



MillStream

PRESIDENT'S MESSAGE BY JAY HIESTER

2022 MCCA Annual Meeting

The Annual Meeting was held online on September 28, 2022. The meeting included a slide presentation that covered ongoing and completed projects, MCCA goals, volunteer appreciation, financial information in the form of pie charts, lots of photos and a question-and-answer session at the end. You can read the [minutes](#) of the meeting on the Announcements section of the MCCA website. Two existing Board members, Steve Anderson and Ron Smullin decided not to run for reelection. The biographies of the candidates for the four Board of Director openings were given by candidates **Angela Darby, Becky Edy, Sid Siegel, and Kristi Zevenbergen**. The four candidates were elected without opposition as no other candidates came forward or were put forward, either by the Nominating Committee or by any resident member at the meeting. As a result of the election, the MCCA Board of Directors for 2022-2023 are **Judy Cromwell, Angela Darby, Becky Edy, Terry Gemmill, Jay Hiester, Sid Siegel and Kristi Zevenbergen**.

Board of Director Elections

On October 3, 2022, the Board met to elect officers for the current year. The 2022-2023 officers elected by the board members are **Jay Hiester**, President; **Sid Siegel**, Vice President; **Kristi Zevenbergen**, Treasurer; and **Becky Edy**, Secretary. **A Personal Note:** On behalf of the Board, I would like to extend a big thank you to all of our volunteers and staff who make MCCA a wonderful place to live. Thank you also to Steve Anderson and Ron Smullin for their time serving on the Board.

MCCA Community Hours—October 13, 5-7pm

Please join us on **October 13, 2022 from 5pm to 7pm at the Mill Creek Country Club** to meet your Board members, MCCA staff, fellow residents and to learn more about MCCA and our committees. As most of you know, the Mill Creek Community Association would not be what it is today without our volunteers. If you have ever thought about volunteering on a committee this is a great opportunity to talk to various committee members to find a committee to match your talents and interest. There will be tasty treats from the Country Club and a no host bar. Please call the office to RSVP, or use this [link](#).

A Safety Reminder: The posted speed limit is 25 MPH within the MCCA

CONTACT THE MCCA Office and have us record your EMAIL ADDRESS for the PayHOA System.

Stay in touch with your Association by way of this **MillStream** newsletter, **PayHOA**, and our **3 major resident member mailings** each year (Budget, Assessments and the Annual Meeting).

You may reach us by phone (425-316-3344) or email (info@mcca.info) for help or information.

MCCA Community Hours

PLEASE JOIN US!

MEET YOUR BOARD MEMBERS AND FELLOW RESIDENTS.

LEARN ABOUT MCCA AND OUR COMMITTEES.

ENJOY TASTY TREATS FROM THE COUNTRY CLUB.

NO HOST BAR. CREDIT/DEBIT ONLY.

When

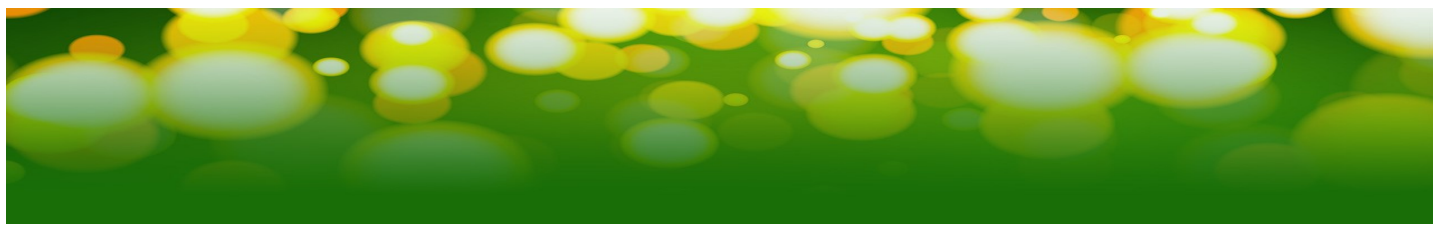
October 13, 2022
5pm - 7pm

Where

Mill Creek Country Club
15500 Country Club Drive
Mill Creek, WA 98012

RSVP

425-316-3344
info@mcca.info
or use this [Link](#).



