad at me and I only lasted until 11am. I said "Mr. Kutz, you take your pickles and you know what you can do with them!"

I (Donald B.) was born in 1926. I've been married to Dorothy for 50 some years. I was in the navy during WWII and Korea. I was in Korea for 2 years. I never thought anything different, I just did it.

I'm (Marie E.) thankful for my wonderful loving son Randy.

My (Sandra M.) brother, Paul, and I used to go fishing up by Brainerd. My cousin Ricky used to come with us. He was such a character. He was a con man too you know. He'd yell at the other boaters who got too close to us.

Paul and I have each other. We still have each other. I have lots of friends at Rembrandt. They take good care of us there. There are lots of activities and I get to walk outside. I have freedom. And I have pretty good health. I go to Paul's house on Sundays. I don't have to worry. Everything is taken care of.

We (Bud T.) just get together on Thanksgiving. Everybody had kids, boys and girls. We'd split up into teams and play football. It's just a really good time of year. We would play hockey too. When the lakes are

frozen anyway.....otherwise we'd be swimming!

Most of my (Jill S.) high school years, I stayed in Jamestown, ND where I went to boarding school. It was too far for me to get home, so on Thanksgiving they'd make a big dinner for us. One Thanksgiving it was really snowing. You couldn't even see out the window. So we were out of school for about a week. We were living there, but the teachers couldn't get in.

I'm (Pat) thankful for my family, my kids, my brother and sisters. At Thanksgiving time, we would get together at my mom's house and play cards. We used to have nice holiday times.

Sandra – Be grateful for what you have.

Pat – I'm grateful I'm in this group

Jill – Happy Thanksgiving!

Written By: Vern P, Carl G., Steve O., Donald B., Marie E., Sandra M., Bud T., Jill S., Pat B - October 28, 2011



November Birthdays

Scorpios born from November 1 to November 21 enjoy intense and dramatic personal relationships. Even young Scorpios are thought to be wise beyond their years, with deep emotions and sensitivity. If you were born November 22 to November 30, you are a Sagittarius. Sagittarians are truth-seekers, intellectuals, and need a lot of room to roam for exploration.

John Philip Sousa (composer) – Nov. 6, 1854

Mary Hart (television host) – Nov. 8, 1950

Dianne G. (Staff) - November 12

Grace Kelly (actress) – Nov. 12, 1929

Georgia O'Keefe (artist) – Nov. 15, 1887

Marlys O. (Creekside Friend) – Nov. 19

Joe Biden (Vice Pres.) – Nov. 20, 1942

Susan S. (Creekside Friend) – Nov. 25

Vern P. (Creekside Friend) – Nov. 29

Dick Clark (TV host) – Nov. 30, 1929