

Mark the date . . . you won't want to miss "ELDER SPEAK"!

On Grandparent's Day, September 10, the Ripple Foundation will again present an "Elder Speak" Program at Snowy Owl Theater from 2:00 p.m. to 4:00 p.m. The first Elder Speak Program was held in 2015. Each year since, a select panel of seniors have shared their wisdom and life experiences. We were fortunate to have one of our former residents, Rachel Feek-Gutru, be a part of last year's program. Elder Speak was created to foster a positive connection between elders and younger generations. It provides an opportunity for elders to share their unique life experiences, and allows the younger generations to ponder a different way of looking at present-day life.

This year's theme is "Wisdom". Four Elders from the Leavenworth/Wenatchee Valley will participate. They include: Carl Campbell, retired owner of over 180 senior living communities in 21 states; Patty Christiansen, Leavenworth resident, previously married to a Legislator and an active community volunteer; Pat Rutledge, Leavenworth resident and current business owner of A Book for All Seasons, who previously studied journalism and was an executive editor of seven trade magazines; and Jana Sparks, Leavenworth resident and local artist, who enjoys drawing, sculpting and potting. She also provides Elder day care and support to seniors when needed.

Mountain Meadows will be providing transportation for those residents who wish to attend this special event. Plan now to attend and enjoy hearing words of wisdom from your very own generation. Special treats will be provided. See Fern or Nate for more details.

Mountain Meadows extends a special "Thank You" to the Ripple Foundation for sharing 50% of any donations received from this event with Mountain Meadows.

Nate Oglesby

Executive Director

Walk to End Alzheimer's Disease

I am sure that everyone has been seeing TV commercials advertising the annual Alzheimer's Walk throughout the United States. The Wenatchee Alzheimer's Walk will be on Saturday, October 7th, 2017, at Pybus Market.

Mountain Meadows Senior Living is honored to have been invited to participate on Kirk Peterson's team. We have been asked to walk on his team and/or to donate towards the team to help end Alzheimer's Disease.

Kirk and his sister, Wendy, have their mother, Jan, here at Mountain Meadows Memory Care Unit. Jan's husband Bob visits routinely each week, reassuring Jan that he is available to her. The family continues to offer Jan love and support during their visits. Jan is a quiet, gentle soul that graces the Memory Care Unit with her presence.

All of us have been touched by someone who is suffering from Alzheimer's disease or know someone who is being affected by this disease. That is why we at Mountain Meadows choose to support Kirk and Wendy's team at the walk. Mountain Meadows will be collecting donations towards this endeavor. Our goal is to reach \$500, but will donate all monies collected through our efforts. We also will have staff members walking with Kirk Peterson's team.

If you are interested in donating monies and/or walking in the Walk to End Alzheimer's, you may contact either Nate or Deb for further information. I will be walking with Kirk's team in honor of my mom, Pat Reynolds, whom I lost 2 years ago. The pain of the loss continues but the memories survive. I encourage anyone who has lost a loved one to Alzheimer's and is able, to participate in this walk. It is truly inspirational and healing to many of us. I hope to see you at Pybus Market on Saturday, October 7. The Walk begins at 9:00 am.

Sincerely,

Deb Noel, RN



Dietary Tips

Fennel

- ◇ Fennel contains the antioxidant flavonoid quercetin
- ◇ Fennel is an anticarcinogenic herb and can be useful for patients undergoing chemotherapy or radiation
- ◇ It can be useful for indigestion and spasms of the digestive tract
- ◇ It helps expel phlegm from lungs

Green Beans

- ◇ Fresh green beans contain Vitamin A, B-complex vitamins, calcium and potassium
- ◇ Green beans are diuretic and can be used to treat diabetes
- ◇ The fresh beans should snap crisply and feel velvety to the touch

Jicama

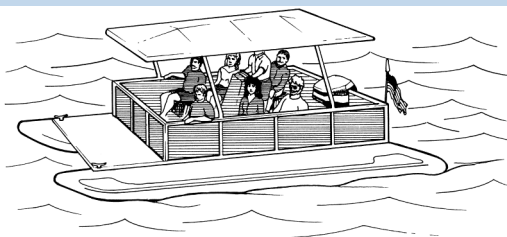
- ◇ Jicama is low in sodium and high in potassium
- ◇ It has a slightly sweet flesh that's similar to water chestnuts, but crunchier
- ◇ Due to their high carbohydrate content, they should be used sparingly

Pontoon Drivers Needed

Experienced watercraft drivers will be needed for this year's outing to Fish Lake on September 12th. Please contact Fern:

activities@mountainmeadowsliving.org

509-548-4076



Mayo Clinic—Drinking Water

A cardiologist determined that heart attacks can be triggered by dehydration. How many folks do you know who say they don't want to drink anything before going to bed because they'll have to get up during the night?

