



Live the Lang Nelson Experience at Creekside Gables



COMMUNITY NEWSLETTER

OCTOBER 2017

Staff

Campus Manager

Jamie Olson

Office and Events Coordinator

Zenobia Carson

Resident Services Coordinator

Lois Hochstatter

Maintenance

Todd Campbell

Caretaker

Clint "Doc" Lymon

Barbara Emery

Office Number

763-503-0104

Fax Number

763-503-0107

Emergency

Maintenance

Number

612-325-2309

Office Hours

Monday

9:00 am - 5:30 pm

Tuesday –Friday

9:00 am - 5:00 pm

SITE MANAGER ARTICLE

It is hard to believe that there are 86 days until Christmas Day from October 1. I do believe that the older I get the faster the years fly by. We had a busy September month. Hennepin County was out to talk about the street sign on Zane and Brooklyn Blvd. Jordan from Assurance Group will be out October 18 to update you on Medicare updates/changes. You won't want to miss that one. Backyard Farms has been busy with the garden. They will be finishing up October 24, 2017. They will not be back next year. Please join us on Tuesday, October 24, 2017 for a Farewell Garden Club Party at 11:00 AM. Cheers to a SPOOKY October.



Jamie M. Olson
Campus Manager



Our Mission: "To go above and beyond our resident's expectations. We are dedicated to providing quality living environments that enhance our resident's lives physically, socially, and spiritually."

Zenobia Says!

October has arrived along with its frosty promise of the winter months ahead! While we might dread the snow (sorry) and the cold, we have much to look forward to during the remaining months of this year.



As usual, we think summer was too short and fall and winter seems extremely long, as seniors we can do so much to pass the time.

The backyard farms garden will be put to sleep until next spring but in the next season, we intend to offer single plots for residents to choose and grow their own produce under the tutelage of someone knowledgeable about organic gardening to show us how to continue planting, caring for and producing a healthy harvest throughout next season. Please see Zenobia for more details.

We are also continuing to collect small personal items for our Troops Need Love 2 program. Please check with us to obtain a list of items that are acceptable. We want to get our boxes off before the holiday mail rush.

Fruit and Laundry Bingo are still happening once each per month. We have a lot of fun doing this and it is healthy and helpful! If you are a reader and cannot get out to the library there is a wonderful resource where the library brings the books to you! Call (612) 543 8850 and ask for an application!

Get ready for cold days and nights and hunker down for the long winter with some of our activities, something hot to drink, a good book or movie and remember always that Creekside ROCKS!

Zenobia L Carson ~ Office Assistant/Events Planner

OCTOBER BIRTHDAYS

Birthday Celebration:

October 19, 2017 2:00 pm

If we have missed your Birthday, we are sorry. Please let the office know and we will get you added to the month of your Birthday.



Happy Birthday To:

2nd
4th

Margaret P.
Lynn H.

26th
26th

Lillie B.
Zenobia C.

SPECIAL DATES

October 5, 12, 19, 26	Bingo with CoChise 6:00 pm
October 6, 20	Grocery Bus 9:30 am
October 10, 24	Schwan's
October 2, 16	Senior Talk with Zenobia 2:00 pm
October 3, 10, 17, 24	Backyard Farms
October 7, 21	Bible Study with Zenobia 2:00 pm
October 4	Resident Luncheon Dairy Queen in Crystal with Shopping afterwards 11:00 am
October 9	Fruit Bingo 2:00 pm
October 12	CEAP Food Truck 1:00 pm – 2:30 pm
October 18	Medicare updates/changes for 2018 presented by Jordan with Assurance group
October 23	Laundry Bingo 2:00 pm
October 25	French Toast 10:30 am
October 26	Good in the Hood 12:00 pm Noon
October 26	Second Harvest pick up 11:30 am – 12:30 am & 2:30 pm – 3:30 pm
October 30	Podiatry Clinic 9:30 am – 12:00 pm noon
October 30	Resident Luncheon Pizza 11:30 am – 12:15 pm (sign up)

Spiritual Offering

Bible Study

October 7

October 21



Resident meeting

October 17, 2017

4:00 PM



PARKING

Please remind your visitors to park farthest from the door so that residents will have a place to park. If you are not using your car, please be courteous to the other residents and do not park it close to the building. If you have visitors staying for more than one night, please check in with the office to get a visitors parking pass.



