



## From the Desk of the Executive Director

### FALL ON THE MOVE!

It is hard to believe we are already in the middle of Fall, but as the saying goes, time sure flies when you are having fun! This Fall, residents of Mountain Meadows have been kept busy with many exciting activities. Our good-bye to Summer and hello to Fall started with the Annual trip to "The Cove Resort" at Lake Wenatchee. Nearly fifty residents, staff, and volunteers spent a beautiful Indian summer day on the Lake enjoying pontoon boat rides and a delicious BBQ. Before putting September to bed, several residents participated in the Autumn Leaf Parade. Parade watchers were entertained by the Mountain Meadows entries of a wagon, flatbed trailer, and convertible car adorned in Autumn leaf decor and filled with residents sharing their joy, laughter, and parade waves.

October started off on quite the lively note! Dirndls and lederhosen, beer, brats, and of course, the chicken dance was observed throughout the halls of Mountain Meadows during our 7<sup>th</sup> annual Oktoberfest celebration. Residents and families not only enjoyed the German sounds of Oom-pah-pah and singing songs, such as "Edelweiss" and "Roll Out the Barrel", many also participated in doing the chicken dance. A special thank you to Projekt Bayern, Munchen Haus, and staff of Mountain Meadows for their contributions of decorations, food, beer, entertainment and service. Our Halloween event marked the end of October. Several of our employees' children and children from the community came dressed in costume to trick-or-treat amongst the residents. It was obvious by the stares and laughter that the residents truly enjoyed seeing the staff and children dressed up in their Halloween costumes. We thank those who donated candy for this annual event.

Two special events are planned as we move into the holiday season. On Tuesday, November 20<sup>th</sup> at 2:00pm, World Class Violinist, Jacob Joseph Glatzer, will perform a solo violin concert for our residents and families featuring such classical greats as Bach, Paganini, Bartok, and Locatelli. In addition to this special entertainment, pumpkin pie and spiced cider will be served. We extend a thank you to Carl Smith, owner of Exuberance Jewelry and Gift, for sponsoring this unique event. Also, preparations are now under way for our annual resident, family, and staff Christmas Party. Mark your calendar now and plan to attend this special holiday event on December 14<sup>th</sup> from 2:00 to 4:00pm. Seasonal entertainment, delectable desserts and drink will be provided.

On a final note, to the families of our residents, we extend an invitation to join us at noon on Thanksgiving and/or Christmas for a traditional holiday meal with all the trimmings. Just call us in advance to reserve a space at your loved one's table. Alternately, if you are planning to pick up your loved one to spend the day with you, please notify us in advance as well. We want to make the necessary arrangements that will aid in making it a special occasion for you and your loved one.

Sincerely,  
Nate Oglesby  
Executive Director

## New Faces, New Team, New Roles

Recently, we welcomed Aubrea Hill, RN to our nursing management team. I have stepped into the Director of Wellness role, and Crystal remains in the Care Staff Manager role. Lately, I have had some questions related to our roles and responsibilities. Although we have certain defined roles and responsibilities, we are working towards developing a more versatile team that can serve you and your loved ones in the best and most efficient possible way.

The nursing team will no longer be divided between Assisted Living (AL) and Memory Care (MC). We will be working as a more cohesive team to ensure all concerns and issues are addressed promptly. We wish for you to be able to contact any of us at any time to promptly give you our attention. We will all spend time in both Memory Care and Assisted Living each week.

I will be working on more administrative tasks including care plan development, admissions/discharges, family conferences, and interpersonal concerns in the nursing department. Aubrea will be learning this role as well and will be assisting me as needed/requested.

Aubrea will be frequently addressing day to day concerns with residents such as illness, injury, and questions from staff as the Assistant Director of Wellness and I will act in this role as the need arises or when she is unable to tend to a situation.

Aubrea and I will be sharing several of the nursing responsibilities such as doctor's rounds and communication, processing of orders, and working with care staff as needed. Crystal will be covering and assisting both Aubrea and I with several day to day things, and acting in the needed role when Aubrea or myself is not in the building. In addition, she will continue to manage care staff directly through scheduling, hiring, and staff training/education.

Our hope is that you will feel comfortable approaching any of us with any concerns, questions, or comments and know that we will give you our attention or triage the situation to the appropriate person.

We are all here to serve you and your loved one, and we hope to maintain and continue to improve our quality level of care!

**-Amanda Ledezma, Director of Wellness-**

### Employee of the Quarter Calm, Cool, and Collected Carina!

***Congratulations  
Carina Gomez-  
Castro***



Carina Gomez-Castro is the recipient of Mountain Meadows third quarter employee service award for 2018. She was elected from nominations from both residents and co-workers. With this honor, Carina receives a \$50 gift certificate and a day off with pay.

