

Cristwood Park Connection

January 2025

*Happy  
New Year!*



Let's Celebrate Together

January 2025

For unto us a child is born!



# PASTOR'S CORNER

## Every Season has a Reason

**Ecclesiastes 3:1-2:** “There is an appointed time for everything. And there is a time for every event under heaven. A time to give birth, and a time to die.”

When the apostle Paul approached the end of his life, he described his life as a battle (like a boxing match) and a race (like a track meet/a steeple chase/a long distance marathon with obstacles). **2 Timothy 4:5-8:** “Fulfill your ministry. I am already being poured out as a drink offering, and the time of my departure has come. I have fought the good fight, I have finished the course, I have kept the faith. In the future there is laid up for me the crown of righteousness, which the Lord, the righteous judge, will award to me on that day; and not only to me, but also to all who have loved His appearing.”

**1 Corinthians 9:24:** “Do you not know that those who run in a race all run, but only one receives the prize? Run in such a way that you may win.”

Q- How do I finish my course? Win my race? How do I fight on and finish strong? How can I fulfill my ministry like Paul did, like David did?

### **Three thoughts on how to finish strong:**

**#1 Cross the finish line with the joy of your salvation in your heart and praise to God on your lips:**

*Paul's summary of his life, recorded in 2 Tim. 4:7: “I have **fought** the good fight, I have **finished** my course, I have **kept** the faith.” Paul always kept his belief in God and his praise to God active and current and were the core and the hallmark of his life.*

*-In Scripture, some of David's final actions included: writing Psalm 72, and Psalms 145-150, and 2 Samuel 22 in which David recounts 54 of the mighty works of God on his behalf. Also, 2 Samuel 23, Psalms 37 & 138. David also built an altar at the end of his life that represented his Love, dedication, humility, and repentance and devotion to God.*

**#2 Settle your accounts:**

*- Paul settled his accounts by writing to Timothy and giving him special instructions in his letter: 2 Timothy.*

*- David settled his accounts and walked in integrity by purchasing a field for the altar (which was offered to him for free) but he refused, saying: “No, but I will surely buy it from you for a price, for I will not offer to God that which cost me nothing.” David also settled his accounts by handing over the kingdom to Solomon (you can read about it in 1 Kings, Chapters 1&2). For us: Settle your accounts by forgiving those who have wronged you. Colossians 3:12-13: “So, as those who have been chosen of God, holy and beloved, put on a heart of compassion, kindness, humility, gentleness and patience; bearing with one another and **forgiving each other, whoever has the complaint***

***against anyone. Just as the Lord forgave you, so also should you.***” You are owned by the people you refuse to forgive. It has been said: Jesus’ final action on earth was to forgive others. What a great way to cross the finish line.

### **#3 Encourage others:**

It has been said: “People live for encouragement and die without it.” **Hebrews 10:24-25:** “And let us consider how to stimulate one another to love and good deeds, encouraging one another all the more as you see the day drawing near.”

*Paul: Finished his race by writing his letter to Timothy, which by God’s Divine providence and plan became part Holy Scripture: 2 Timothy, which encourages millions of people every day.*

*David: Finished his race by encouraging us with the Psalms, which encourages millions of people every day.*

by Pastor Marty Anderson, Chaplain, CSL

## **SPIRITUAL GATHERINGS**

Weekly Sunday Evening Vespers || 6pm (CH)

Note: Communion Sunday Vespers 1/26

Men’s Prayer Fellowship || Monday, 1/13 & 1/27 at 9am (CH)

Praise and Worship with Marty || Monday, 1/13 at 1pm (Main Lounge) or 12-4pm

Outside in Various Locations — Weather Dependent

Missionary Commission Meeting || Tuesday, 1/14 at 2pm (ACL)

Lobby Communion || Monday, 1/27 at 8:30am & 10:30am (CH)

### **Cristwood Lay Chaplain Ministry**

Our Lay Chaplains are here to walk with you through those difficult times and through the transitions of life. Our Lay Chaplains provide grace-based acceptance, listening, compassion, confidentiality, encouragement and support through prayer and God’s Word.

Please contact the front desk or Pastor Marty if you would like a visit from one of our Lay Chaplains.

