



From the Desk of the Executive Director

Wow, what a difference! Last year at this time, Mountain Meadows was enduring the effects of a long drawn-out winter. We had experienced many heavy snowfalls and sub-zero temperatures. To top it off, over \$40,000 worth of structural damages to our new wing was created from ice dams on the roof. This one incident is a prime example of how we learn from our past experiences. As I gaze at Mountain Meadows during my daily walks to work this year, I have so enjoyed seeing the new heat tapes in action on our roof.

This year, the current weather conditions keep us guessing. Even though the groundhog saw his shadow, meaning six more weeks of winter, we have seen some signs of Spring converging upon us. The fresh air, sunny days, and the melting of snow in early February were tell-tale signs that Spring seemed to be just around the corner. Our maintenance men, Joel and Chris, were pruning the evergreens and raking the flower beds, residents were taking longer walks around the neighborhood, and others were enjoying sitting outside soaking up the fresh air and sunshine. Now, Mother Nature may be telling us otherwise. Our recent below-average morning temperatures and occasional sputtering of snow flurries may be accurate signs of the groundhog theory. I guess we must just wait and see. As for me, I am thinking **SPRING!**

With the recent completion of our construction project, we now have activity kitchenettes in both Memory Care and Assisted Living. They are such a welcome addition to our activity program. Both Memory Care and Assisted Living have added baking to their monthly calendar. Not only do the residents enjoy baking for their own pleasure, but often, they bake and provide baked goods for other scheduled activities such as the monthly birthday party and Yak and Snack. Thus far, I have enjoyed

the aroma of baked beans, cupcakes, banana muffins, cookies, and bars wafting through the halls. And yes, I do make sure I sample each and every thing they make! What I find even more enjoyable than the actual baked goods, is observing the social interaction amongst the residents, and the therapeutic effects for a resident actively participating who normally does not engage. I have witnessed the activity staff making sure that everyone who attends participates in some way, whether it be reading part of the recipe, adding the ingredients, or mixing the batter. Feel free to share a favorite recipe, especially one passed down from previous generations or something that sparks a childhood memory. Hearing the stories or reminiscing over a family recipe can be more fun than the actual baking.

Mountain Meadows just received its 2017 Resident Response report from Pinnacle Quality Insight, a national firm hired to evaluate our customer service and resident satisfaction. The report demonstrates where Mountain Meadows scored in each category in comparison to the national average over a 12-month period. The specific categories relate to areas of personal care, community cleanliness, dietary services, communication, and overall satisfaction. I am pleased to announce that Mountain Meadows scored considerably higher than the national average in all 14 categories listed in the report. I personally feel that seeing that 94% of those residents and family members who were surveyed in 2017 would highly recommend Mountain Meadows to others, speaks volumes for such a dedicated team of employees and the quality of service we provide. The complete Resident Response report is available for your review and is posted on a bulletin board in our main hallway.

To warmer days ahead,

Nate Oglesby
Executive Director

Why Dignity Matters By Christine Groen



Dignity. “The state or quality of being honored or respected.” I believe we all have an inherent desire to be treated with honor and respect. It might be worth asking, however: is dignity something we actively participate in, or something we depend on others to simply bestow upon us? Or a combination of the two? Any care facility, such as Mountain Meadows, exists to maintain and promote the dignity of each and every resident we care for. It is an inherent part of both our legal obligation and our mission statement to do so. How we express that, however, may be a very subjective experience, both for staff members and residents.

Growing old, and determining that we need “help” in various ways, is a daunting and frightening admission for many of us. Relying on our own capacity to reason, make good decisions, and keep track of responsibilities becomes more difficult as our minds and bodies accumulate the effects of aging. We try to slow the progress down when we can, but sometimes nature gets the best of us and we lose our edge in holding the pieces of our lives together on our own. It's challenging, to say the least.

If relinquishing control over some of the basic functions of our bodies and our lives requires us to rely more on others, then those we rely on become incredibly important. We must trust them to honor our right to be treated with value and worth, even while they may be strangers to us — people we have no history with, and no life context to impart the value to us that we feel we deserve. The benefits for us in being surrounded by caring individuals are obvious. But what about the benefits for those who provide the care?

They say it takes a village to raise a child. I believe the same concept applies to caring for our senior population. Our dignity as caregivers and other staff members is just as important. If being on the receiving end of “less dignified” tasks is difficult, so can be the performing of such tasks. And yet the humility it takes for both sides to cooperate is essential to fostering kindness, empathy, compassion and understanding. The growth of a community of individuals working together to respect and honor each other's roles, magnifies the positive aspects of our humanity. The time-tested adages that we recite from generation to generation never really grow old, because along with the sayings, we ourselves are growing old, and they carry new meaning for us. “Do unto others...” “What goes around comes around.” “You reap what you sow.” “There, but by the grace of God go I.”

