

From the Desk of the Executive Director Mountain Meadows Senior Living Campus

JANUARY-FEBRUARY 2018

VOLUME 87

I hope you enjoyed a wonderful holiday season. It is my opinion that the team at Mountain Meadows consistently goes the extra mile to assure that the spirit of Christmas is alive and felt by all during the holiday season. We continually find it a joy to create a holiday atmosphere of decorations, music, and special festivities. I hope you enjoyed our annual staff, resident and family Christmas Party. I must give special kudos to my wonderful team of employees for all their efforts in making it such a special event. We received many warm and wonderful accolades for a job well done. The older I get, the more and more I realize that it's those moments together and the relationships we have with others that bring joy and meaning to our lives!

2017 was a busy year! Some special highlights include the purchase of a new 14-passenger van, a kitchen remodel and activity room enhancements, new therapeutic Memory Care furniture, an electronic medication record system, enhanced staff benefits, an excellent annual resident care inspection, and many new residents and employees. I do await with anticipation as to what 2018 will bring!

I also wish to personally thank our families, the residents, staff, Board, volunteers, vendors, and community members for their continued commitment and support which contributes largely to the success of Mountain Meadows. In addition, Mountain Meadows expresses its sincere gratitude to the wonderful supporters who have responded to our annual 2017 holiday giving letter. Soon, we hope to purchase a new minivan! In closing, I wish to leave you with food for thought:

HAPPY NEW YEAR

by Catherine Pulsifer

Happiness depends upon your outlook on life – Find the good in all situations.

Attitude is just as important as ability – Keep your attitude positive.

Passion – find yours this year! – Do what you love, and you will never work.

Positive thoughts make everything easier – Stay focused and stay positive.

You are unique, with extraordinary gifts, use them – Never forget you have talent!

New beginnings with a new year.

Enthusiasm – a true secret of success.

Wishes – may they turn into goals.

Years go by quickly – enjoy them. Wisdom from your elders, listen.

Energy – may you have lots of it. Take care of yourself.

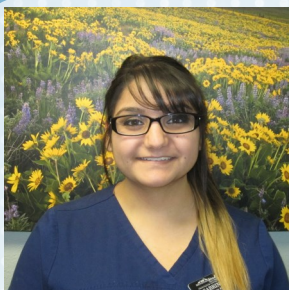
Appreciation of life – don't take it for granted. Live each day.

Relax – take time to relax in this coming year. Keep a balance in your life.

May the New Year be filled with blessings for you and your families!

Nate Oglesby, Executive Director





Employee of the Quarter

Sabrina Torres

SABRINA IS SPECTACULAR!

Sabrina Torres is the recipient of Mountain Meadows' fourth quarter service award for 2017. She was elected from nominations from both residents and coworkers. With this honor, Sabrina receives a \$50 gift certificate and a day off with pay. She will also be up for election of "2017 Employee of the Year". For the past year, Sabrina has worked as a caregiver.

Sabrina originates from Albuquerque, New Mexico, but spent most of her childhood years in Lamar, Colorado. It was in Colorado where she met the love of her life, Justin. They moved to Wenatchee four years ago to be closer to Justin's family. Justin, Sabrina, their two dogs, Annie and Bruno, and cat, Salem, recently moved into their new home and hope to start a family in the next couple of years.

When not working, Sabrina enjoys creating memories with family and friends, especially when they can sit around a bonfire reminiscing. Other favorite pastimes include shopping with friends or watching her favorite television shows.

When asked, "What do you enjoy most about your job?", she replied, "I love caring for the residents and working with such an amazing TEAM! They make me feel special and are so appreciative of my services. I truly feel blessed and believe I have found my true calling in life!"

Happiness Cake

1 Cup of Patience

1 Cup of Love

1 tsp of Common Sense

Put into a sieve of days, and blend with:

2 Cups of Faith

2 tsp of Hope

1 tsp of Plain Grit

Sift together three times and add to the mixture, alternating with:

1 Cup of Kindness

Beat all together until well blended



Scams and the Elderly

By Deb Noel

Our elderly population have worked all their lives to build up “nest eggs”, to own their own homes, and to obtain excellent credit. These hard-working people were raised to be trusting and polite, and often have difficulty saying “no”. Unfortunately, this makes them very attractive to scam and con artists.

Unfortunately, these scams are on the rise and the easiest victims are senior citizens. They do not hang up the phone, they do not say “no”, and they are susceptible to products promising increased cognitive function, virility, physical conditioning, and cancer cures. They are being promised a long and fruitful life. They are poor witnesses if questioned and often do not report the crime, as they are ashamed or worried they are not able to take care of themselves.

The top 10 financial scams targeting our elderly are:

- 1) Medicare/Health Insurance scams - they claim to be a Medicare representative to obtain personal information.
- 2) Counterfeit prescription drugs - they operate on the internet and offer better prices on specialized medications.
- 3) Funeral and Cemetery scams - scammers attend funeral services to obtain personal information from the grieving spouse, or the funeral home adds unnecessary charges to the funeral.
- 4) Fraudulent anti-aging products - everyone wants to look younger than they are.
- 5) Telemarketing/phone scams - they promise products that will not be sent and leave no paper trail. Fake charities are often named and money is solicited for a good cause. Another ploy is telling the victim their loved one is injured and in the hospital, and needs money sent right away.
- 6) Internet fraud - pop-up browsers are notorious for simulating virus-scanning software and asking that the software to be downloaded for protection, enabling the con artist to access personal information on the user's computer.
- 7) Investment schemes - pyramid schemes, fables of a Nigerian prince looking for a partner to claim inheritance money, etc.
- 8) Homeowner/Reverse Mortgage schemes - official-looking letters are sent stating that the property has been assessed and property taxes have increased. The letter goes on to state that, for a fee, of course, the property could be re-assessed and the new tax burden eased.
- 9) Sweepstakes and Lottery scams - you have won a sweepstakes but first you must send money to unlock the prize, often requiring a check from a personal bank account (more information obtained).
- 10) The Grandparent Scam - the scammer will pretend to be a grandchild, the senior gives the name, and the scammer can establish a fake identity with the new information.

