

# Creek 55+ Newsletter



Vol. 1 Issue No. 3

## CREEK 55+ FOCUS AREAS

<u>Serving Others</u>	<u>Outreach</u>	<u>Special Events &amp; Speakers</u>	<u>Building Relationships</u>	<u>LifeGroup Leadership Development</u>	<u>Handy Neighbors</u>
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### IN THIS ISSUE

1	Creek 55+ Ministry – 2024 A New Outreach!
2	<a href="#">About Our Mission – PURPOSE: Witness and Legacy</a>
3-6	Creek 55+ Events Held

Be sure to check out our [Calendar of Events](#) so you can join the fun and be the hands and feet of Jesus!

Text [Creek55+](#) to 77978 or  
Visit our Facebook page [at Creek55+](#)

## Creek 55+ 2024 – A New Outreach!

All Creek 55+ areas have been up and running for the past 8 months! We hope you've been able to find a place where you feel connected with Creek 55+ groups.

Our Core Mission is to help you find purpose in this season of life. We are launching a new Outreach Initiative to provide opportunities for you to serve, witness and care for seniors living in Allen and McKinney. Our overall goal is to provide support for senior residents and help them engage and celebrate their purpose in life.

These senior communities would include Independent Living, Assisted Living, Skilled Nursing, and Memory Care facilities.

*Cont'd from Column 1*

By having our members serve within these facilities, we wish to build relationships, host Bible Studies, and engage in a variety of invigorating activities with the senior population.

This will look different for **Independent/Assisted Living** compared to **Skilled Nursing/Memory Care**.

**Independent/Assisted Living** residents will be invited to participate in all the Cottonwood and Creek 55+ Ministry activities, support, and serving opportunities with the guidance from our members. For those who can't participate at our campus, our goal is for our members to volunteer to serve and utilize their gifts within these facilities to provide companionship, build relationships, host Bible Studies, and engage in a variety of invigorating activities with the senior population.

**Skilled Living/Memory Care** facilities will need volunteers in the first phase to serve and utilize their gifts to engage in one-on-one visits to develop relationships and assist with scheduled parties and celebrations. The second phase of our service to these residents would be to host Bible Studies, participate in Bingo, exercise, music, art, and other organized activities.

If you feel called to serve and have a heart for seniors, please send an email to [creek55davewilliams@cottonwoodcreek.org](mailto:creek55davewilliams@cottonwoodcreek.org).

We will help you identify potential areas to serve, with a schedule that works for you, as well as provide orientation, training, and support as you serve in this new ministry.

## Creek 55+ PURPOSE



**Purpose** - Each quarter we have been walking through critical elements of the Creek 55 purpose that was established in 2022. This quarter we are reviewing the Witness and Legacy elements.

**Witness** God calls older adults to share their faith in Jesus through words and actions as they are used by the power of the Holy Spirit. Older adults have unique opportunities to carry out the outreach ministry in their families, in the relationships with friends, co-workers, neighbors, and the community.

*Therefore, go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit. **Matthew 28:19***

**Legacy** A legacy about you serves you and your ego, but a Christian legacy serves the one true God and His kingdom purposes. Creek 55+ creates opportunities to shape your legacy as you prepare for Heaven.

*Since my youth, God, you have taught me, and to this day I declare your marvelous deeds. Even when I am old and gray, do not forsake me, my God, till I declare your power to the next generation, your mighty acts to all who are to come. **Psalms 71:17-18***



Enjoy reading about the **Fun - Caring - Educational Events** of CREEK 55+ Ministry in Q4 and upcoming events.  
Come Join Us in 2024!

### **HAPPY NEW YEAR** Cottonwood Creek Car Club Enthusiasts!

Although typical winter weather has arrived, we do want to kick-off 2024 with a slightly different event for February, the North Texas Auto Expo in downtown Dallas  
<https://www.northtexasautoshow.com/>.

As most of you know, this event is hosted by the North Texas Automobile Dealers Association. Each dealer decides what cars to bring to the event so if you're looking for a specific "new" vehicle, it may or may not be on display.

Below are the event details:

<b>WHEN</b>	Thursday, February 22 – Saturday, February 23 from 10am – 8pm Sunday, February 25 from 10am – 7pm
<b>WHERE</b>	Kay Bailey Hutchison Convention Center 650 S. Griffin St. Dallas, TX 75202
<b>COST</b>	\$10 for Seniors and Military (ID required) \$15 for all others <b><u>Credit Card payment ONLY</u></b>

#### Additional Information:

- We will tour the event on Friday, February 23 and will carpool from the church parking lot. If interested, please meet at 8:45am. We will depart **promptly** at 9am.
- If you would like to attend, please text, or call Larry Anthony at 817.980.9733 or Dennis Burkett at 972.984.9113 no later than Wednesday, Feb 21. If email is preferred – 4206lea@gmail.com or [dburkett007@gmail.com](mailto:dburkett007@gmail.com).
- Lunch to follow – Time and Location TBD at the event.



