

Creek 55+ Newsletter



Vol. 1 Issue No. 2

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!

Visit our Facebook page [_at Creek55+](#)

Creek 55+ – Growth and Progress!

God has His hand on Creek55+ as every month more people are joining, participating, and volunteering. Whether you are in your 50’s, 60’s, 70’s, 80’s, 90’s or even 100’s, we are here to help you find God’s purpose for this season of life.

We want to share testimonies through this newsletter so please send an email to Creek55@cottonwoodcreek.org with your stories on the impact of committing to our church, growing, serving others, witnessing, strengthening relationships, or building a legacy for your children, grandchildren, or family. Also please make sure your Creek55+ profile has your email and phone number to communicate upcoming events or special announcements.

Be sure to check the calendar often for new events scheduled. If you have ideas or suggestions for Creek55+, please let us know. In the meantime, enjoy this overview of an Old-Fashioned Hymn Sing and Potluck held on August 20!

Old-Fashioned Hymn Sing and Potluck

The Creek55+ Special Events team hosted its first event - an Old-Fashioned Hymn Sing and Potluck with Dennis and Sharon George. It was a time of food, fellowship, and wonderful music with some laughs thrown in for good measure. There was such a huge turnout that we had to bring in more tables. If anyone went home hungry it was not due to a lack of food. The chapel was full of folks of all ages lifting their voices in praise. Everyone who attended was blessed in so many ways! We hope to make this a bi-annual event.



PURPOSE



Church membership is our opportunity to grasp hold of each other in Christ, responsibility, and love. By identifying ourselves with Cottonwood Creek, we let the staff and other members know that we intend to be committed in attendance, growth, connecting, giving, prayer, caring, serving, and witnessing. We allow fellow believers to have grand expectations of us in these areas, and we make it known that we are the responsibility of this local church. We assure the church of our commitment to Christ in serving with them, and we call for their commitment to serve and encourage as well.

All the believers were together and had everything in common. Acts 2:44

The servant role is a lifelong calling. Being a servant is a fundamental attribute of God as He demonstrated His serving attitude by sending His Son Jesus to be a servant. God calls people to believe in Jesus as their Savior from sin and death and calls them to be servants to others. The numerous ways that older adults serve the Lord may change throughout the aging process, but the role of servant remains the same regardless of age. Creek 55+ will encourage and provide older adults with opportunities to continue their serving ministry as a lifelong process. God creates a serving heart in the believer, provides the motivation through the power of the Holy Spirit as Jesus dwells in the life of the believer, and provides a life of purpose, significance and meaning as the believer lives in joyful service.

Then I heard the voice of the Lord saying, "Whom shall I send? And who will go for us? And I said, "Here am I. Send me." Isaiah 6:8

EDUCATION SEMINARS

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*

***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 send an email Creek55@cottonwoodcreek.org.



Enjoy Reading About the Fun – Adventurous - Educational Events of CREEK 55+ in July – August - September. Come Join Us Next Time!

Focus Area: Activities

Event: Pickleball

During the past three months Creek PICKLEBALL has grown from just over 58 to 102 members! God is so good!

On any scheduled Saturday we averaged 38-40 participants! We were blessed with donations to payback the original investment Cottonwood Creek Sports ministry gave to set up the 55+ PICKLEBALL Ministry. Thank You, Nathan, for all your efforts. Many thanks to all our volunteers. To God be the Glory.

On any given Saturday we average 5-11 new players who attend Denise's introduction to PICKLEBALL including instructions and official rules to play by.

PICKLEBALL is the fastest growing sport in America. If you are interested in joining our PICKLEBALL 55+ for fun and fellowship, please contact Denise & Lloyd Watson, or by completing an online form at 55+ Activities! See you on the Court!

November Schedule

Date	Description
Saturday, November 4	No Pickleball (event)
Saturday, November 11	No Pickleball (event)
Saturday, November 18	Pickleball 2:00 – 5:00pm
Saturday, November 25	Thanksgiving weekend. Saturday afternoon from 2:00-5:00pm is blocked for Pickleball but it is up to everyone!

