



GOOD FRIENDS MAKE GOOD NEIGHBORS!

We take pride in knowing how much you enjoy the many benefits of living in our community, and we're glad you have chosen Mountain Glen as your home. From our convenient location to our caring staff members, we like to treat all of our residents like part of our family! We want to spread the word about Mountain Glen, and now you can benefit by helping us tell your friends about it! You could receive a **\$4,000 credit** toward you rent just by referring a friend or family member to Mountain Glen if they move in for at least 90 days. To qualify, the name of the person making the referral, and the name of the prospective resident must be turned into the Executive Director or the Community Relations Directors prior to the inquiry or tour. The referred person must be new to Mountain Glen (i.e. not already in our contact list). The referred person must move in and reside at Mountain Glen for a minimum of 90 days before the credit is given. If you have any questions, please.

call. 360-424-7900 or email

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Wishing a joyful Birthday celebration to all individuals celebrating their Birthday in December!

- **Sally N 12/1**
- **Jan V 12/3**
- **Susan D 12/3**
- **Trudy K 12/3**
- **Ardella D 12/12**
- **John G 12/19**
- **Shelly R 12/19**
- **Fred W 12/19**
- **Bernie M 12/20**
- **Luther F 12/22**
- **Nancy G**
- **Bonnie S 12/31**

Upcoming Events

- 12/4 Dining Room Service meeting w/Josh 10:00am (LV)
- 12/5 Santa & Elf visit from Eden 1:30 – 2:30 (LV)
- 12/5 AL Resident Lights of Christmas 5:00
- 12/6 David Lee Howard 2:30 (LV)
- 12/10 Nativity Share 11 – 3 (L)
- 12/10 WA Old Time Fiddlers 3:00 (LV)
- 12/11 Mary Whiton 2:00 (LV)
- 12/11 Cub scouts' game & craft night 6:00 (LV)
- 12/12 Resident Town Hall Meeting
IL Residents in ILDR 10:00
AL Residents in AR 2:30
- 12/12 IL Residents Lights of Christmas 5:00
- 12/13 Immaculate Conception Middle School Band 10:30 (LV)
- 12/14 Eden Calming Stress & Anxiety Class led by Marcia 10:00 (LV)
- 12/14 Christ the King Carolers 2:39 (LV)
- 12/17 Mountain Glen Residents and their Family Christmas Party 4:00 – 7:00
- 12/19 Jason Lloyd – Pianist 3:00 (LV)
- 12/20 Marcia Kester 2:30 (LV)
- 12/30 Birthday Bash 2:00 entertainment by The Esquires (LV)

December 2024

Mountain Glen Newsletter

Mountain Glen Retirement Living 1810 E Division St. Mount Vernon WA 98274 360-424-7900

Leadership Team

Executive Director

Kimberly Johnson

Community Relations

Directors

Deborah Carr

Robin Stanek

Business Office Manager

Molly Clark

Dietary Services Director

Josh Young

Director of Health & Wellness

Sandi Doyle

Resident Care Director

Amanda Santangelo

Plant Operations

Director

Mark Lietchy

Housekeeping Director

Sally Luna

Ever Fit Director

Jana DiGuilio

Life Enrichment Director

Priscilla Cox

When Christmas Was Magic!!

We all know that Christmas is the most wonderful time of the year, but do you remember when you were a child and Christmas was not just wonderful - **IT WAS MAGIC!** Be that child again, feel the excitement in the air, know the anticipation so strongly it almost hurts.

Hear the jingle of the bells being shaken by the Salvation Army Santa. Smell the aroma of your mother's Christmas cookies and the delicious taste when you lick the spoon after she finished whipping up your favorite batch of Christmas fudge. Can you still feel the chill and smell the evergreen when the family went down to pick out the perfect Christmas tree.

See the Sears Christmas Catalog, to be carefully researched for the latest hot items on the toy market. Struggle again writing that winning letter to Santa. Wander once through Toyland and sit again on Santa knee at the department store?

Rehearse again for the school Christmas pageant and sing your Christmas Carols with the rest of the class. Dress up as a shepherd or a wiseman in the Christmas play? Taste the treats at the classroom Christmas party and savor the punch. Feel the thrill as you rush again out the door for – Christmas break!

What were your Christmas traditions? Did you open presents on Christmas Eve or Christmas morning. In my family we compromised by opening one on Christmas eve, the rest were for the morning. - Besides Santa hadn't brought his presents yet. Did you leave a cookie and glass of milk for Santa?

Christmas Eve was always the longest night of the year. Christmas Morning! Christmas magic in all its glory; the presents piled high, Christmas stockings bulging with goodies. The Christmas tree all its bright lights Your Dad would put the radio on Christmas carols and your mom starting the coffee and coco. Let your eyes once again realize all the amazement of Christmas magic

Yes, Christmas was magic when we were children. However, let's keep that magic close this year and enjoy being that child once more.

More benefits than Original Medicare?