Dignity matters. In extending dignity to others, we reap it for ourselves. We uphold principles that are important, and worth preserving. Being mindful of even the smallest tasks which contribute to the dignity of others, is what we are about at Mountain Meadows. There are no specific actions that impart dignity in and of themselves, but there are, most certainly, attitudes of the heart that foster it. In honoring and respecting our residents, we bring honor and respect to ourselves as advocates for them. And this, I hope all would agree, is something that we should never neglect.

Employee of the Year



Mountain Meadows Senior Living Campus Announces 2017 EMPLOYEE OF THE YEAR Chris Fredrickson

Chris Fredrickson, maintenance assistant, has been chosen as the 2017 Employee of the Year by Mountain Meadows Senior Living Campus. He was selected by popular vote from community residents, staff, volunteers, and family members from a larger group made up of 2017 "Employee of the Quarter" candidates. Others vying for the title were Dona Nagy, dietary chef, and Sabrina Torres, personal caregiver. Chris has been with Mountain Meadows for nearly 2 years and assists with the responsibilities of general maintenance, yardwork and snow removal throughout the community.

The Board, staff, and residents of Mountain Meadows ask you to join them in thanking Chris for his service and congratulating him on this special recognition!

Submitted by Dietary Pumpkin Chocolate Granola



2 cups large coconut flakes
2 cups almonds, chopped
1 cup pumpkin seeds
1/4 cup organic maple syrup
2 tablespoons extra-virgin, unrefined coconut oil
1 1/2 tablespoons chia seeds
3 teaspoons cocoa powder
1/2 teaspoon cinnamon
1/2 teaspoon vanilla extract
1/2 teaspoon sea salt

1. Preheat oven to 375 degrees. Line a baking sheet with parchment paper.
2. In a saucepan over medium heat, melt coconut oil and maple syrup. Add cocoa powder, cinnamon, vanilla, and sea salt to the oil and syrup mixture, and stir well.
3. Add the coconut flakes, almonds, and pumpkin seeds to a larger prep bowl, and drizzle the coconut-maple mixture over the top. Toss well, and spread evenly on the baking sheet.
4. Bake for 15 minutes or until crisp, stirring the mixture halfway through.

TIP: Once it cools, this granola keeps well in a sealed container in the fridge for up to one month. Makes about 8 servings.

Recipe by Sarah Adler
Issaquah, Washington

Annual St. Patrick's Party at Mountain Meadows

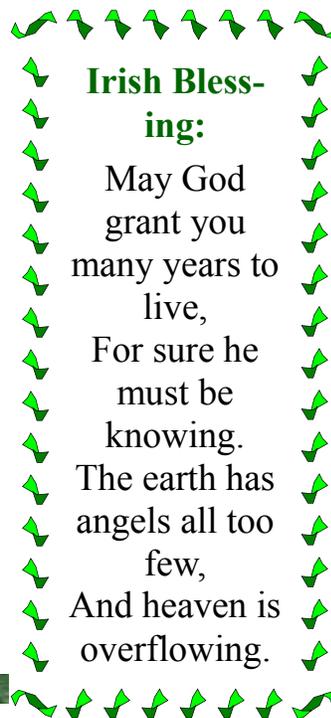


We will host our annual St Patrick's dinner on Friday, March 16, 2018, at 12:00 p.m. The fare will be the traditional corned beef & cabbage with all the trimmings.

Please RSVP by Friday, March 9th.

Come & join us!

Everyone should experience a bit o' Irish!



Irish Blessing:

May God grant you many years to live,
For sure he must be knowing.
The earth has angels all too few,
And heaven is overflowing.



March-April

- 3/1 Bob Beck
- 3/3 Carol Heimkes
- 3/9 AJ Milne
- 3/18 Jayne Walker
- 3/28 Dorothy Squier
- 4/1 Pat Moyer
- 4/14 Mary Amick
- 4/16 Kay Feil
- 4/24 Joy Ellis
- 4/25 Linda Lager
- 3/13 Taylor Burton
- 3/15 Carina Gomez-Castro
- 3/27 Deb Noel
- 3/27 Crystal Gandy
- 3/28 Sophie Carkulis
- 3/29 Jeff Stroup
- 4/10 Sabrina Torres
- 4/19 Kristin Creiglow
- 4/22 Chrstine Guiver
- 4/25 Brooke Booth
- 4/30 Staci Huntington

Fully Staffed!! By Crystal Gandy

As of this date, Mountain Meadows has a full complement of staff needed to run a smooth operation! The concept of being fully staffed is this perfect-case scenario. It is not an easy task and not for lack of trying. Competing for staff with other Assisted Living facilities in the neighboring areas is the challenge. Home Care Aides, Certified Nursing Assistants and Caregivers are in high demand all over the State of Washington.