**Focus Area:** Outreach

**Event:** Fall Festival at Legend of McKinney

THANKS to all the wonderful volunteers who ventured out on 10/31/23 to prep, serve and visit with the seniors at Legend of McKinney during their Fall Festival. We loved your wonderful spirits and hearts! The residents really enjoyed our presence, and some great conversations were shared with the approximate 25-30 residents.

We hope you enjoy the pictures taken of our sweet ladies who volunteered with preparing, serving, and engaging in conversations with the sweet seniors! We know they loved us being there as we stood in the middle of the room and waved goodbye to them all and said THANK YOU for allowing us to be here in your home and sharing this Fall Festival with you. They waved back and said *THANK YOU* for coming. They were smiling which really melted all our hearts!

Thank you again for all your help and your participation! For information about future Community Events go to [55+ Outreach – Cottonwood Creek Church](#).



**Focus Area:** Building Relationships**Event:** Golf

Creek55+ hosted 5 golf outings in 2023 and for our December year-end event we had 16 golfers, including Pastor John Mark! These events allowed a few dozen Cottonwood members to connect with others who share a passion for the great game of golf. In many cases, people we have passed these folks in the atrium for years!

We will take a break in January and February but watch the calendar as we gear back up this spring. If you have ideas or testimonies you'd like to share, please send them to [Creek55davewilliams@cottonwoodcreek.org](mailto:Creek55davewilliams@cottonwoodcreek.org).

**Focus Area:** Building Relationships**Event:** Mahjong

The goal of American Mahjong is to be the first, by picking and discarding, to match one's tiles to a specific hand from the game card. Creek 55+ started playing weekly in September 2023, enjoying fellowship, while exercising our minds. Some weeks we've had as few as three players, with as many as nine so far. New players are invited to join us, and we'll help beginners learn!



For more info, contact Diana at [dianawilcoxson@gmail.com](mailto:dianawilcoxson@gmail.com) or (760) 717-9892

**Focus Area:** Serving Others  
**Event:** Alzheimer/Dementia Caregiver Support Circle



### December

At our December Caregivers' Support Circle, we discussed long-distance caregiving and how to prepare ourselves to visit a loved one with dementia. We learned ways to help them orientate to the upcoming visit as well as prepare visitors to be engaged by using what works for the individual: music, jokes, showing love, expressing thanks, and offering hugs. Our facilitator, Nora Gravois, also shared resources to validate caregivers, encourage listening skills, and communicate through empathy.

We also learned that Caregivers for those with Alzheimer's/Dementia can experience enormously more stress during the holidays which was a blessing to learn *just in time*. Keeping to a routine, traveling to familiar places, carefully choosing a method of travel, and planning activities helps to make days manageable. Our group talked about helping our loved ones feel safe, settled, and secure during the busyness of the season.

The holiday provides an opportunity for those we care for reminiscing, following through with traditions, experiencing stimulating activities, and engaging in crafts, music, and with others. The more the person with dementia can use the five senses to recall favorite past times, the more likely he/she is to relax and make connections with the world around them. Including traditional activities will be most meaningful. Engage your loved one in holiday food, music, and events; however, be aware of your loved one becoming overstimulated which can cause behavioral changes, depression, or chaos. If you're caregiving, hang in there. As the men in our group emphasized, use the KISS method! Keep it simple, don't correct, but validate your loved one's feelings.

If you need support, we meet on the third Tuesday of each month from 10-11am. For more information, contact Becky Stamey [55+ Serving Others – Cottonwood Creek Church](#).

**Focus Area:** Outreach  
**Event:** Kairos Prison Ministry



The November program was successful! We had 450 men apply but we could only accept 42.

After the 4-day program, five men accepted Christ as their Savior, three of whom were gang members and two who were pagans. The program taught the men to break down the walls they have built around themselves. One of the "blocks" in their wall was unforgiveness -- problems forgiving others and themselves.

During the closing ceremony, almost all the men had a chance to voice 1) Where they were spiritually when they came to the first day of the program, 2) What they learned during the 4-day program, and 3) What were they going to take back to the unit wing. The comments were heartwarming and impressive. Please join us in May to see how Jesus can use you in this ministry.

If you'd like to learn more or participate in the Kairos 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!**