Did you know the **UHC Care Advantage plan** is available to Mountain Glen residents? The plan goes beyond Original Medicare and is rich with benefits such as Part D prescription drug coverage. It even provides support from a dedicated care team. Your care team will work with you, your family and your primary care provider to help make sure you get hands on care that meets your needs.

More benefits than Original Medicare

This may include hearing, vision, dental, transportation and more (many provided on-site). See the plan summary of Benefit for additional details.

The **UHC Care Advantage plan** features great benefit options for residents in Assisted Living, Independent Living and Memory care communities. And it gives you access to extra care coordination and personal attention from a dedicated care team. Want to learn more? Talk with our local agent about your United Health Care plan options to enjoy low out-of-pocket costs, if any. We're here to help.

Here's what the plan includes:

- Collaboration between clinicians, doctors, specialists and community staff
- Preventive care to help anticipate and identify health concerns
- Phone support 24 hours a day, 7 days a week
- On-site and virtual health care visits

Explore the HHC Care Advantage plan

Contact Information:

Christy Schuermeyer
Licensed Sales Agent
541-601-7176

Christmas Door Decorating Contest

Christmas Door Decorating Contest begins today. We invite all participants to adorn their front doors in a festive Christmas theme. To enter the contest, please register by contacting either Polla or Priscilla in the Activity Room. We will be capturing photographs of all door entries on Friday, December 13th. These photographs will be displayed outside the Activity Room, adjacent to the Birthday Wall, allowing everyone to select their top two favorite doors. Thank you for your participation.

Veteran's Cocktail Reception Event

On Thursday November 14th Mountain Glen Community hosted a Veteran's Cocktail Reception to honor our esteemed veterans and their surviving spouses.



The event provided an opportunity for each participating member to graciously share insights into their military service experiences.

We extend our heartfelt recognition and appreciation for the substantial sacrifices these individuals have made in the name of our freedom. The reception welcomed over 40 attendees.



We also extend our gratitude to the Eldercare Ministry Chaplains who generously volunteered their time to assist with the setup, serving attendees, and dismantling the event afterward. Please find attached a selection of photographs from the occasion.



Jana DiGuilio Ever Fit Director

As we approach December, marking the concluding month of 2024, I would like to take this opportunity to reflect on the initiatives undertaken by Ever Fit throughout the year to promote health and fitness within our community.

We are consistently striving to develop innovative ways to engage and motivate individuals to incorporate physical activity into their lives. I welcome any suggestions for new class offerings that you may believe would enhance our fitness programs.

It is well-recognized that engaging in just 15 minutes of exercise daily can significantly contribute to overall well-being, with 3 to 4 sessions per week being the ideal frequency for optimal fitness. I take great pride in witnessing the positive transformation among our residents, particularly in terms of improved balance and strength. We encourage participation in fitness programs, balance classes, or cardio drumming sessions to further enhance your physical capabilities.

Furthermore, I would like to emphasize the importance of hydration in maintaining health and minimizing the risk of falls. Adequate hydration is critical, as dehydration can increase fall risk. This year has been particularly rewarding, highlighted by the success of our Juice Bar initiative established in the Bistro. This offering, which features smoothies and juice shots made entirely from plant-based ingredients, aims to promote hydration and overall wellness. Personally, I have been exploring better hydration methods through smoothies and have recently discovered a remarkable product: a Lotus plant energy beverage containing seven adaptogens designed to enhance health and well-being. I am thrilled to share my knowledge of these nutritious blends with our community, with the enthusiastic support of my fellow managers.

I am pleased to report that our residents have greatly enjoyed the smoothies from the Juice Bar. It provides a delightful and interactive means of fostering health.

As we transition into the new year, I remain committed to continuing this initiative and look forward to meeting new residents, helping them identify fitness options tailored to their interests.

Wishing you all a joyful and healthy holiday season!

Concierge Team

The Concierge Team extends warm wishes for a joyous holiday season to all residents and their families.

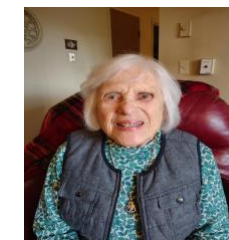
To facilitate a pleasant experience at the front desk for everyone, we kindly request your cooperation with the following:

- Independent residents are encouraged to collect their packages from the front desk in a timely manner. We do our utmost to notify you when packages arrive, time permitting.
- We ask that you refrain from congregating or engaging in loud conversations near the front desk. This allows us to effectively communicate with callers and relay important information to our care, management, and marketing teams, as well as assist residents who require shuttle service back to the community.

Wishing everyone a safe and enjoyable holiday season.

Happy Holidays from your Concierge Team.

Month of November Winner



I would like to congratulate Margaret N for successfully completing the puzzle challenges for the month of November.

In the December newsletter insert you will find the puzzles for the month, including a Crossword puzzle, Word Builder, and "And That's That." Please complete all three puzzle and submit your answers to either Priscilla or Polla. The first individual to submit the correct answers will be recognized as our December winner. I look forward to seeing who the winner will be this month.