December Schedule

Date	Description
Saturday, December 2	No Pickleball (event)
Saturday, December 9 & 16	Times to be determined
Saturday, December 23	Pickleball 2:00 – 5:00pm – it may be an earlier time as it is Christmas weekend

"Lloyd and Denise: Thank you so much for your ministry! As you know, I attend several (I think I missed one or two because I was out of town). The opportunity to fellowship with so many brothers and sisters in Christ is wonderful! And the physical exercise is a bonus! Your commitment to those just beginning is commendable, teaching the rules and showing them on the court the techniques of the game. A big thank you to those who serve and have served with you- Peter Stanford (managing paddle line), David and Debbie Rieck. (Hope I did not miss anyone). Your brother in Christ, Leonard

Focus Area: Care Providers

Event: Alzheimer/Dementia Caregiver Support Circle

Schedule: Meetings occur 3rd Tuesday of every month



October

At our October Caregivers' Support Circle, we looked at the critical needs of our loved ones with Alzheimer's/Dementia and how we can effectively interact with them. Dementia is progressive and irreversible. The disease itself changes the person and the structure of his/her brain and often, we tend to respond to the person and not the disease.

A person with the disease needs to feel 1) Safe 2) Loved and a sense of belonging 3) Esteemed and Accomplished and 4) Achieving Potential. One can bring dignity to that person by prompting, connecting, supporting emotionally and physically, providing visual aides to help them make the connections that their changing brain no longer allows. The disease creates a disconnect and prevents a person from being rational and can and will affect their behavior.

The biggest take-away here was to understand the disease, how it progresses, and create a safe and supportive surrounding for our loved one. We are always so grateful for our facilitator, Nora Gravois, and the insights that she shares with our group. For more information, contact Cindy Long or Becky Stamey [55+ Care Providers – Cottonwood Creek Church](#)

Focus Area: Outreach

Event: Grandparenting Summit

The Creek55+ Special Events team were excited and proud to host the Legacy Grandparenting Summit which occurred on Saturday, October 21.

The National Legacy Grandparenting Summit was created 7 years ago with the first summit held at Stonebriar Church in Frisco. Each year since then it has moved across the country and was held this year at Oak Cliff Bible Fellowship in Dallas on Thursday & Friday, October 19 & 20. Cottonwood Creek rebroadcast the first day's speakers on Saturday, October 21, from 9am-4pm. Day's 1 & 2 content will be available to all registrants afterwards to watch on their own time through Thanksgiving week.

There are approximately 30 million Christian grandparents in the US. Each one is a potential influence in the lives of their grandchildren. Unfortunately, most are missing important opportunities to pass their faith to their grandchildren. Legacy Coalition was created to inspire Christian grandparents with their potential to impact generations and with the urgency to influence their grandchildren to follow Christ. This summit provided grandparents the tools needed to accomplish this goal. For Community Events go to [55+ Outreach – Cottonwood Creek Church.](#)

Focus Area: Education**Event:** Medicare Seminar by Cade Reaves

We held our first Medicare Seminar on 10/21 to allow individuals to participate in an overview discussion. Cade explained the enrollment for Medicare and the options for additional choices of Option 1 and Option 2.

We also learned about each of the coverages for Parts A, B, and D, and Medigap plans.

Continue to check out the Creek 55+ calendar on our website for additional Education Seminars.

**Focus Area:** Outreach**Event:** Kairos Prison Ministry**November 8-12**

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 Ministry, you can contact John Arakelian via [55+ Outreach - Cottonwood Creek Church](#).

Focus Area: Activities**Event:** Arts & Crafts (NEW!)

Our Mission: *To enjoy Christian fellowship while sharing knowledge and creativity.*

Our 1st group participation was July 13 in which we had a multitude of participants who were sewing, quilting, knitting, and jewelry making.

Our most recent meeting was September 9, and we had an artist painting wooden miniatures join us whose creations were adorable!

Our meetings are scheduled monthly with alternate Thursdays and Saturdays. Mark your calendars for October 7 and November 9 from 10am - 2pm. This is a come & go event so bring your own food and refreshments and join in on the fun with the Cottonwood Crafters! We will not meet in December, but scheduling will resume in January 2024.