ASSOCIATION DIRECTOR'S MESSAGE

Security Update—Joe Casselman Retires

For many, many years, Joe Casselman has been a part of the Mill Creek Community Association. Even before Joe worked as our Security Supervisor, he was a realtor who connected with many of the original United Development Corporation officers and sold the lots and homes in our Association in the early years. We have enjoyed having Joe on staff, he is a wealth of historical information and always focused on serving MCCA residents with a smile. We are thankful for Joe's many years of service to our community and wish him well in his well-deserved retirement!

We encourage you to attend our October 13 MCCA Community Hours event from 5-7 pm at the Mill Creek Country Club to wish Joe well. Please call the office (425-316-3344) or use this [link](#) to RSVP.



Joe Casselman

Community Spirit in Aspen

In August, the Aspen division had a community BBQ. This is an excellent way to get to know your neighbors. Congratulations to the Aspen residents for hosting a great event!



Aspen Division BBQ

Getting Ready for Fall

It is time to get ready for fall! You will find tips in this issue of the MillStream about the things we all need to do to get our properties ready for winter. We have had a really dry summer, but the rains will return. It is a good idea to check the storm drains in the street by your home to make sure they are free of leaves and debris so rainwater can drain. The next time you are out raking leaves, please scoop the debris away from the curbs and storm drains. If everyone does a little, no one has to do a lot!

Frank Reinart, City Engineer, created a great YouTube video about the storm water in the City of Mill Creek (<https://www.youtube.com/watch?v=4icMXSpIIDo>). The water on the roads flows into the storm drains and eventually ends up in our storm ponds. It is in our best interest to keep the storm drains clear so the storm water keeps flowing!

The water that flows from our roofs to the ground and down the storm drains is also called surface water. Use the QR code at the right to access more surface water information on the city's website.



SURFACE WATER

Elf Awards

Deck the halls! The MCCA Elf Awards are coming! On December 14th, the elves of MCCA will visit each neighborhood to determine which house has the best light display. Have your lights on by 6 pm to take part in this exciting event. We award one winner per single-family home division, one winner per townhome division, one winner per townhome and condominium entrance, and one award for best decorated door at Cogir. Our judges also select one Santa Award winner for the best light display in all of MCCA.

The Elf Award judges are generally previous Elf Award winners. Their instructions are to pick the best display in the neighborhood and to avoid choosing the winner from the previous year. Occasionally we need extra judges, if you would like to be a judge for this event, please contact the MCCA office.



Trillium Court—2021 Condo Entrance Elf Award Winner

Resident Entries: Holiday Lighting

We love that residents get into the holiday spirit, take pride in their neighborhood, and decorate in celebration of the season. As we prepare for the holidays, there are several things residents should keep in mind when they decorate their division entrance for the holidays:

- Do not unplug any plug that is already in the outlet. This is the power for MCCA entry lighting.
- Do not use old worn out lights as they tend to trip the GFCI outlet which will also shut down the entry lights as they are on the same circuit.
- Do not change or tamper with MCCA timers on the back of the walls. If lights need timers, residents need to provide a timer for the seasonal lights.
- Lights, timers, extension cords, and surge protectors need to be exterior rated for the safety of our residents and so they don't trip the GFCI or breaker.
- Do not leave MCCA outlets that have weather covers open or overload the outlet so the cover cannot shut.
- For the safety of all, any lights that impair the proper functioning of the entry lights or circuitry, or cause an electrical hazard, will be removed by maintenance.

MCCA Opt-In Campaign—Go Digital! Go Green!

Over 940 residents have chosen to go digital. Thank you for helping us save on mailing costs and reduce our environmental impact. Even though the campaign is over, you can still change your opt-in selection by following the steps below:

1. Sign into your PayHOA account by going to: <https://app.payhoa.com/auth/login>
2. In the top right corner click the circular 'Person' icon.
3. In the menu that opens, select My Account.
4. When the Account page opens, select "Notifications" from the options along the top of the page.
5. On the Notifications window, select "Change my settings" if you have not opted-in before, or "Update mail settings" if you have already opted-in and wish to make a change.
6. Click the 'I Agree' blue button.
7. If you wish, you can select "Print my opt-in agreement" to get a paper copy of your opt-in agreement.

Important Dates!

Please visit the MCCA Calendar on the MCCA website for updated information on our meetings and events.

Oct 13	MCCA Community Hours, 5-7 pm @ Mill Creek Country Club. Please RSVP
Nov 1	MCCA Annual Survey emailed to all residents
Nov 24 & 25	Thanksgiving—MCCA office closed
Nov 25	First day of Holiday lights!
Nov 30	MCCA Survey closes
Dec 14	Elf Awards—Have your lights on by 6 pm!
Dec 24	Christmas Eve—MCCA office closed
Dec 31	New Year's Eve—MCCA office closed

Hilary Bublitz
Association Director, hilary@mcca.info

SECURITY

Scam Alert!

