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**Creekside Place Inc.**



**January - February  
 2012 Newsletter**

102 Maple Street • Evansville Wisconsin 53536 • (608) 882-0407

**“As I look forward I am very optimistic about  
 the good things I see ahead”**

There is only one word to describe Creekside Place 2011, “Incredible.” Creekside Place evolved from one room in the back of the school to a beautiful 10,000 square foot facility.



If it weren't for the Board of Directors, all the committees, the Community's support and the volunteer networking, we would not be where we are today.

We broke ground on October 25th, 2010. We moved in on April 30, 2011, and hosted our first event on May 14th, which was the ECP Chili Cookoff. Over 370 guests enjoyed the event. Since that time we have hosted over 50 very successful events. As we look forward to 2012 we already have booked 21 new events.

Creekside Place, Inc. has been expanding programming as well, for our seniors, families, and young adults in the community.

Fulfilling the four core purposes since the day we opened:

- To provide accessible space for gatherings, both large and small
- To offer community opportunities for lifelong learning
- To serve our community's seniors with diverse programs and activities
- To support community groups in making the Evansville area a better place to live, work, and play

To sum it up, we strive to improve in all areas as we move forward each day, with each event, and with each guest.

Sincerely,  
 David M. VanDerHaegen

**Board of Directors**

- Mary Libby, President
- David Ross, V. President
- John Decker, Treasurer
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- Ron DeKolver
- Chris Eager
- Jim Kopecky
- Amy Larson
- Julie Redfern
- Justin Schott

Dave VanDerHaegen  
 Executive Director

*Creekside Place, Inc. is a locally governed, not-for-profit, 501(c)(3) corporation.*

**Weekly Activities:**

- Knitting:** Every Monday at 1:00pm
- Senior Bingo:** Every Tuesday at 12:30pm
- Grocery Shopping:** Every Wednesday at 12:30pm
- Beginning Quilting:** Every Wednesday at 1:00pm
- Woodchucks:** Second Tuesday of every month at 3:00pm
- Low Vision:** First Thursday of every month at 10:30am
- Benefit Specialist:** First Wednesday of every month at 11:30am.

**Bad Weather Closing**

With winter comes the possibility of inclement weather that may cause closings and delays. For up to date information, please listen to radio stations WCLO (1230 AM) or WJVL (99.9 FM) of Lite 107.3 FM starting at 7:00am. Occasionally the dining center cancels the meal program but Creekside Place remains open.



SPONSORS



For more details call  
 Jeffrey G Collins, CFP(R), CLU OR  
 Rachel Kleven  
 608-882-5200 x1110

*Best of Luck  
 for a  
 Successful Future*

*Dr. Carol & Mr. Ross Scovotti*



**18218 W State Road 59  
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## CLUBS, CLASSES, MEETINGS

### **Knitting:** Every Monday at 1:00pm

Everyone is welcome no matter if you are a beginner or advanced knitter! If you are a beginner you can learn how to cast on, knit, purl and do combination stitches. You can also come in to knit scarves, blankets or socks.



### **Beginning Quilting:** Every Wednesday at 1:00pm

Quilting, as a process, uses a needle and thread to combine two or more layers of cloth or fabrics. Quilts can be used for functional purpose, decoration, placemats, or coasters. Come in and learn how to quilt or just come in to have a place to quilt and meet new friends.



### **Caregiver's Support Group:** Saturday, January 21, 2012 at 9:00am

Join us in a private and confidential setting for an opportunity to meet others in your situation and develop a mutual support system. Through discussion, education and problem solving, you will learn ways to adapt to the continuing stress of coping with the challenges of care giving.

### **Be Peace Group:**

Be Peace is a style of communication that supports a person to feel and speak peace especially when feeling stressed. Utilizing a scientifically proven method to reduce stress in 30 seconds and connect with others through Compassionate Communication, Be Peace teaches skills that enhance all relationships. A Be Peace Practice group is beginning at Creekside for Thursday evenings. Please call for more information. Groups facilitated by Tajali Tolan. For more information please call 608-882-0407.

