

Creek 55+ Newsletter



Vol. 1 Issue No. 1

CREEK 55+ FOCUS AREAS

<u>Care Providers</u>	<u>Outreach</u>	<u>Education</u>	<u>Activities</u>	<u>LifeGroup Leadership Development</u>	<u>Handy Neighbors</u>
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Be sure to check out our [Calendar of Events](#) so you can join the fun and be the hands and feet of Jesus!



On April 29-30, 2023, A Taste of Creek 55+ was hosted and table displays were set up for each focus area to share information and meet the leaders. Hundreds of visitors filled the atrium both days, some to register as a volunteer, others to express a need for Creek 55+ services or to simply learn more about the ministry. The event was a resounding success!

Creek 55+ Ministry – How It All Started!

Cottonwood Creek Church offers outstanding programs for children, teens, and adults in our diverse, multi-generational congregation. Last fall several members met with Senior Pastor John Mark to explore the possibility of starting a new ministry with programs to help older adults find and fulfill God’s purpose for their 55+ season of life. John Mark was 100% supportive of the vision and facilitated follow-up meetings with senior staff.

Many of the ministries at Cottonwood Creek are lay ministries with a Pastoral Sponsor so the decision was made this would also be a lay ministry. Word spread and soon 18 members had volunteered to be a part of the initial 2023 brainstorming sessions to establish the vision, mission, focus areas and name for this exciting new ministry. Using the data from these sessions, a survey was developed for Adult 3 & 4 Life Groups, with the feedback received providing the top priorities for the focus areas.

Prayers were answered, God touched the hearts of 3 dozen members to volunteer to lead and this group participated in a workshop conducted in April. A solid foundation for the new ministry was set in the workshop and has been refined, enhanced, and launched since then.

The broader Creek 55+ mission is to help our 55+ members and those in our community find God’s purpose for this special season of life. This was shared with our church leaders, and we will continue to strive to stay committed to providing diverse opportunities for those over 55 to find purpose through our church by growing, connecting, serving, witnessing, and establishing lasting Christian legacies.

PURPOSE



We wonder what life will be like and what we will do with ourselves once our kids have flown the coop. One possibility is to renew our sense of purpose. Having a purpose in life means caring deeply about goals you are willing to work toward achieving—often to help others or affect the world in some positive, productive way. Do we need a sense of purpose, or should we just sit back and enjoy life?

Researchers find strong associations between having a purpose as we age and better physical health and well-being down the road. Their findings point to the need to foster purpose in older adults, especially in those who may find themselves adrift after children move away, or post-retirement.

Studies also report people having a higher sense of purpose felt significantly less stress and anxiety after a stress-filled day than those without purpose. Those older adults who were purposeful in helping others said their lives were filled with joy and happiness. Creek 55+ is here to help you find God's Purpose for this season of your life.

*Many are the plans in a person's heart, but it is the LORD's purpose that prevails. **Proverbs 19:21***

FOCUS AREA LEADERS NEEDED

<u>CARE PROVIDERS</u>	<u>OUTREACH</u>	<u>ACTIVITIES</u>	<u>EDUCATION</u>
Senior Companions	Prayer Packets	Sport Shooting	Throughout the year, we will be hosting a series of in-person and Zoom seminars and are looking for potential speakers with expertise and experience in the following areas: Medicare Wills & Estates Technology Career*
Cancer Care	Gift Giving	Nutrition/Exercise	
		Woodworking	

If you have an interest in becoming a leader for any one of the above areas, please click on the hyperlink for the area or go to [55+ – Cottonwood Creek Church](#) to complete the online form.

***CAREER** with the following suggested topics:

• Starting your own business	• Faith based entrepreneurship	• Sharing your faith in the workplace	• Advancing in large corporations	• Transitioning to consulting
• Working beyond the traditional retirement age	• Working part time after retirement	• Positioning yourself to survive downsizing or layoffs	• Mentoring the next generation	• Career searches

If you have suggestions for additional topics, want to volunteer as a speaker or nominate someone else, please email [55+ Education – Cottonwood Creek Church](#).