I have heard reports of a new scam happening on the east coast—it's just a matter of time before it happens here. A person arrives at your door with a delivery that you didn't order (something fun like flowers and wine) and asks you to pay a small (under \$5) delivery fee for the alcohol. They won't accept cash and ask that you swipe your credit card and use your PIN on a card reader. The card reader is actually a card skimmer which allows them to make charges on your account. Please be aware of this scam and do not give your credit card to anyone for any unexpected deliveries.

Daylight Saving Time Ends

Sunday, November 6, we turn our clocks back an hour. If you enjoy being active outdoors on these fall days, please consider reflective clothing for yourself, kids and dogs. As it gets darker earlier, being seen can be tricky. Carry a flashlight, and wear light colored clothing and reflective gear at night. Be safe! Make it easy for cars to see you!



Shift Increase and Openings

MCCA Security now patrols 20 hours per day with two drivers per day working a ten hour shift. **We have an opening for a part-time fill-in driver who is willing to work two night shifts per week** and can occasionally cover other shifts as needed. If you or someone you know is interested, please contact security@mcca.info or call Lois at 425-328-0035.

Garage Door Reminder

Our increase in patrol hours allows us to catch many more open garage doors. We do our best to catch all open garage doors, and request that you help us keep MCCA safe by remembering to check that your garage doors are closed and secure. **Please keep the MCCA office updated with your current phone number** so we can call you about your garage door when we see it open.

In an emergency, please remember to call the police first (911) and then Security (425-328-0035).

Lois Dawkins

Security Supervisor, security@mcca.info

COMPLIANCE

Please remember that MCCA **REQUIRES** residents to apply for all **exterior changes**, and not applying can be costly. Please visit our [website](#) for application forms and do not hesitate to contact us at the MCCA office with your questions. Email info@mcca.info or call (425)316-3344.

Political Signage

Please remember to remove all political signs by November 12 per MCCA's current policy on political signs.

Blocking the Right-of-Way

Many of our residents have household items they would like to re-home. Putting those items in the street or on a sidewalk with a "free" sign is not ok and is considered blocking the city right of way. Garage sales are allowed bi-annually in MCCA and the next one is the 1st Saturday in May. Some nearby places where you can donate your goods are:

- [Goodwill](#)—South Everett Location & 164th Mill Creek Location
- [Helping Hands](#)—Bothell
- [St. Vince de Paul](#)—Everett

Fall Clean-up

Here are some maintenance items to take care of in the fall:

- Cleaning out landscaped beds of dead plants, weeds and debris
- Either replant pots with fall/winter plants or store the pots away
- Fall lawn restoration/re-seeding and winterizing

We suggest residents consider applying mulch to their landscape beds to impede weeds now and especially next spring. This is also good time to get rid of any moss, mildew, or mold on walkways, roofs, and exterior siding as it is sure to build up over the fall and winter.

MCCA has some of the most dedicated volunteers around. The work of the Covenant Committee is an important part of maintaining our covenants. I would like to take this opportunity to thank all the volunteers on the MCCA Covenant Committee for their hard work. It is an honor to work so closely with all of you!

If you are interested in volunteering on the Covenant Committee, please contact me.

Enjoy your Fall!

Joan Sweeney

Compliance Coordinator, joan@mcca.info

YOUR MCCA DOLLARS AT WORK

Q: What is 600 ft. long, 7 ft. wide, and 3 inches thick?

A: The newest improvements to a path in our 120-acre Nature Preserve

This summer, MCCA successfully completed a safety upgrade to a path in the Nature Preserve. The repairs were to smooth out the trail and reduce trip hazards. Additional layers of gravel were added under the asphalt and along the sides to help with drainage and prolong the life of the path. Tree roots are the primary culprit tearing up our paths.

