



## From the Desk of the Executive Director

The flower pots are full of such varieties of color. The herb pots are in full bloom and wafting their specific scents, and the vegetable garden is planted and soon will be producing. Yes, summertime is here! If you haven't strolled through our campus, you really should. Joel and Chris have done an exceptional job of creating a park-like environment for all to enjoy. Arlene Kaufman, friend and Mountain Meadows supporter, also volunteered her time again this year planting our flower pots. The patios provide such a tranquil ambience for everyone. Different events and activities have been scheduled on the patio throughout the summer. Please take full advantage of such a wonderful setting.

We are excited to announce the arrival of our new minivan. It arrived on Friday, May 18 and made its first outing that following Monday. Five of us took a road trip to Spokane to attend the Washington Health Care Association annual Spring conference. We all enjoyed the luxury of having the minivan available. Not only did we get to travel in style, but we also attended some very informative seminars during our stay. The minivan has also made a few trips to Wenatchee and Leavenworth, servicing wheelchair residents to medical appointments and various social events. A letter detailing optional transportation services and associated charges is forthcoming.

By the time you read this, you may have heard that we recently lost two key positions. Both Cathy Wilcox, Administrative Assistant, and Debbie Noel, Director of Wellness, have resigned their positions. The news of their leaving has been bittersweet for many. Although we are sad to see them go, we are very happy for both of them as they move on to another chapter of their lives. Cathy Wilcox is retiring after 14 years of service; Deb Noel, after eight years as the Director of Wellness with management responsibilities, has accepted an RN position in a sub-acute rehab community in Wenatchee. Mountain Meadows extends a huge thank you to Cathy and Deb for their many years of dedicated service to the residents, families, and employees. Brooke Booth has been hired to fulfill the Administrative Assistant position and Amanda Ledezma will assume the Director of Wellness role. In the meantime, we are advertising for another Nurse Manager to provide support to the nursing department. We ask for your patience and understanding during this period of transition.

Now that Summer is here, so is forest fire season. Let's all hope that Leavenworth and the surrounding areas go unscathed again this year. Recently, both forest fire policy/procedure and our external evacuation plan were reviewed with the residents and employees. We want to be prepared if ever the situation occurs! With that being said, it is my hope that each of you take advantage of what summer brings to Leavenworth and the surrounding area. We are blessed to live in such a beautiful area that offers so many opportunities no matter what season it is.

Best to each of you this summer season!

**Nate Oglesby**  
**Executive Director**

## FAREWELL...



I have a saying that I have always kept close to my heart: “God doesn’t close one door without getting ready to open another door with bigger and greater things”.

At this time in my life, He has done just that for me. After much soul-searching and prayer, I am resigning as the Director of Wellness and leaving Mountain Meadows. It is time to step aside and allow fresh, new ideas to come to Mountain Meadows.

I have been blessed in these eight years that I have worked at Mountain Meadows, and have been offered many unique and outstanding opportunities. I am grateful for the trust and support offered by management, residents and families.

I will be going to Regency Rehab and Nursing Center in Wenatchee, where I will be a charge nurse working three 12-hour shifts per week. As many as you know, I live in East Wenatchee, so I will have a much shorter commute. I am looking forward to spending more time at home and focusing on my husband, family, and friends, without interruptions.

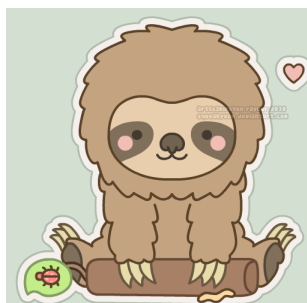
I thank those who have supported me throughout these years, and who have continued to encourage me and give me confidence to pursue this new role. I am looking to the future with excitement and anticipation as I walk through a new door.

I will miss you all very much — the management, staff, volunteers and families, but the residents will be the ones I will miss the most. You have brightened my life every day and I think of all of you as family. May God bless you all and may He bless Mountain Meadows. I am leaving my Dad, Chuck Reynolds, here at his request, so I will be visiting often. I know that Dad will continue to receive the quality care you all provide at Mountain Meadows. So, I will be gone but not forgotten....I will be here every Sunday to pick Dad up for church!

Sincerely,

**Deb Noel**

## Welcome, Slomo the Sloth!



I would imagine that most of us have enjoyed the company of a little stuffed animal at some point in our lives. Maybe as a child, maybe even as an adult! Many of our residents at Mountain Meadows

take pleasure in surrounding themselves with little creatures, some even cuddling or carrying them around on their walkers or wheelchairs. There’s a sweet comfort in enjoying the company of a little friend to talk to, to hold, and maybe even to imagine they are listening to us when we are alone and unable to talk to someone in person. Thus, the idea for a furry little mascot was created.