Enjoy Reading About the Fun - Adventurous - Educational Events of CREEK 55+ in MAY - JUNE. Come Join Us Next Time!

Focus Area: Activities
Event: Pickleball



What an awesome Pickleball day! Turnout was about 34+. God is so good. Looking forward to next time for another fun-filled day of Pickleball, fellowship and fun. Thank you to our volunteers Peter, Debbie & David. Couldn't have done it without your help. To God be the glory!

If interested in joining the fun and getting in some great exercise, contact Lloyd Watson by completing the online form at [55+ Activities - Cottonwood Creek Church!](#)

Focus Area: Outreach
Event: Feed Frisco

Our 55+ Community Service ministries event, Feed Frisco, was held on Saturday, June 17 in Frisco at The Star. Alongside other volunteers of all ages, we were able to make 4,500 sandwiches, bag chips, and mandarin oranges to feed the local hungry in the community! It was a fun atmosphere, and our volunteers had a great time together! A Big THANK YOU to those that came out to help support! Looking forward to our upcoming future events! For more information, contact Tammy Diseker via the Creek 55+ website at [55+ Outreach - Cottonwood Creek Church.](#)



Focus Area: Handy Neighbors**Event:** Home Repair

Handy Neighbors is part of the recently formed Creek 55+ ministry. Our mission is to help senior citizens and people with disabilities live safely and independently. Specifically, Handy Neighbors provides home maintenance tasks and light repairs in and around your home, for example, hard to reach light bulbs, replacing smoke detectors, changing A/C filters, installing tub and shower grab bars, and much more!



Handy Neighbors not only serves our church members, but any of your friends and neighbors nearby.

We have lots of volunteers who are anxious to help you with your specific needs. We have helped a few people so far and have the resources to help many more.

Appointments are available on Thursdays and Saturdays. Our visits always include 2 volunteers.

Note: we do not provide any services that require a trade license, i.e., plumber/electrician, nor are we able to perform regularly scheduled services. Think of us like your [neighbor] who is willing and able to help you with those tasks you don't want to ask a family member to do when they visit because you'd rather focus on just spending time together.

You can send an email to creek55handyneighbors@gmail.com to Chuck Iacobellis' attention or complete a request form at [55+ Handy Neighbors – Cottonwood Creek Church](#).

Someone will respond within a couple days to discuss your needs in more detail and schedule your appointment. Donations are appreciated for material reimbursement and to pay it forward.

Focus Area: Care Providers**Event:** Alzheimer/Dementia Caregiver Support Circle**Schedule:** Meetings occur 3rd Tuesday of every month starting in June**May Meeting**

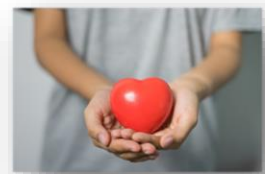
The Caregiver Circle's purpose is to connect individuals who care for adults living with Alzheimer's/Dementia and help them find resources and support.

Our first meeting was held in May and included a presentation by Nora Gravois, a licensed master social worker from the Wellness Center for Older Adults in Plano. She provided a safe place for attendees to share their experience as a caregiver and followed up with a framework for helping them to reach their highest level of Physical and Mental well-being.

The Wellness Center provides preventative healthcare, wellness screening, social and supportive services for well-being, and counseling services for individuals, groups, or groups via Zoom. Nora shared these and other resources to support caregivers for those with Alzheimer's/Dementia.

June meeting

The topic for the Alzheimer's/Dementia Support Circle for June was determining whether it was time for our loved ones to remain at home with additional help or if they needed placement. The Wellness Center's facilitator shared: Our willingness to see what expert care our loved ones need and what respite care we, the caregiver, needs are important to consider when making that decision. Also, our loved one's safety and security should be the top priority for care. In Home and Placement resources and a checklist were shared with the group at this meeting. Addressing Alzheimer's /Dementia behaviors will be the topic of our meeting July 18. For more information, contact Cindy Long or Becky Stamey [55+ Care Providers – Cottonwood Creek Church](#)