It is extremely sad that these vulnerable and trusting people can be targeted so easily and so readily. How can we help? Listen to your loved one. Never allow the senior to give out personal information such as banking, credit card, or social security numbers over the phone. If a salesperson refuses to give the company address and telephone number, do not do business with them. If someone from a “Government Agency” calls demanding money, ask for a certified letter. One of the largest current scams is that you owe money to the IRS. The IRS will never call you on the phone; they will only send you a certified letter in the mail with instructions.

Let's protect our seniors and help them hold on to the monies and properties they worked so hard to establish. Listen to what your loved one tells you about phone calls. Look at what kind of mailings are being received, and offer to help separate the scams from the legitimate letters.





Perky Shirley Kempton

By Bobbie Olson

Our dear friend and resident Shirley Kempton has the best laugh. Anyone in the front office area can often hear her laughing at something she found humorous while having her beauty time with Cinda. She really does have the **best** laugh.

It all started this way: she missed being born on the first day of 1927 by five minutes, and so she was born on January 2, 1927 in Jamestown, North Dakota. Shirley came from a large family, having two older sisters and two brothers, all of whom have now passed away. Shirley attended elementary and high school in Jamestown. When WWII broke out, her father traveled to Portland to work in the shipyards, resulting in the family eventually relocating to Portland where Shirley finished high school.

Because of the war, the federal government needed office workers and appeared at her high school to enlist help. Shirley was offered a job on the spot, *before* her graduation; she worked for many years for the federal government. She finally retired after helping her husband put their two children through college.

Perky Shirley met her husband Dewaine Kempton on a blind date. They dated for a year, and married on March 18, 1948. That union produced daughter April, who lives up in Plain, and son Tim, who lives in the Portland area and is the prosecuting attorney for Beaverton, Oregon. Shirley says her life has been good one, and with her spunk and spirit, many more laughing days are in her future. Shirley really appreciates everyone who works here and really enjoys the Mountain Meadows life.

January Birthdays:

1/1 Denise Cheever
1/2 Shirley Kempton
1/3 Stuart Emig
1/7 Heather Mondini
1/15 Warren Moyles
1/17 Wolf Noack

1/21 Al Gebhardt

1/21 Chuck Reynolds

1/23 Ginny Bither

1/27 Jan Peterson

February Birthdays:

2/1 Bobbie Olson

2/2 Nancy Garcia

2/3 Beth Pratt

2/6 Michelle Logan

2/13 Amy Moss

2/14 Bonnie Hinsdale

2/19 Rosie Alaimo

2/19 Amy Morse

2/23 Marilyn Mitchell



If you have any questions or wish to contact us,
please call or e-mail us today to learn more
about Leavenworth's friendliest non-profit
Senior Living Community!

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

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www.mountainmeadowsliving.org



For years Sally Bauer has been having us over to her house to decorate Christmas cookies (followed by coffee, tea and partaking of the cookies). It's always such a delightful time. This year was no exception. Thank you Sally!



Looks like serious business!!!

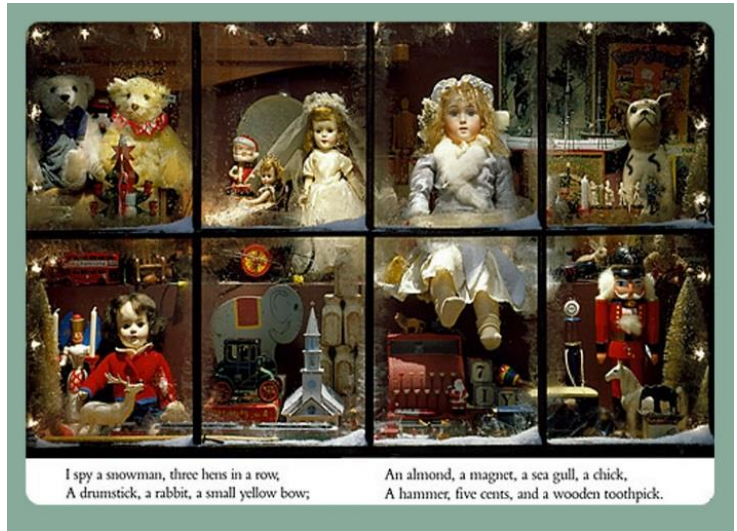


"In the cookie of life,
friends are chocolate
chips."

Salman Rushdie

Toyland Christmas Party 2017

Family and Friends Gathered to enjoy a special time together!



Above, Wolf Noack with his special friends, Earl & Nita.

Below, new friends, Jerry and Ron.



David Severance, AKA Father Christmas, again made a special appearance.

Below, Santa & Mrs. Claus and Father Christmas with our Executive Director, Nate Oglesby, and his family.