We have a talented, enthusiastic group and look forward to others joining us and sharing their skills and enjoying fellowship. We look forward to you joining the Cottonwood Crafters!

Jewelry * Knitting * Quilting



Focus Area: Activities
Event: Mahjong (NEW!)



Mahjong is a tile-based game developed in the 19th century in China that has spread across the world since its inception. Our Creek 55+ has a group who meets Wednesday afternoons to play this interesting, mind engaging game. We have players of many levels and welcome beginners.

Our primary goals are to enjoy Christian fellowship, expand our learning capabilities, and meet new people.

Come join in the fun! We meet in Room B122, 1:30 - 3:30pm every Wednesday afternoon.

Focus Area: Handy Neighbors
Event: Home Repair



HANDY NEIGHBORS UPDATE

We are excited to share that requests are easy to make right from your cell phone. Simply text HANDY to 77978. You will receive a reply to tap on, which will take you to our Request page.

TESTIMONIAL

"We have a severely handicapped person coming to live in our home within a couple of weeks. That person has had about 18 inches of one leg amputated. We knew that taking a shower would be difficult for our guest. I purchased a tub grab bar hoping to be able to install myself, but frankly not knowing how to do so."

"I learned from a friend, that there are some men from our Cottonwood Creek Church that are pleased to help older folks like me with similar task. I got on their website and filed a request. One phone call and an appointment was set."

"Two incredibly talented friendly men came to my door. They were kind and attentive, and within an hour the bar was professionally installed. I can relax knowing that our handicapped guest can comfortably and safely enjoy his daily shower. Many thanks and God's riches blessing for the Good Work that you are doing." -Joe Neal

Focus Area: Activities
Event: Cars!

Cars & Coffee – Texas had their 1st event back in August, with 1500+ cars on display. The schedule for future events will be announced on the Creek 55 calendar and on FB. Our local group will not likely make this a "formal" event in the future, unless requested.

Sam Pack Dallas Nationals Car Show & Museum Tour – This is an annual event, with several muscle cars, a few street rods, several Mustangs, Camaros & other cars. Our group really enjoyed the museum tour because Sam Pack has amassed quite a collection of unique automobiles, many of which are one of a kind. Highly recommended – do not miss next year. Lunch at Ford's Garage was fun with great food and "Ford" atmosphere. One of our members displayed his Model A at their Grand opening!

Downtown Fort Worth's Wheels for Wellness Car Show – This annual event coincided this year with a Hispanic Heritage celebration, so some classic, beautifully-chromed low-riders were included along with the usual collection of pristine street rods & muscle cars. If your schedule permits next year, add it to your calendar as it is one of the best car show's in DFW.



Focus Area: Activities**Event:** Creek55+ Travelers (NEW!)

Creek55+ Travelers had a wonderful time on our October 1-7 trip. The highlights of our trip were visits to the Ark Encounter and Creation Museum. At both places we enjoyed a captivating and educational exploration of history with interactive displays, short videos and, of course, the replica of Noah's Ark. We learned so much!

One evening we attended a dinner and dance party at the Radisson Hotel with other Diamond Tour Groups. Everyone had so much fun! They even made all the tour leaders and bus drivers have a dance off! They honored all the veterans by playing patriotic music and had all 200 people at the party shake hands and thank each veteran personally. It was a moving experience.

On another day we visited the beautiful Cincinnati Museum Center where we watched a National Parks film in the Omnimax Theater and then explored the Cincinnati History Museum as well as the Museum of Natural Science and History. That afternoon our adventure continued with a scenic BB Riverboat sightseeing cruise on the majestic Ohio River, where we enjoyed breathtaking views.

But that is not all – we also made a stop on the way home at Madam Tussauds Wax Museum in Nashville, where we posed with lifelike wax figures of celebrities. It was an unforgettable trip filled with educational wonders, entertainment, and new friendships.

Do not miss out! Join us on our next bus adventure to Branson December 2-6, 2024! Call Diann at (720) 369-6931 for more information or to sign up. Join our Facebook group to stay informed of upcoming trips and to see all our trip photos. www.Facebook.com/groups/creek55travelers



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

Be sure to visit our Facebook page at Creek55+