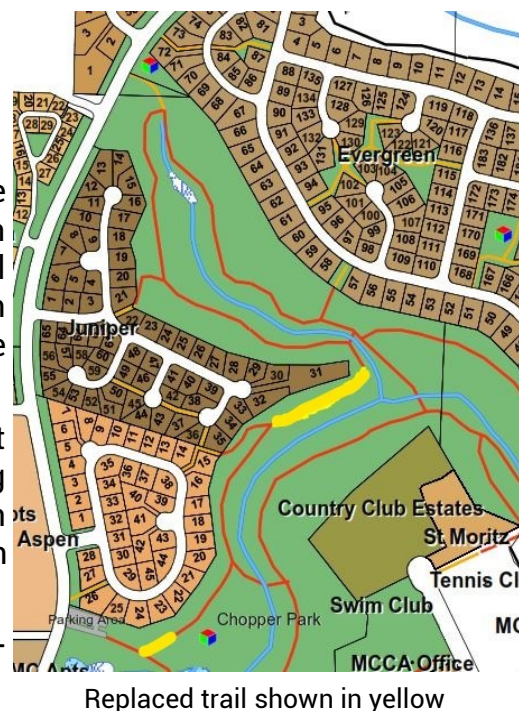
The total cost of the improvements was \$68,000. The project came in on time and on budget. The MCCA Board is making these improvements out of the Reserve fund as scheduled in our annual Reserve Study. Next year, another trail segment in the Nature Preserve is scheduled for improvement.

Did you know your MCCA dues pay for the maintenance of 16+ miles of trails, 12 playgrounds and 160 acres of common areas?

The Nature Preserve is a quiet place to walk and appreciate Mill Creek's natural beauty. The trails are ADA accessible for all MCCA residents. Parking is available on Village Green Dr. across from the Parkwood Apartments in the Chopper Park parking lot. There is also access from adjacent neighborhoods.

Come walk in the Nature Preserve and see your MCCA dollars at work!

Pam Pruitt, MCCA Resident



Trail before repairs



Trail after repairs

ARCHITECTURAL CONTROL COMMITTEE

Like you, members of the Architectural Control Committee are thinking about getting their yards and gardens ready for winter. Our guidelines state that "any major landscaping project, including, but not limited to lawn removal requires an approved landscape plan. Any landscaping visible from the street must enhance the appearance of the house and contribute to a harmonious neighborhood streetscape"

With that in mind, we found a helpful article, "How to Put Your Garden to Bed and Prepare for Cold Weather" written by Master Gardener Marie Iannotti (<https://www.thespruce.com/putting-the-garden-to-bed-1402182>). Here are the highlights:

- Remove debris and plants with disease or pest problems.
- Some perennials to prune in the fall include irises, clematis, and daylilies..
- Fall is the time to pull out dead or declining annual plants. Also fruits and vegetables left out all winter will rot and attract unwanted animals.
- Fall is also the time to clean up overgrown areas and remove unwanted plants.
- Plant flowering bulbs, garlic, and rhubarb in the ground before it freezes.
- You can also plant trees and shrubs until the soil freezes.
- A general cleanup in the fall will lighten your load in the spring.

Happy Fall!
Becky Edy,
Chair, ACC



Fall Leaf by Sam Tjoelker, Country Club Estates resident

NOXIOUS WEED COMMITTEE

It is Fall! Time for some sprucing up/maintenance of areas previously worked by the NWC and time for some planting. It's also a great time for families to participate in an outdoor volunteer event that includes planting of native trees and plants. Events vary from two to three hours in length, and generally tools and gloves are provided. No experience is necessary. You will discover parks and/or forests (many close by) that you didn't know about and meet friendly people. This is a great opportunity to learn a lot while you give back to your community. Contact the [NWC](#) for more information.

Did you know if you work for a company or are in a club (such as Scouts) that would like to give back to the community, there is the possibility of arranging a private event through some organizations? Here are a few links: <https://www.oxbow.org/get-involved/volunteer/>; <https://www.wta.org/get-involved/volunteer/>; <https://forterra.org/take-action/volunteer/>.

Please remember you can contact the NWC at mccanwc@outlook.com if you have an area of concern that you would like the NWC to consider, or if you'd just like to be added to the contact list so you know when and where the NWC will be working. And of course the NWC would love to have some new volunteers for the upcoming season!



Huckleberry Park Before



Huckleberry Park After



Heatherstone Park Before



Heatherstone Park After

Jill Cheeseman
Chair, NWC

MESSAGE FROM THE CITY OF MILL CREEK

Pickleball Updates

The City of Mill Creek offers lots of opportunities to play pickleball. You can borrow the city's nets, paddles and balls from the Mill Creek Family YMCA for FREE! Call 425-337-0123 for more information.