### **Diabetes Support Group:** Tuesday, January 24, 2012 at 10:30am

Julie Nordan facilitates the diabetes support group. In this group you will learn: the latest diabetes information, different kinds of diabetes, the typical course of diabetes, different diabetes treatments and tests, good blood sugar control, low or high blood sugar symptoms, meal planning and physical activity, and helpful diabetes resources.

### **Low Vision Support Group:** Thursday, January 5, 2012 at 10:30am

Low Vision Support Group is a gathering of people with the common problem of vision loss. People with vision loss form or join such groups to discuss various aspects of their problems including the emotional aspects of sight loss, to investigate solutions and share resource information.

### **ASL American Sign Language Class:** Six Week Class will meet on Wednesday starting January 18th at 10:00am-11:30am

American Sign Language is commonly used by people who are deaf or hard of hearing. It is a beautiful language that when studied enhances communication skills, language acquisition, listening and attending skills. This class developed because members of Creekside Community wanted to learn to communicate with a member who is deaf. This class will be taught by a person who is fluent in ASL and is deaf. No prior knowledge necessary. Please call 608-882-0407 to register and for more information.

## UPCOMING EVENTS

### **Family Movie Night**

#### **"Dolphin Tale"**

This movie stars Ashley Judd, Harry Connick Jr. & Morgan Freeman

**Date:** Friday, January 13, 2012

**Time:** 6:30pm

**Cost:** \$1 Single member  
\$3 Single non-member  
\$5 Family member  
\$7 Family non-member



### **Men's Movie Night**

#### **"The Untouchables"**

This movie stars Kevin Costner, Robert De Niro, & Sean Connery

**Date:** Friday, February 3, 2012

**Time:** 6:30pm

**Cost:** \$1 Single member  
\$3 Single non-member  
\$5 Family member  
\$7 Family non-member



### **Monday Night Euchre**

**Date:** Monday, February 27, 2012

**Time:** 6:00pm

**Cost:** \$3 member  
\$5 non-member

Warm up with friends on a cold evening with a night of Euchre.



### **BEER SCHOOL**

#### **Beer School**

**Date:** January 9th and 23rd  
February 13th

**Time:** 7:00pm-Teacher's Dismissal

Beer School is an interactive and informative class that takes you through the brewing process and introduces you to a variety of brands and styles of beer. In class you will learn about the history of beer, as well as beer's impact on history. We will also discuss the different ingredients of beer, the brewing process, and how the various beer styles are created. You may discover your new favorite beer as you participate in tastings and discussion led by our beer school instructor Tom Calley. This experience is limited to guests ages 21 and older and is offered on a first-come, first-serve basis.

There is no cost for this class, you only pay for the beer you drink which will include a souvenir gift for the beer connoisseur!



### **Watercolor Class**

**Ages:** 5 years-12 years

This watercolor class is geared towards children, but anyone of any age may join. The instructor is an experienced local watercolor artist. Tajali Tolan has been teaching watercolors for the past 25 years. The classes are 1.5 hours and the cost is \$12.00. Please call Creekside Place to register 608-882-0407.

## SENIOR SERVICES

### Golden Diners Program

The Rock County Golden Diners program offers hot, healthy, nutritionally balanced meals. The meals are designed by a registered dietitian to meet one-third of the recommended dietary allowance. Participants are asked to contribute toward the cost of the meal.

But there's more to the story than just a well-balanced meal. At the eight Golden Diners sites, friendship and fun are always included on the daily menu.

To make reservations, call **757-5474** before 11:30 am, at least one day ahead of time.

### Home Delivered Meals

Weekday meals are delivered to those who are homebound and are unable to cook for themselves. The Home Delivered Meals recipients, many of whom are frail and alone, appreciate the daily human contact they receive when the driver delivers their meal.

For information on Home Delivered Meals, call **757-5474**.

### Foot Clinic

Specially trained staff will provide foot and nail care, and education tailored to the individual. Here is what to expect: nails will be trimmed and filed down, it will take about 30 minutes, feet will be assessed for sensation and circulation, and education on proper foot care and foot wear will be provided.