We here at Mountain Meadows are pleased to have long term staff as well as a new group of people who have never worked in this field; they are loving it. Mountain Meadows offers perks that appeal to some of our new employees and are not found in other facilities. The culture here is rich in family and heritage.

As our new staff are getting to know residents and their families, please stop and introduce yourself so everyone can get to know one another!



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

Call us or e-mail us today to learn more about Leavenworth's friendliest non-profit Senior Living Community!

Telephone Number: 509-548-4076

320 Park Avenue, Leavenworth, WA 98826

www.mountainmeadowsassistedliving.com

Your Local Non-Profit



Our Own Special Cinda By Bobbie Olson

Let's talk about our very own Cinda Burlando, aka our beauty salon operator. She is the one who makes all of us happy and looking our best. She provides services for our residents and our staff as well! She is such a sweet and caring soul, taking that extra time to guide residents to and from their apartments for their appointments.

Cinda was born in 1964 in Aberdeen, Washington, and attended school in Alaska and Washington. She has two siblings, both brothers. She began taking art lessons when she was twelve years old, and continued to focus on art throughout all levels of her schooling. Cinda studied art at both Green River Community College and the University of Washington. True artist that she is, Cinda is so talented in everything she attempts, whether it is hair design or dressmaking or making the most beautiful lined curtains.

Upon graduation, Cinda had various jobs, the first being a clerk in a hardware store, then a secretary for a tug boat company, and finally as secretary to the Chief of Engineering at the VA Medical Center in Seattle. Cinda married her husband Aaron in 1985 and along came the children. Seth was born in 1987, then Celisse in 1989, and then Jed in 1991 (we all remember Jed, who used to work for Mountain Meadows), followed by Louisa born in 1993. As you can imagine, Cinda was a **very** busy lady!

Being a stay-at-home mom meant running a busy household while still doing some sewing on the side. Along the way, she managed to take on beauty school as well, and the rest is history. Cinda is an amazing artist in her trade, and we all benefit from her talents.

Both Cinda and Aaron are very proud parents. Seth is the "IT Guy" for a company in the Portland area. Celisse works for Confluence Health and lives in Leavenworth with her husband and daughter, who happens to be Cinda and Aaron's first grandbaby! Jed is in the Air Force and stationed in New Mexico. Louisa works here in town at a shop called "Inside & Out."

When there is time for hobbies, Cinda just loves to be creative, including sewing, baking, and dabbling with gardening. Her artistic expression comes out in practical ways, which is part of why she just loves doing hair.

Cinda is so very grateful to be associated with Mountain Meadows, saying "It is such a wonderful place, with such a caring staff and amazing residents." Cinda is a special part of our loving and caring staff for sure!

BEWARE OF THE NEWEST MEDICARE SCAM!

We recently received this information, from what we consider a reliable source, Texas Senior Medicare Patrol, a division within the Better Business Bureau.

Here is what you need to know to protect yourself.

Starting 4/1/18, Medicare will start a yearlong project to replace all current Medicare cards for beneficiaries. The project will convert your ID number to an alphanumeric ID number. Currently, the ID number is a person's social security number. The new Medicare card will come to you in the mail. You don't need to request it or do anything. It will just show up. This is starting to hit the media.

Scammers are opportunistic!

WHAT'S THE SCAM?

Somebody from "MEDICARE " will call to tell you that you are getting a new Medicare card, but until it comes you will need a temporary card. Fee for the card is between \$5-50 dollars. They want personal information, bank account, or credit card so they can process your temporary card.

THINGS TO REMEMBER:

Medicare will never call you unless you ask them to.

Medicare does all communications by mail unless you ask them to call.

HOW TO PROTECT YOURSELF FROM THIS ONE?

First, spread the word. Feel free to share these notes.

Use your answering machine to screen calls or just don't answer a number you don't recognize.

If it has happens to you, your friends, or loved ones and personal information has been given out (happens considerably more often than you think) immediately act to protect yourself against identity theft.

<https://www.cms.gov/medicare/new-medicare-card/nmc-home.html>