Where to play:

- Everett Public Schools recently striped four courts for pickleball at Heatherwood Middle School!
- You can play under the basketball shelter at Gateway Middle School when it's raining or too hot.
- Take our beginner and intermediate pickleball classes year round. Sign up [now](#).

You can find more pickleball information on the city [website](#).

Upcoming City Events!

Please follow the links to the city's [website](#) for more information on these events.

Oct 22	Community Shredding Event
Oct 31	Trunk or Treat
Nov 11	Veterans Day Ceremony/Parade
Nov 16	City Chat
Nov 25	Festival of Trees
Dec 3	Tree Lighting

Recreation Programs

Join us for new health and fitness classes, like Martial Arts for kids and adults with Mitch Mayberry - including Tai Chi/Hsing-I, Swordplay, and Aerobic Self Defense & Stick Aerobics. Beginner and intermediate Pickleball classes return with [Pickleball Rick](#), and Soccer with [Skyhawks Sports Academy](#). "Music for Preschool" is back with Melissa Nelson, and "Adventures in Art" with Jessica Carlson. Plus we have special holiday classes, including a "Spooktacular Halloween Workshop using LEGO Materials." Classes fill up fast - register today by visiting millcreekwa.gov/register.

New Classes/Programs Welcome!

To recommend a class idea or inquire about adding a new recreation class, please contact Recreation Staff at recreation@millcreekwa.gov. New instructors are welcome to submit class program proposals.

Join the City of Mill Creek on Flickr

<https://www.flickr.com/photos/millcreekwa>

Photos from around the city including events, projects and more.

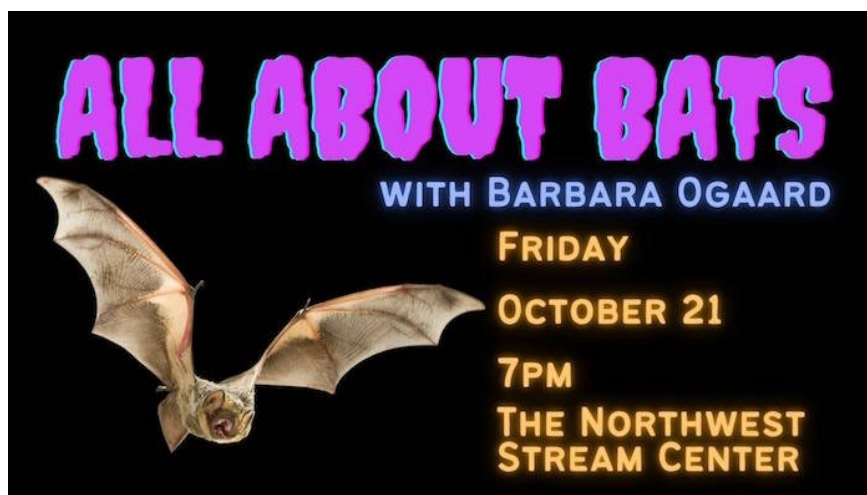
NORTHWEST STREAM CENTER

All About Bats with Barbara Ogaard

Attention all ghosts and goblins! The Bat Lady will be at the Adopt A Stream Foundation's Northwest Stream Center on **Friday night at 7:00 PM October 21st in Snohomish County's McCollum Park** (600 128th Street SE, Everett WA 98208). The Bat Lady also goes by the name of Barbara Ogaard. She rehabilitates injured bats for the Sarvey Wildlife Center and is a researcher for [Bats Northwest](#).

Preregister for the Bat Show! Call 425-316-8592; or click this link: <https://www.streamkeeper.org/s/shop>.

\$5 for Adopt A Stream Foundation members, \$7 non-members. Masks are **required** to attend this event and seating is limited to 100.



"The Bat Lady puts on quite a show," says Adopt A Stream Foundation Director Tom Murdoch. "She has this unique ability to engage little kids and old gray beards at the same time." Live bats will be part of the presentation along with incredible photo images of bats from around the world and some very cool bat puppets.

Attend this show and you will learn that bats are beneficial in many ways. "One of my favorite foods is bananas," says Murdoch. "After learning from the Bat Lady that Fruit Bats pollinate banana trees, I became a big bat fan." They also pollinate breadfruit, avocados, dates, figs, peaches and mangoes. In the tropics, bats spread seeds for trees that are essential for the rain forests. In North America bats control insects...a single Mouse Eared bat can eat up to 600 mosquitoes in an hour!