SPOTLIGHT: ZENOBIA C.

Zenobia Carson began working for the Lang Nelson Corporation in 2008 at the Twin Lake site in Brooklyn Center. Her job there consisted only of weekends and occasional week days in the office. It was a great fit because Zenobia was unable to work any longer at Odyssey Charter School or Children's World due to an ongoing illness.

A manager at Twin Lake found out about Zenobia's writing skills and asked if she would like to write the resident spotlights and that's where it all began! This led to the office assignment and she even worked in leasing for a short period of time. This gave her a more professional view of what Lang Nelson's mission statement is all about.

The work was intense at times, but Zenobia was still happy to have work and be able to continue raising her teen grandson.

In November of 2012, Zenobia was asked to do some fill-in work at another Lang Nelson property she had never heard of. That property was Creekside Gables in Brooklyn Park. Where Twin Lake North was multi-family, Creekside was an independent senior site. What began as temporary work turned into a permanent position in the office and as activities coordinator.



Since that day, Zenobia has been able to use her past skills as a person who is able to find resources to assist in securing funds through Hennepin County to bring about a garden from Backyard Farms that has helped to increase availability of fresh organic vegetables, has maintained an in house store that she established in 2013 AKA Zenobia's Community Store and has helped to partner with Good in The Hood and CEAP to bring two new food programs to Creekside Gables.

Zenobia has a genuine love for people and is always thinking up ways to help enrich the lives of her fellow seniors. As she approaches the age of seventy this month, she is thankful for many things. One of those things is her residency at Creekside, and her ability to oversee such activities as Bingo, Senior Talk with Zenobia and Bible Study every two weeks.

She attributes her joyful life with being able to express her joy through her writing (she is publishing her third book) and has always stood on her faith in troubled times.

Working at Lang Nelson has helped her to hone and regain her skills as a life coach which she learned working in various human services positions in Minneapolis.

Zenobia is happy living and working at Creekside and hopes to do so for a long time!



MAINTENANCE TIPS AND CONCERNS, DID YOU KNOW:

With the change of seasons comes cooler weather, and now is a great time of year to make sure your apartment is as energy efficient as possible. The heat in your apartment is now turned on! Here are some tips to help keep your home warm and cozy for the upcoming cold winter months:

1. Make sure your heat registers allow for the air circulation to flow freely, and all registers are free of restrictive furniture and window treatments.
2. Install your air conditioner cover tightly over your air conditioner.
3. After your heat is turned on, adjust your regulator valve to a level that is comfortable for your home, and maintain this temperature throughout the winter season.
4. Do not crack open windows or doors when the outside temperature drops below 32 degrees. This can cause pipes to freeze and break, causing extensive damage not only to your home, but those who live below you!
5. If you are experiencing any problems with heat regulation, please contact the office immediately so maintenance can be proactive with temperature issues.

Thank you, Todd



Lang Nelson's Continuum of Care program offers so much...



"Prior to my move, I visited River Oaks many times. The staff did an excellent job explaining the community and its benefits. I am so glad I moved here."



"It went very smoothly. My nephew worked with Teresa to arrange the movers for us. She even helped set up the phone and cable before I moved in."



"Moving was very challenging for me, but they helped me with arranging a moving company and drove me to my new home at the Legacy." "I'm home!"



"The move was delightful, and the staff were extremely helpful with every little detail."

- **Supportive Healthcare Services** if and when you need them
- **Made from scratch meals served by our very own Ida Marie Restaurant**
- **Peace of mind**
- **Daily Social activities and educational events**
- **Daily Wellness programming**
- **On site Physical/Occupational Therapy**

Choose this wonderful lifestyle today! Please contact your resident Manager for more information or email info@lanel.com



7601 Zane Avenue North
Brooklyn Park, MN 55443
763-503-0104



Lang Nelson's V.I.P. Program

*Within all Lang Nelson communities, everyone is considered
a Very Important Person!*

We want you to share the Lang Nelson Experience with everyone important in your life!
Whether your very important person is looking for housing or just a way to stay in touch, please
allow us the opportunity to meet who is important in your life.

www.langnelson.com

Your Name

Your Phone Number/ apartment number

Someone who is very important to me is:

Someone who is very important to me is:

Their Address is: _____

Their Address is: _____

Phone Number: _____

Phone Number: _____

Email: _____

Email: _____