- ◇ Heat Attack and Water—Drinking one glass of water before going to bed helps avoid stroke or heart attack.
- ◇ A Cardiac Doctor was asked why people need to urinate so much at night. Answer: Gravity holds water in the lower part of your body when you are upright (legs swell). When you lie down, the lower body (legs etc.) is level with the kidneys. It is then that the kidneys remove the water because it is easier.
- ◇ Correct time to drink water...very important: Drinking

water at a certain time maximizes its effectiveness on the body:

- ◇ 2 glasses of water after waking up—helps activate internal organs
- ◇ 1 glass of water 30 minutes before a meal—helps digestion
- ◇ 1 glass of water before taking a bath—helps lower blood pressure
- ◇ 1 glass of water before going to bed—avoids stroke or heart attack
- ◇ Some physicians say that water at bed time will also help prevent night-time leg cramps. Your leg muscles are seeking hydration when they cramp and you wake up with a Charlie horse.



Can you help?

We will once again be participating in the Autumn Leaf Parade. That means we will be decorating a couple of trailers as well as the vehicles that pull them. Autumn Leaf parade is on September 23rd so we would like to begin decorating them on the 21st and finish by the 22nd.

Contact Fern at activities@mountainmeadowsliving.org or 548-4076.

Fostering Peer Socialization Among Seniors

I've written before about the loneliness and isolation that seniors may feel once they have entered a facility away from home. And being admitted to memory care has its own inherent issues, that accentuate those feelings. So, the challenge for us in developing activities for all of our residents is daunting at times. Reflecting on my own life, there are two things I find to be very important. They are 1) the ability to define positive goals, and 2) the importance of having a social network. I doubt anyone sets out to spend more time alone in a recliner with nothing to look forward to. And yet, that is exactly what so many individuals do when they become less able to live life the way they once did. Our priority in the Activities department, is to reverse this trend as well as we can. It is why activities are planned to get residents "out" and "connected" in meaningful ways. Of course, this is far easier said, than done. Residents always have the right of refusal, and too often, they exercise it! In our Memory Care unit, I have utilized an activity extensively, that is simple, inexpensive, and very effective in fostering social interaction. It's what I jokingly call "balloon therapy." I'm sure to most people passing by one of our sessions, it might appear as if little is going on. But if you asked me about the benefits of our balloon routine, I'd have a pretty exhaustive list. And peer socialization would be at the top. Whether we use only our hands, or long plastic "noodles" to hit our balloons back and forth, there is no escaping this is a relational activity. Before long, we are all moving, smiling, laughing, making humorous comments, apologizing for an out of bounds hit, and making funny faces when we accidentally hit one another! There is no doubt that everyone is enjoying themselves in some way. Better yet, they are expressing emotions to one another that enhance their feelings of being connected.

The more we "play" together, the more we see one another. And the more familiar everyone is with one another, the more their interactions increase, even when they are left to relate amongst themselves. I have personally seen a rise in empathy between those who are more able-bodied, and those who have limited abilities. Strong individuals start pushing others in wheelchairs, verbal residents smile more and offer assistance to others who are withdrawn, and I hear an increase in encouraging words, such as "good for you," "that's great," and "let me help you". As caregivers and activities staff members, we can model these behaviors and then sit back and watch it being modeled back in positive ways. These are the results we strive for!

With similar goals in mind, coming up this week we are launching a "Yack and Snack" hour, blending residents from Memory Care and Assisted Living, to share a topic based discussion around a table with beverages and snacks. We are hoping to encourage social interactions between people of differing, but more advanced cognitive abilities. As we have integrated those with varying degrees of social and physical skills in the past, we have witnessed a rise in enthusiasm in participation. Marv, our fitness leader who dedicates much of his time to leading exercise classes, has welcomed and encouraged residents from all ability spectrums, to participate – with great results. It's with that success in mind that we've decided to initiate our plan for the discussion group. Thanks to all of our staff and volunteers at Mountain Meadows, we move forward in enriching the lives of our residents, as a team, and will share the results as we go along. We continue to build on what we learn, and invite anyone to help and participate!

Christine Groen
Activity Assistant and Caregiver



Oktoberfest at Mountain Meadows will be Friday, October 13th at Noon.

We'll serve the traditional Oktoberfest food and will be

entertained by the Happy Hans Band once again. Invitations will be forthcoming.

"When you can't control what is happening, challenge yourself to control the way you respond to what's happening. That is where your power is."—Unknown

Mountain Meadows

If you have any questions or wish to
contact us,
please call or E-mail us today to learn more
about

Leavenworth's friendliest Senior Living
Community!

Telephone Number: 509-548-4076

320 Park Avenue

Leavenworth, WA 98826

www.mountainmeadowsliving.org

Your Local Non-Profit

Thank you for considering Mountain Meadows
in your estate planning and charitable giving.

LEAVENWORTH'S FRIENDLIEST SENIOR LIVING COMMUNITY



Upcoming Events

9/12 Fish Lake for pontoon rides and
BBQ

9/23 Participating in the Autumn Leaf
Parade

9/26 Lunch at the München Haus

10/13 Oktoberfest at Mountain Meadows

September-October Birthdays



Residents:

9/23 Jackie Quinn
9/24 Nina Rinke
10/15 Connie Creighton
10/18 Betty Newell
10/27 Della Vanogle

Staff:

9/7 Cathy Wilcox
9/10 Tessa Lytton
9/18 Ann Roundy
10/4 Courtney Ohl
10/7 Marco Abrego
10/18 Anne Manning
10/24 Bonnie Philippart

Peach Shakes at Lisa Bee's