The whole family will learn that we really don't need to be worried about vampire bats. Real vampires are only found in the tropics and they don't care for human blood...sorry Dracula, there are no vampires in Transylvania...and vampire saliva is being used in the development of a new blood thinner medicine for people with heart disease! At the bat show you will see that while many bats are scary to look at, others are very beautiful, and some are so cute that they will bring a big smile to your face!

Registration proceeds benefit Sarvey Wildlife Center and the NW Stream Center. To learn about other great upcoming Streamkeeper Academy events, go to www.streamkeeper.org.

Attention: ALL GHOSTS AND GOBLINS WHO WEAR A COSTUME WILL RECEIVE A FREE SALMON POSTER FROM THE ADOPT A STREAM FOUNDATION!! This event is conducted by the Adopt A Stream Foundation in partnership with the Snohomish County Parks and Recreation Department.

The Northwest Stream Center is the result of a partnership between the Adopt A Stream Foundation and the Parks Division of Snohomish County's Department of Conservation and Natural Resources.

MILL CREEK GARDEN CLUB

Garden Tour Rewards!

Our summer sensation, the Mill Creek Garden Tour blossomed by earning \$8,498.84 for our Giving through Gardening Grants. Over the course of the year, look for updates on our award recipients and their interesting projects. It is October and there is still time to recommend a great garden (yours or a neighbors) for our July 22, 2023, Tour. Visit our website: www.millcreekgardenclub.com and click on Garden Tour. Remember to save that date; there is no better way to benefit from a summer day than being in a garden!

A Truck Load in Two Hours

When the Mill Creek Community Food Bank needed help, our members responded with a "School Supplies, Diapers & Peanut Butter Drive." Nancy Hedges provided her driveway as the drop off point, and Kathy Thomas greeted everyone as a "cookie-sharing" sunflower! Together we donated \$330 in cash and filled Kathy's truck with those wondrous necessities. New member Linda Tygert-Lillard was the lucky recipient of a gift certificate from McAuliffe's Valley Nursery, graciously provided by a MCCGC member.



Food Drive



Linda Tygert-Lillard

Spin The Wheel

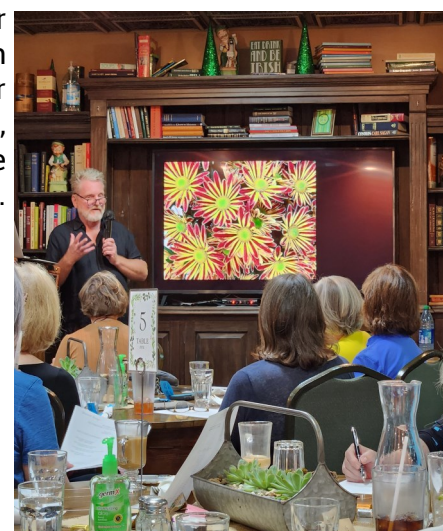
Program Chair, Lyndal Kennedy gave a play-by-play report from our September meeting: The room was packed. The atmosphere was filled with laughter, so-good-to-see-you, you look great, and we welcomed one of our TWO new male members! Guest speaker Daniel Mount was warm, personable, entertaining, and informative. Using the basic color wheel, he showed how some colors work together and how some were just annoying. Daniel urged us to "Make color the light in the garden."

Meet, Learn and Dine

MCCGC membership is open as we resume meetings at Shawn O'Donnell's American Grill & Irish Pub, Everett. We meet on the 2nd Tuesday of the Month, September - May. Reservations are required.

Meetings start at 11 AM with a brief business report, and a guest speaker, followed by a delicious buffet lunch. Annual Dues are \$40, lunch currently is \$25 for members. For information, email Connie Hannam at

conniehannam@hotmail.com



Guest Speaker, Daniel Mount

Lila Johnson, MCGC Publicity Chair
Photos courtesy of Mill Creek Garden Club

MILL CREEK LIBRARY

SOS! Friends of the Mill Creek Library Need Your Help!

THE FRIENDS NEED YOU!! Next time you use the library, take a look at the lobby sales area and consider becoming a member of the Friends of the Mill Creek Library Board. **Please contact Sue Ramsey at 425-385-2016 for more information. Friends can also be reached at friendsmillcreeklibrary@gmail.com.**

In order for the Friends to continue to work to support the Mill Creek Library we need your help. We accept book donations and keep the lobby sales area of the Mill Creek Library stocked with their most current selections. Funds raised by the Friends promote library activities, summer reading programs and prizes, children's programs, teen and adult programs, multi-cultural programs, book and professional development grants, events, and equipment not covered in the library budget.