Hard worker, cheerful disposition, contagious smile, and strong work ethic are just a few of the many accolades mentioned by those who nominated her. Carina has worked as housekeeper at Mountain Meadows for 4 years.

Carina originates from Jalisco, Mexico and has lived here in Leavenworth for 4 years. She moved to the Valley to be closer to family members. Carina and her husband, Manuel, are the proud parents of two children, Juan Manuel, age 5, and Kary Sofia, age 3. In her free time, she enjoys baking cookies and making bread. She also does embroidery as a hobby and has recently completed scarves and caps for her children. When asked, "What do you enjoy most about your job?" she replied, "It is a great place to work and so close to my home. Building relationships with the residents and co-workers has been wonderful!"

## ONLY 54 DAYS 'TILL CHRISTMAS, BUT WHO'S COUNTING!

As the holidays approach, many thoughts and wishes come to mind in preparation for holiday decorating and gift giving. To add to the holiday spirit, Mountain Meadows encourages family to participate in the decorating of their loved one's room and/or to purchase a special gift.

The following are some guidelines for decorating based on the regulations we must follow, and to provide a safe environment and avoid accidents.

Household extension cords and candles cannot be used.

Live natural Christmas trees and wreaths are not allowed inside the community. Artificial trees and mini lights are permissible.

Please refrain from purchasing live floral bouquets or centerpieces made from fresh evergreens.

Please do not use nails on doors. 3M-type removable hooks or plastic door hangers work well for hanging decorations.

**Need some gift ideas? Consider the following:**

Easy to put on costume jewelry

Music CD's

Cheery seasonal items for their room

Non-skid slippers or socks

Phone cards for long distance calls

Stamps, pre-addressed envelopes

Comfortable clothing items...Be sure they are labeled.

Laughter is the best medicine! Consider joke books, crossword puzzles, or a favorite comedy DVD

Touch is so important! Hand lotions or gift certificates for a manicure or beauty appt. is most appropriate

**A little note on gifts to staff:**

Gifts or "tips" to specific staff members or departments are not permitted. It is a wonderful compliment that people appreciate the services of our staff members and that some want to give something to show that appreciation. However, many individuals are involved with the total care of your family member throughout the day and night, some of whom you may have never met. With that in mind, if you wish to give something, we ask that you consider giving a gift that can be shared and enjoyed by all staff. Again, this is not necessary, as our mission is to provide the care and services that are needed. That is what we are here to do!

**ENJOY MAKING THE SEASON MERRY AND BRIGHT!**





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!

Telephone Number:

**509-548-4076**

**320 Park Avenue**

**Leavenworth, WA 98826**

**[www.mountainmeadowsliving.org](http://www.mountainmeadowsliving.org)**

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

**November Birthdays:**

11/3 Cleo Maloney  
11/5 Nate Oglesby  
11/10 Elvira Aguilar  
11/10 Maria Vizcaino  
11/12 Carol Seaman  
11/16 Marian Hunter  
11/17 Laura Palmer  
11/20 Karen Strom  
11/21 Carolyn Dorisdotter

**December Birthdays:**

12/2 Chris Fredrickson  
12/2 Windee Harston  
12/4 Lois Tiffany  
12/20 Shannon Brouse  
12/30 Amanda Ledezma

**Save the Date**



The annual Christmas Party at Mountain Meadows will be Friday, December 14, 2108 with an Open House from 2:00-4:00. We will have guest musicians playing in 1/2 hour intervals between Memory Care and Assisted Living. We're going to have a fun theme and more information will be forthcoming in the form of an invitation. There will be an on-sight photographer so you will have the opportunity to have your picture taken with Father Christmas and/or Santa and Mrs. Claus.

**Failure is the condiment that gives success it's flavor – Truman Capote**

**The only place where success comes before work is in the dictionary. –  
Vidal Sassoon**

## Residents' Rights Month

By Crystal Gandy – Care Staff Manager

Every year we celebrate Residents' Rights with a theme. This year the theme is *Speak Up: Know Your Rights and How to Use Them*. This is a National event that honors the individual rights of long-term care residents during the month of October.

The 1987 Nursing Home Reform Law guarantees that Residents' Rights are carried out by all Long-Term Care Facilities, ensuring awareness of dignity and how to respect the rights of each individual resident.

