



Getting to Know Ruth Oakes

by Bobbie Olson

Ruth Oakes was born on July 27, 1925 in Chicago, IL. She was the first in her family to be born in a hospital! Her father was a Swedish immigrant and her mother was born to Swedish immigrants, and so it is safe to say that Ruth has quite a bit of Swedish blood in her! Ruth had one brother and two sisters. She attended both elementary and high school in Chicago, and went on to business college there as well. She used that business degree to work as a stenographer and secretary for a group of electrical engineers at the Chrysler Corporation in Chicago.

Soon Ruth became a homemaker after marrying her teen-age sweetheart, Glenn Oakes, in 1944. He was in the Air Force at the time and was just about to be deployed overseas. The marriage lasted 64 years before Glenn passed away. This union produced three wonderful children: Ken, who is now retired, was a Salvation Army Officer and now lives with his wife Mary in Thomasville, NC; Greg was a high school art teacher for over 35 years in Aurora, IL and made a wonderful home there with his wife Sandra until his untimely death in an auto accident in 2014; and daughter Beth lives here in Leavenworth with husband Dave. They relocated here after 30 years in San Diego, CA. Beth now works as bookkeeper for a local restaurant. They are in the process of building a new home off North Road and cannot wait for it to be completed.

All three children are musically inclined, and Beth is one of the talented singers who performs with our local Leavenworth vocal ensemble. Ruth says that she also loves to read and has read 20 books just since she moved to Mountain Meadows in March 2017. Her family and faith in Christ bring her the most joy, as do her church families. She also dotes on 10 grandchildren and 11 great grandchildren, three of which are triplets!

What Ruth loves the most about living at Mountain Meadows is having all of her “chores” taken care of for her, like cooking, cleaning, and laundry. She can be as lazy or busy as she wants to be, and she says that the caregivers and staff are so helpful and accommodating. She is a bit worried though, that since she moved to Mountain Meadows in March, she has gained 12 pounds, but she says that is a testament to the good meals she is enjoying here. She loves all the activities that are offered, and appreciates that she can participate if she wants to or just stay home and read a good book.

She wants everyone to know that she absolutely loves living at Mountain Meadows and counts it a blessing to live here. And we are blessed to have Ruth as part of our community as well.

Improving Lives With Furniture

When considering the elderly, the design and features of the furniture is more important than some realize!

Selection of furniture fabric, shape, and functionality is very complex for the memory care population. All these factors can be crucial elements in promoting skin health/integrity, minimizing head drop, considering spinal curvature changes due to poor posture, promoting healthy circulation in legs to prevent swelling/edema, aiding in opening up the respiratory tract for more effective breathing, and much more.

Thanks to a grant from Community Foundation of North Central Washington, we were able to purchase state-of-the-art furniture that meets all these requirements. The furniture is also safe, functional, comfortable, and can be appropriately cleaned to comply with infection control procedures.

We purchased the furniture from an Atlanta-based company that began in South Africa, called KWALU. Their products are carefully designed with the needs of our specific population in mind. Their customer service is outstanding and the quality of the product is far beyond anything we have seen from their competitors.

We are also very excited to have purchased an oversized chair that pulls out into a bed, which is on wheels and can be easily moved into a room for family during overnight stays, particularly during end-of-life care.

I welcome you all to come by our Memory Care Unit to check out the new furniture and see the difference it is already making in the lives of many of the residents!



Multi-position recliner with tray table attached



Therapeutic glider with safety lockout feature



Fireside chair with wing back head support



Oversized lounge chair with pull out sleeper



Therapeutic motion chairs with safety stationary base