To achieve our mission, behind-the-scenes lifting, sorting and organizing takes place in their storage facility (donated by Sound Storage at no charge) and in their own individual garages.

The Friends invite you to consider joining in this valuable work by becoming a member. Volunteering need not take an excessive time commitment. Any amount of assistance would be greatly appreciated. And flexibility around a member's schedule is always key.

Library Hours

Monday thru Thursday	10:00 am - 8:00 pm
Friday and Saturday	10:00 am - 6:00 pm
Sunday	1:00 pm - 5:00 pm

Marge Rhodes, Friends of Mill Creek Library



MILL CREEK WOMEN'S CLUB

The MCWC has been taking a break for the summer. We are looking forward to meeting again in the fall. At the request of our Members, we have made several changes this year. We moved our meeting locations closer to Mill Creek and our new meeting day will be changed from Wednesday to Thursday starting September 15. Our new meeting locations will be shared between Shawn O'Donnell's and the Mill Creek Country Club. Our first meeting after the summer break will take place at Shawn O'Donnell's 122 128th St SE, Everett, WA. Doors open at 10:30. Below is a schedule of dates and locations for the upcoming year.

October 20	11:00 am – 1:00 pm Luncheon, Shawn O'Donnell's
November 17	4:00 – 6:00 pm Fundraiser Event, MCCC
December 15	11:00 am – 1:00 pm Luncheon, MCCC
January 19	11:00 am – 1:00 pm Luncheon, Shawn O'Donnell's
February 16	11:00 am – 1:00 pm Luncheon, Shawn O'Donnell's
March 16	11:00 am – 1:00 pm Luncheon, Shawn O'Donnell's
April 20	10:00 am – Noon Continental Breakfast, MCCC
May 18	11:00 am – 1:00 pm Luncheon, MCCC

As COVID-19 gets further and further behind us it will be so wonderful to see each other again and start this year in person. In view of this, we are requiring all those who wish to attend our luncheons or other indoor social events to be fully vaccinated. We have been planning eventful programs and speakers for your enjoyment. The MCWC offers many ways to connect with other members through in person socials, Bunco, Book Clubs, Craft Groups, Card Game Groups and other specialty groups.

The MCWC continues to actively contribute to the well-being of the community through its philanthropic efforts. The MCWC supports Snohomish County Domestic Violence Services, Dawson Place Child Advocacy Center, the Mill Creek Food Bank, YWCA Pathways for Women, and YWCA Working Wardrobe.

We hope that you will consider joining us for the 2022-2023 season. The membership fee is \$65 per year. We hope to meet you in person for lunches beginning in September 2022.

If you would like more information about the Mill Creek Women's Club, please send an email to membershipmcwc@gmail.com

Debra Lowry, MCWC Publicity Chair

MCCA MEMBER DIVISIONS

SINGLE-FAMILY HOMES

Aspen
Chatham Park
Cottonwood
Cypress
Douglas Fir
Evergreen
Fairway
Fairway Fountains
Heatherstone

Holly
Huckleberry
Juniper
Laurel
Magnolia
Red Cedar
Spring Tree
Sunrise
Sun Rose

Sweetwater Ranch
Swordfern
Vine Maple
Wildflower Park
Willow
Woodfern
Winslow

TOWNHOMES

Amberleigh
Belvedere Place
Emerald Heights
Fairwood Greens
Pembroke
The Pointe

CONDOMINIUMS




Country Club Estates
Copper Tree
Country Place
Fairway Village I&II
Lakewood
Mill Lane
Mill Run I&II
Miller's Village I&II
St. Moritz
Stratford Greens
The Masters
Trillium Court



APARTMENTS

Parkwood at Mill Creek
Laurels at Mill Creek
The Mill at Mill Creek Apartments
The Station at Mill Creek
Cogir of Mill Creek

CONTACT US!