**(425) 478-4146 or [manderson@crista.net](mailto:manderson@crista.net)**

### **CRISTWOOD PRAYER TEAM**

*Cristwood Prayer Team takes prayer requests & praise reports from anyone wanting to share their burdens or joy.*

*Please call: Karen Axe*

*Prayer Team Coordinator*

**206-542-7873**

# Transportation Calendar

## Medical Appointment Transportation

For medical appointments, on-campus shuttle, off-campus shuttle service, or to speak to someone about your transportation needs:

**Please call 206-546-7449 or e-mail NEMT@crista.net**

**All riders must sign up in advance for shuttles.**

## SHOPPING BUS & OUTING SCHEDULE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Green: On campus shuttle to Schirmer Auditorium</b> <b>Yellow: Recreational off campus trips</b>			1 Staff Holiday <i>Happy New Year!</i>	2 10am Aurora Market: Dollar Tree, Safeway, TJ Maxx & WinCo	3 9:15am QFC, Trader Joe's, Banks, Drug Stores	4
5	6	7 9am Fred Meyer	8	9 10am Fred Meyer	10 9:15am QFC, Trader Joe's, Banks, Drug Stores <b>3:20pm Annie Jr. Home by 6pm</b>	11
12	13	14 9am Fred Meyer	15 <b>12pm Cabin Fever: Spiro's Home by 2pm</b>	16 10am Aurora Market: Dollar Tree, Safeway, TJ Maxx & WinCo	17 9:15am QFC, Trader Joe's, Banks, Drug Stores	18
19	20 Staff Holiday MLK Jr Day	21 9am Fred Meyer	22 <b>1pm Scenic Drive: Richmond Beach Rd &amp; Coffee Shop Home by 2:30pm</b>	23 10am Fred Meyer <b>12:50pm Wellness Walk: Terrace Creek Park Home by 2:45</b>	24 9:15am QFC, Trader Joe's, Banks, Drug Stores	25 <b>8:45 Aida: Regal Alderwood Home by 2pm</b>
26	27	28 9am Fred Meyer	29 12pm Alderwood Mall Home by 3:30pm	30 10am 5th Thursday Shopping Bus Hobby Lobby & Target	31 9:15am QFC, Trader Joe's, Banks, Drug Stores	<i>Happy New Year!</i> 

# FITNESS FUN

## Wellness Walk: Terrace Creek Park

Thursday, January 23rd

Leave at 12:50 pm

Return by 2:45 pm

Sign up in the Transportation Binder



### **Check Out January's Fitness Flyer: Stretches and Exercises for Your Neck**



*Happy New Year! In 2025, Commit to Getting Stronger*

**Strength training has many benefits for seniors, including:**

- **Improved muscle mass:** Strength training can help seniors maintain and rebuild muscle mass at any age.
- **Increased bone density:** Strength training can help prevent osteoporosis.
- **Reduced risk of disease:** Strength training can reduce the risk of age-related diseases like heart disease, arthritis, type 2 diabetes, and some cancers.
- **Improved mental health:** Strength training can boost mood and mental well-being, and decrease depression and anxiety.
- **Better functional abilities:** Strength training can improve functional abilities and increase independence.
- **Reduced risk of falls:** People with stronger muscles are less likely to fall and sustain serious injuries.
- **Improved cognitive function:** Strength training can improve cognitive function.

# SPECIAL EVENTS

*Happy  
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## Men's Breakfast

Friday, 1/3 at 9:15am  
In the Conference Room

Please sign-up in the Activities Binder.

Come enjoy a time of good food and lots of time for fellowship. We will welcome newer residents so please invite your new neighbors!

## Tech with Teens

Saturday, 1/11 at 1pm  
In the Conference Room

Don't miss this opportunity to work one on one with Jack, Micah, or Fiona. These are 30-minute appointments between 1pm and 2:30pm. Sign up in the Activities Binder to reserve your spot!

## Undeck the Halls: Monday, January 6th – 1st floor décor only

On Epiphany (Monday, January 6th) we will “undeck the halls.” The carefully labeled boxes will land at the base of each tree Monday morning. Resident leads will help each trees decorators know when to gather that day. Residents will put the décor in the boxes and leave them at the base of the tree. Staff will remove the trees and boxes in a carefully organized manner on Tuesday (1/7).