The acquisition of Slomo occurred this month, and his description has been posted on the bulletin board outside our dining room. Along with his introduction, there are photos of him getting



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Into mischief and fun around the building. As time goes on, he will visit residents for a photo opportunity, so we can enjoy some playful comradery in seeing where he might show up next.

Staff, as well as residents, will have the opportunity to spend some time posing however they would like, and hopefully, we will all enjoy the results! If all goes well, we will have a slide show at some future time, to gather and enjoy popcorn and a few laughs.

Feel free to visit our bulletin board and check out what's posted. We will also be sharing some interesting facts about the life of a sloth as time goes on. These slow-moving, tree-dwelling creatures from the jungles of South and Central America are quite fascinating to study, and have evolved over millions of years. Sloths have poor vision and poor hearing (sound familiar?), but their unusual habitats and characteristics can remind us all of the uniqueness of each of our residents. We gather from many different places and from diverse backgrounds, but by participating in our clandestine photo opportunities with Slomo, maybe we can share more about our own life experiences!

Incidentally, one of our residents who recently passed away, had a wonderful picture taken with a real live sloth, which we have posted on our bulletin board, as well. Come check it out!

**Christine Groen**

### **Employee of the Quarter—Bonnie is the Best!**



Bonnie Hinsdale is the recipient of Mountain Meadows' second quarter service award for 2018. She was elected from nominations from a selection committee consisting of board members, staff, and residents. With this honor, Bonnie receives a \$50 gift certificate and a day off with pay. She will also be up for election of "2018 Employee of the Year". For nearly two years, Bonnie has worked as a caregiver on the night shift and is cross-trained to work both assisted living and memory care. Bonnie originates from Hot Springs, South Dakota. At the age of four, her family moved to Western Washington, where her father worked for a major airline at Sea-Tac airport. During her high school years, the family later moved to a ranch in Cashmere to seek a more pastoral life away from the

hustle and bustle of the city. They raised Hereford cattle and riding horses, such as Quarter horses and Arabians. Bonnie has been a resident in the Valley for 30+ years.

Bonnie has a passion for the outdoors and a great love of horses. When she is not working, Bonnie spends quality time with her horses, gardening, and crafting. When asked, "What do you enjoy most about your job?", she replied, "I love helping the residents, meeting challenges of the work, and learning more about each resident and listening about their life experiences. I enjoy working with my coworkers, nurses and administrator, as well as being surrounded by the family atmosphere that is a great part of Mountain Meadows."



## July-August Birthdays



### July Birthdays

7/1 Brittany Lanning  
7/3 Jade McKenna  
7/12 Louise Burgess  
7/14 Dorlis Botello  
7/15 Richard Engley  
7/18 Ginny Haberberger  
7/23 Dorothy Johnston  
7/23 Christine Groen  
7/27 Ruth Oakes  
7/28 Marie Tiedemann  
7/30 Ron Spanjer  
7/30 Dona Nagy

### August Birthdays

8/1 Patricia Gonzalez  
8/5 Irma Gomez-Castro  
8/10 Rena Nielson  
8/13 Cinda Burlando  
8/17 Joel Solem  
8/24 Sara Russell  
8/27 Lorene "Kate" Farrar



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## Change is Inevitable!

We have experienced a great deal of change these past months and the list is growing! It has been said that the one thing we can count on is change. The longer I live, the more I see that on a daily basis.

Sooo, how do I adapt to change? I have a saying that I use frequently: "Blessed are the flexible, for they shall not be broken." As of late, I have been challenged to be more flexible and adapt to change, so I've had to eat my words over and over. It's *my decision* to adapt to the constant changing with grace or hide my head in the sand and not enjoy this life the good Lord has given me. How do I know that this is the day something really good and special might happen if I choose to not

face the day with joy and grace? It's a choice, and most certainly, not an easy one sometimes. My experience has taught me that I will go through experiential fires and floods, but I will go *through* them. Now that I have myself out of the way (after a brief "pity party"), I can move on to help others get through the challenges of their changes and be an encourager and a blessing to others. That is my prayer and my commitment as long as I have the strength to do so!

Warmly.

**Fern**



***We must be the change we wish to see in the world.—  
Mahatma Gandhi***