You can find nearly everything you need to know about MCCA, including office hours, contact information, forms, and governing documents, on our website:






 www.mcca.info
 info@mcca.info
 security@mcca.info

 Office: 425-316-3344
 Security: 425-328-0035



2020-2021 Board of Directors

 [Jay Hiester](#), President
 [Sid Siegel](#), Vice President
 [Kristi Zevenbergen](#), Treasurer
 [Becky Edy](#), Secretary
 [Terry Gemmill](#), Director
 [Judy Cromwell](#), Director
 [Angela Darby](#), Director

Standing Committees

 [Architectural Control Committee](#)
 [Covenant Committee](#)
 [Noxious Weed Committee](#)
 [Inspection & Engineering Committee](#)
 [Trail Ambassadors](#)

Clubs

 [Mill Creek Garden Club](#)
 [Mill Creek Women's Club](#)

10 Step At-Home Fall Prevention Checklist

COgir
of MILL CREEK
Senior Living



Falls are the leading cause of fatal and nonfatal injuries for older Americans. According to the CDC, one-fourth of Americans over 65 fall each year.

Falls threaten seniors' safety and independence and generate enormous economic and personal costs; however, falling is not an inevitable or normal part of aging. Through practical lifestyle adjustments and interventions, the likelihood of suffering a fall can be substantially reduced.

Share this resource with your senior loved ones to help prolong their independence and minimize their risk of falls.

10 Home Safety Recommendations to Reduce Falls

1. Remove throw rugs and furniture from walking pathways
2. Place adhesive anti-slip treads on shower or bathtub floors
3. Use nightlights to light the path from the bedroom to bathroom
4. Move frequently used items to easy-to-reach, clutter-free places
5. Use a rolling cart to move items around the house rather than carrying them
6. Keep items off stairs and make sure all stairways have sturdy, accessible handrails
7. Mark uneven thresholds with contrasting tape or paint
8. Place a table for packages and a chair (to sit when needed) in the entryway
9. Keep pet accessories out of walkways
10. Determine if your toilet height is the right height for you; if not, discuss ways to raise it with a health professional

If you are interested in assessing your risk of falling, click on the link below and answer the 12 questions on the National Council on Aging Falls Free Checkup Tool.

<https://www.ncoa.org/article/falls-free-checkup>

Source – National Council on Aging and Center for Disease Control and Prevention



MILL CREEK COUNTRY CLUB

ITS NOT A CLUB, IT'S A LIFE *style*

WELCOMING NEW FRIENDS
 Join the fun at Mill Creek Country Club
 Stop by to say "hello" or contact us for more information,
www.millcreek.cc | 425.743.1444







Learn proper stroke technique consistent with our year round club team, which ranked 58th in ASCA's Top 100 Age Group Programs in the country in 2020! We offer a variety of programs: swim team, water aerobics, youth lessons, adult lessons, & lap swim!

Whether it's learning how to swim, or competing at the Olympics - WEST will be there every step of the way.



Contact us at
office@westswimteam.com
westswimteam.com
 (425) 379-8806

SIGN UP TODAY
 ALL SKILL LEVELS ARE WELCOME



Kiwanis®



Join Kiwanis and give back to your community while making friends and having fun in our organization!

We meet the 1st and 3rd Wednesday of each month, 6:00pm-7:00pm, City Hall South located at 15728 Main Street Mill Creek, WA 98012.

We'd love to see you there!

Interested in meeting some great new friends, and making a positive difference in the world around you?

Rotary



Contact the Membership Committee:
millcreekrotary@frontier.com



FEATURING: ELECTRICAL TROUBLESHOOTING TIPS

FACT: Catching issues early helps prevent damage and saves money on repair costs.

Did you know that just one overloaded circuit can cause a complete power outage? Here are a few of the most common electrical problems along with how to fix them.

TOO DIM OR TOO BRIGHT?

Are your lights a different intensity? Lights that get less power than normal will appear dim while lights getting more power than normal will shine abnormally bright.

Tip: Make sure that you have the proper lights connected to the outlet by checking the bulbs max wattage vs the fixture's max. If you're sure that you have the right bulbs, it may be time to call a professional to take a look, as there may be a problem with your wiring or circuit board.

WARM OUTLETS AND LIGHTS?

Are your outlets or lights themselves feeling warmer than normal? This is a serious issue that could lead to electrical damage.

Tip: Use caution to touch the outlet with your hand to see if it's warm. If yes, switch off the power supply and call a professional.

UNUSUALLY HIGH ENERGY BILL?

Did you notice that the energy bill is much higher than normal?

Tip: Take some time to think about what changed in the month. If you don't recall any changes that could explain the higher energy usage, there could be something wrong. The next step is to call a professional to evaluate the electrical supply as they will be able to assess issues properly and propose proper solutions.

HAVE QUESTIONS REGARDING COMMERCIAL OR RESIDENTIAL ELECTRICAL?

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