See the Activities signup binder for leads, times, and locations after the new year.

Please note: A building 2-4th floors traditionally store and manage their own décor. As these floors' lobby trees are large, we will help you put them away as we are able.

Please reach out with questions to Sharon Lumsden at (206) 546-7231

## Chess Club

### Did you know we now have one?

It meets the 2nd and 4th Wednesday.

6:30pm in the Friendship Room

All levels welcome

Boards provided

The joy of playing will be our goal!

Please reach out to resident lead Judy Harrison with questions (503) 901-5502

## King's HS Oral History Projects

What do you remember about the big events that affected our country during your lifetime? King's teachers are looking to match residents with students for interviews on historical events. Please reach out to me if you are interested in being interviewed by a student. The history teachers are generating a list of historical topics for you to look over.

Thanks, Sharon Lumsden (206) 546-7231

# SPECIAL EVENTS

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## Aida– A Cinema Live Stream Showing of the MET Performance

Saturday, 1/25 Bus departs at 8:45am  
for Regal Cinema Alderwood. Home by 2pm

This 3-hour and 40-minute opera tells of the Ethiopian princess torn between love and country. Spectacular staging of the towering pyramids and gilded tombs of ancient Egypt will be filled with the voices of an all-star cast. Sign up in the binder. Bring your \$10 bus fee to pay your driver at the bus and bring \$22+ tax to pay the theater.

## Secret Pals End Party

Saturday, 1/31 at 1pm  
In the Conference Room

If you signed up for the Secret Pal Program and have been giving and receiving gifts, now is the big moment. Come to the Secret Pal reveal party and tell your pal who you are and share stories of your journey along the way.

## New Resident Meet & Greet Party

Friday, 1/24—1pm in the Main Lounge

A photo and a few fun facts about some of our newer residents

If you have joined us in the last 5 months or so and want to be introduced— reach out for a time to chat with me in January. I will collect some fun facts you would like to share with your new neighbors.

Thanks, Sharon Lumsden Life Enrichment Manager (206) 546-7231

## Annie Jr.: A Musical Performance by the Jr. High at Schirmer Auditorium

Friday, January 10th-3:20pm Shuttle to see the show from 4-5:30pm.

Please let Heather know if you would like to pick up your dinner outside the Grotto when we return. This is a free preview performance for residents.



## Hymn Sing



Tuesday, 1/21 - 7pm  
in the Auditorium

Song Leader: Greg Asimakoupoulos

Theme: Celebrating the Light in Dark Days

## FRIDAY NIGHT MOVIE SHOWINGS:

In the Chapel



Look for the movie title each week on  
Posters around Cristwood Park

7:00pm || 1/3, 1/10, 1/17, 1/24 & 1/31

# CRISTWOOD PARK ADMINISTRATION

- ◆ **Front Reception Desk**  
206-546-7500
- ◆ **Security**  
206-819-3000
- ◆ **Brian Cordova**  
Cristwood Park Executive Director  
206-546-7491  
bcordova@crista.net
- ◆ **Sharon Lumsden**  
Life Enrichment Manager  
206-546-7231  
slumsden@crista.net
- ◆ **Russell Vail, RN**  
Wellness Nurse  
206-546-7434  
rvail@crista.net
- ◆ **Lynne Dayer**  
Volunteer Coordinator/  
Life Enrichment Admin. Support  
206-546-7239  
ldayer@crista.net
- ◆ **Patti Hassel**  
Resident Services Manager  
206-546-7563  
phassel@crista.net
- ◆ **Lisa Kelly**  
Fitness Program Manager  
206-546-7531  
lkelly@crista.net
- ◆ **Laurie Walker**  
Resident Accounts Manager  
206-546-7266  
cristwoodbillingquestions@crista.net
- ◆ **Pastor Marty Anderson**  
CRISTA Senior Living Chaplain  
425-478-4146  
manderson@crista.net
- ◆ **Heather Bean**  
Executive Chef  
206-289-7704  
hbean@crista.net
- ◆ **Doug Hostetler**  
Transportation Lead  
206-546-7230  
dhostetler@crista.net
- ◆ **Annette Harb**  
Front of House Manager  
206-546-7295  
aharb@crista.net