### Examples of Residents' Rights:

- 1) *You have the right to make your own choices in things that matter to you.*
- 2) *You have the right to voice your concerns without fear of reprisal.*
- 3) *You have the right to be fully informed and participate in your own care.*
- 4) *You have the right to be treated with dignity, respect, privacy and confidentiality.*

At Mountain Meadows, there are monthly Resident Council meetings, held for the benefit of all residents. Managers from each department are present for questions and/or updates. At the meeting, residents can discuss issues openly or if it is of a personal nature, concerns can be discussed with the Ombudsman, Adelle. Everyone is encouraged to attend and be heard. You all have a voice!

As we end October and look forward to the many holiday events here at Mountain Meadows, let us all be thankful and grateful for what we do have and not give thought to what we do not.

What does all this mean for you in a world where many decisions are sometime made by loved ones and family members? It means...YOU STILL HAVE RIGHTS!

## Traditional recipe for Pumpkin Roll

Submitted by Tyler Shrader, Dietary Supervisor



### Ingredients:

3 eggs, beaten  
1 cup white sugar  
½ teaspoon ground cinnamon  
2/3 cup pumpkin puree  
¾ cup all-purpose flour  
1 teaspoon baking soda  
2 tablespoons butter, softened  
8 ounces cream cheese  
1 cup confectioners' sugar  
¼ teaspoon vanilla extract  
confectioners' sugar for dusting

### Directions:

- 1) Preheat oven to 375 degrees F (190 degrees C). Butter or grease one 10X15 Jelly roll Pan.
- 2) In a mixing bowl, blend together the eggs, sugar, cinnamon, and pumpkin. In a separate bowl, mix together flour and baking soda. Add to pumpkin mixture and blend until smooth. Evenly spread the mixture over the prepared jelly roll pan.
- 3) Bake 15 to 25 minutes in the preheated oven. Remove from the oven and allow to cool enough to handle.
- 4) Remove cake from pan and place on tea towel (cotton, not terry cloth). Roll up the cake by rolling a towel inside cake and place seam-side down to cool.
- 5) Prepare the frosting by blending the butter, cream cheese, confectioners' sugar, and vanilla.
- 6) When cake is *completely cooled*, unroll and spread with cream cheese filling. Roll up again without towel. Wrap with plastic wrap and refrigerate until ready to serve. Sprinkle top with confectioners' sugar and slice into 8-10 servings.

This recipe was taken from allrecipes and was from Jackie Smith.



## 2018 Autumn Leaf Parade—Leavenworth, WA



A special thank you to Myndi Hanberg for her time and labor of love in decorating our "floats" for the Autumn Leaf Parade this year. You made them look beautiful!

## Fish Lake Pontoon Rides & Picnic 2018







Thank you to all the volunteers and staff who made this outing so successful. Without you, these activities would not be possible.





Oktoberfest 2018







- We are so grateful to special people and groups who donated and participated in the Mountain Meadows Oktoberfest this year.
- Thank you to Projekt Bayern for sponsoring the Happy Hans Band and furnishing some of the supplies for it.
- Thank you to Oliver and Pam Brulotte who furnished the bratwurst and beer for over 100 people. This is the 7<sup>th</sup> year they have done so.
- Thank you to our dietary staff for such a great job of preparing and serving the food! Wunderbar!
- Thank you to all the volunteers and staff who did such an amazing job of serving and keeping the residents and guests satisfied. You're super!

*Thankful*



## **Mrs. Klein's first graders are thankful children!**

*When Mrs. Klein told her first graders to draw a picture of something for which they were thankful, she thought how little these children, who lived in a deteriorating neighborhood, actually had to be thankful for. She knew that most of the class would draw pictures of turkeys or of bountifully laden Thanksgiving tables. That was what they believed was expected of them.*

*What took Mrs. Klein aback was Douglas's picture. Douglas was so forlorn and likely to be found close in her shadow as they went outside for recess. Douglas's drawing was simply this:*

*A hand, obviously, but whose hand? The class was captivated by his image. "I think it must be the hand of God that brings us food," said one student.*

*"A farmer," said another, "because they grow the turkeys."*

*"It looks more like a policeman, and they protect us." "I think," said Lavinia, who was always so serious, "that it is supposed to be all the hands that help us, but Douglas could only draw one of them."*

*Mrs. Klein had almost forgotten Douglas in her pleasure at finding the class so responsive. When she had the others at work on another project, she bent over his desk and asked whose hand it was.*

*Douglas mumbled, "It's yours, Teacher."*

*Then Mrs. Klein recalled that she had taken Douglas by the hand from time to time; she often did that with the children. But that it should have meant so much to Douglas ...*

*Perhaps, she reflected, this was her Thanksgiving, and everybody's Thanksgiving—not the material things given unto us, but the small ways that we give something to others.*