### Reflexology

Reflexology is a complementary therapy that aims to encourage the body to relax and work naturally to restore its own balance. Reflexology is based on the belief that all parts of the body are reflected in the feet and hands and by applying gentle pressure to these areas, it is hoped to have an effect on the corresponding part of the body and thus restore balance.

### Specialized Transit

Rock County provides specialized transportation services, for use by individuals at least 55 years of age or disabled persons. Transportation services are provided to all areas within Rock County using mini-buses that are equipped to handle wheelchairs. This door-to-door service requires passengers to be able to get to the bus independently, or have an aide assist "shared ride" basis. This means that several passengers may be transported at one time to provide service to as many passengers as possible. Transportation is available throughout Rock County Monday through Friday 7:00am until 5:00pm.

To schedule a ride, contact the Rock County Specialized Transit office at **608-757-5054** at least two day before the appointment date.

Cost of the ride is a co-pay of \$8, round-trip within your community.

For more information about specialized transit call **608-757-5054**.

### Benefits Specialist

The benefits specialist helps the elderly and adults with disabilities that may be encountering problems with private or government benefit programs. They are knowledgeable in the following areas: Medicare, Food Share, Social Security Disability, Supplemental Security Income (SSI), Senior Care, and Medical Assistance. Benefit Specialists are trained and guided by attorneys who specialize in elder and disability benefits law. They are often called the "the red tape cutters", and their mission is to help people figure out what benefits they are entitled to and what they must do to receive them. A Benefit Specialist is also an advocate who can act on behalf of an individual with other parties involved. Many of the benefits issues faced by seniors and people with disabilities can be very complex.

## HEALTHY LIVING

**Creekside Place would like to help you stay in shape and help you with your new years resolutions! Creekside Place has a variety of classes to choose from.**

**TOPS (Take Off Pounds Sensibly):** Every Wednesday at 8:30am

TOPS is a non-profit, weight-loss support and wellness education organization. TOPS promotes successful, affordable weight management with a philosophy that combines: healthy eating, regular exercise, wellness information, awards and recognition, and support from others at weekly chapter meetings.

**Zumba:** Monday and Wednesday at 6:00pm

Zumba classes feature exotic rhythms set to high-energy Latin and international beats. Before participants know it, they're getting fit and their energy levels are soaring! There's no other fitness class like Zumba. It's easy to do, effective and totally exhilarating.



**Yoga Flow:** Tuesday and Thursday at 9:30am

Yoga Flow is an intermediate level yoga incorporating Vinyasa, Power, and Core Power poses along with Pilate's movements to increase strength and flexibility of body, heart and mind. Prior yoga experience is helpful and basic fitness highly recommended.

**Chair Exercise:** Monday, Wednesday, and Friday at 10:30am.

**There is no cost for this class!**

Chair Exercise classes are friendly, sociable and are for people who want to improve their mobility, strength and balance. The class is for both men and women. This class is suitable for people who prefer a gentle approach to exercise.



**Ball and Band:** Monday and Wednesday at 8:30am

Ball and Band combines using an exercise ball at the same time as a Thera-Band. When combining these two elements it uses multiple muscle groups to maximize your workout.

### Strong Women:

AM Classes Tuesday and Friday at 8:30am  
PM Classes Tuesday and Thursday at 6:30pm

This is a national fitness program for middle-age and older women. The Strong Women Program is based upon years of research on how strength training and proper nutrition improve the health of women of all ages.

**Yoga/Pilates Class:** Starting January 16th on Mondays and Wednesdays at 4:45pm

In this new class we will focus on postures that enhance flexibility, build your core, strengthen and tone your body, mind and heart. The benefits of combining Yoga and Pilate's are extraordinary. Both disciplines are integrative; associated with stress reduction and increased well-being and can be adjusted for a wide use of fitness levels.

**Gentle Yoga:** Tuesday and Thursday at 10:30am

Gentle Yoga is a beginner level yoga incorporating gentle yoga postures, chair yoga and QiGong to improve focus, flexibility, balance and coordination.

**For all ages and all fitness levels.**

### Cost for the Above Classes:

**Members:** \$2.50/class or \$20 for a punch card

**Non-Members:** \$3.00/class or \$25 for a punch card