Focus Area: Activities
Event: Golf

FORE! Creek 55+ Golf hosted its first outing at The Bridges Golf Club in Gunter just north of Anna. Weather was great and new relationships were formed between golfers in their 50's, 60's and 70's! Based on the positive feedback, we will meet on the greens again! Here are some of the comments:

- "Course was in great condition!"*
- "Loved the \$42 Creek 55+ green fee!"*
- "The casual, relaxed format makes the round fun for all ages and abilities."*
- "The course was not crowded so we finished in 4 hours."*
- "Well worth a 30-minute drive."*

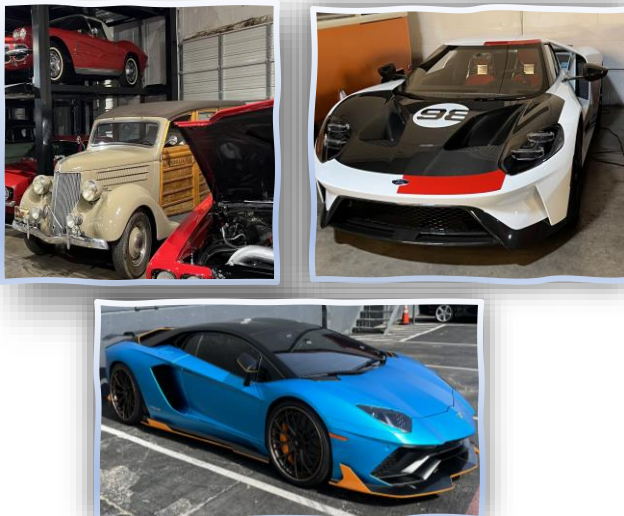
We will schedule future outings at The Bridges so be sure to keep an eye on the event calendar for dates and times. You can contact Dave Williams at [55+ Activities - Cottonwood Creek Church](#)



Congratulations to Kary Cooper for low individual score! Team bragging rights belong to the team of Emerson Porter, Sam Cuccia, Greg Tucker, Kary Cooper & Dave Williams for low team score.

Focus Area: Activities
Event: Cars! The Shop

We had two great car events to date. We toured **The Shop** and had great food at **The Derby!** For information on future events, go to the events page to contact Larry Anthony at [55+ Activities - Cottonwood Creek Church](#)



Focus Area: Activities
Event: Cars! NTX Shelby Auto Show

The **North Texas Shelby Auto Show** was a success! It was the first time any of our 50+ group had seen more than 200 Mustang Shelby Cobra's in one show. We also got to see Aarron Shelby's 2.4-million-dollar mid-engine Ford made in Paris, France. After the show, those who were able joined together at **Ford's Garage** for lunch to debrief.



Focus Area: Outreach
Event: Kairos Prison Ministry



May 2023

Kairos #63 was held at the George Beto Unit last month.

The weekend consisted of 4 days of organized talks that bring the inmates closer to the understanding that God, Jesus, and the Holy Spirit is the only way to hope for a new life.

There were 36 men who attended this weekend when they witnessed and felt that God’s love was available to them.

God accomplished amazing things this weekend. Two Muslims accepted the love shown them, realizing there is only one true God. Two others were leaders of the pagans, and both accepted Jesus Christ as their personal Lord and Savior.

Prayer/Share Saturdays

During this time, 200-300 men meet in small groups (families) to worship, celebrate birthdays and share experiences they had during the week (in the chapel). They share and pray for the Spirit’s wisdom and guidance for the following week. It is powerful to see these men pray for each other. You truly feel the presence of the Lord.



Upcoming Events

September 2, 2023

Kairos Carnival – a celebration and auction for Kairos – It will be held at First United Methodist Church in Richardson. More information to follow. Bring your bidding skills – great auction items. **Mark this date on your calendar.**

November 8- 12, 2023

Kairos weekend #64 will be held at George Beto Unit. We are asking you to serve with us this weekend. Come and see how God transforms these men, brings families back together, as men become leaders in their families, and productive members in society.

If you’d like to learn more, or participate in the Kairos Prison Ministry, you can contact John Arakelian via [55+ Outreach – Cottonwood Creek Church](#).

Text Creek55+ to 77978 to access the 55+ website
To God Be the Glory!