

From the Desk of the Executive Director

Happy New Year!

Wow, 2019 is here! It is hard to believe that 2018 has come and gone, but what a wonderful way to end the year. The holiday spirit was strong throughout the halls and grounds of Mountain Meadows. The decorations, special entertainment, parties, and yummy treats were a grand finale to 2018.

As we move into 2019, I wish to acknowledge two very special people who went above and beyond this holiday season by blessing the staff, residents, families, and visitors with their special talent and gift of creativity. Mountain Meadows was fortunate to have Arlene Kaufman and Myndi Hanberg decorate two of our Christmas trees. The ooh's and ah's overheard were indicative of just how beautiful they were! Great friend and Mountain Meadows supporter Arlene Kaufman did such a wonderful job on our lobby tree. She made sure it popped and sizzled in keeping with the "Grinch Christmas" theme. This year, rumor has it that our tree was the seventh tree she completed that week. We do know that it was the 5th season in a row that she has brought much joy and holiday spirit to Mountain Meadows at Christmas time by decorating the lobby tree. She has also been responsible for planting the beautiful flower pots in the Spring for all to enjoy.



Continued on Page Two



Feature Article Continued

Craft enthusiast Myndi Hanberg, and daughter of resident Betty Gordon, accepted the offer of decorating the Christmas tree in our main dining room. Not only did she do a great job of decorating the tree in lodge-like attire from her own personal collection, she also “wowed” us by using a beautiful life-size ornamental snowy owl for a tree topper. Her creative talents went beyond decorating the tree. She also decorated the bulletin board across from the Nurse’s office. The caption of the wintry-themed bulletin board was, “If kisses were snowflakes, I’d send you a blizzard!” Reading it as you walked by, left you with such a “feel good attitude.”



Mountain Meadows always welcomes anyone who wishes to share a special talent or volunteer their time in a meaningful way. Consider making your New Year’s resolution one that provides a service and touches others in a meaningful way. Arlene and Myndi are prime examples of doing exactly that. If you would like more information about volunteering, please contact Fern Arness, Life Enrichment Director, at activities@mountainmeadowsliving.org.

Sincerely,

Nate Oglesby
Executive Director



The Power of One

By Christine Groen, Caregiver and Activity Assistant

As we begin a new year, many of us may be about to experience changes and new circumstances relating to the care of our loved ones. So I thought I might share some of the things we take into consideration when admitting new residents. Although we often have a waiting list, it's not always a matter of automatically admitting the next person on the list. Perhaps the following will shed some light on things we consider.

I was encouraged recently, by the way one of our new residents influenced the social environment in Memory Care. Because there is so much direct interaction and mingling among residents in our wing, one person (be it resident or employee) can have a significant impact on everyone else. Since many residents with dementia may have elevated states of agitation or anxiety, it's important to do our best to maintain a positive atmosphere. So anything that can help alleviate the escalation of negative emotions, or contribute to **positive** responses, is most welcome!

Our new resident has brought a level of awareness, positivity, and even laughter that has made an immediate difference in the behaviors of many of the others. Right away, a handful of residents who rarely talk amongst themselves, began to converse and interact with our new resident. Furthermore, all of them lingered at their dining room table long after a meal was over. It was a pleasure to witness.

On the flip side of the coin, residents who are struggling with poor social skills, can create havoc amongst a group. Because individuals with dementia often have trouble putting word to emotions, adverse behaviors can spread easily, so our staff is constantly striving to acquire new skills in making sure everyone remains as calm and content as possible. Maintaining equilibrium is not always easy.

For reasons stated above, staff at Mountain Meadows strives to think holistically about the admission of any new resident. It's not always about the care regarding each *individual*, but about the relational aspects of care involving our *entire community*. We want to make sure each individual is served well, and also that the collective population is served well by each new resident.

One of the benefits of care facilities, such as ours, is that we can make decisions *with* families, taking into consideration many factors of their loved one's care. The power of one, to influence and enhance a total environment, is a top concern. We recognize that every person can make a significant difference, so we make our selections carefully. With that in mind, Happy New Year to each one of you, and may you embrace your uniqueness as well!



Employee of the Quarter *Trina is Tremendous*



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

Her calm demeanor, compassionate care, and willingness to help were a few of the many accolades spoken by the residents and her co-workers. A supervisor described her as being extremely focused and dedicated to meeting the needs of her residents. Trina has been employed for 2 years. She started as a caregiver on the evening shift, and is currently working on the day shift as a medication technician and care staff trainer/mentor.

Trina was a long-time Leavenworth resident of 30+ years, but recently purchased a home in the Wenatchee area. Trina and her husband Chris have one daughter, Tyna, currently in high school. In her free time, she enjoys working on home remodeling projects and vehicle maintenance. When asked, "What do you enjoy most about your job?" Trina replied, "I love my residents and the awesome team I work with."

Trina would like to extend a thank you to all of her co-workers for their support during the passing of her mother this year. She is very grateful to work with her team at Mountain Meadows.

January Birthdays:

1/2 Shirley Kempton
1/3 Stuart Emig
1/7 Heather Mondini
1/15 Warren Moyles
1/15 Denise Cheever
1/17 Wolf Noack
1/21 Chuck Reynolds
1/21 Al Gebhardt

1/23 Ginny Bither
1/24 Conrad Delury

February Birthdays

2/2 Nancy Garcia
2/3 Beth Pratt
2/8 Colleen Reapsummer
2/13 Amy Moss



2/14 Bonnie Hinsdale
2/15 Memeta Marson



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Who Will it Be?

The voting for **Employee of the Year** will be taking place in the very near future. We want to make you aware of the employees up for selection.

The below employees were selected as the Employees of the Quarter in 2018 and are now vying for the honor of Employee of the Year! Selection will be determined by popular vote by the staff, residents, and participating family members. The Employee of the Year receives a \$100 gift certificate to the place of their choice and their name added to the plaque displayed in the lobby hallway.

We will be distributing official ballots the week of January 21. Deadline to cast your vote is Monday, February 4. The official announcement of our 2018 Employee of the Year will be at noon on Thursday, February 21. Now is the time to study and review the candidates. Your vote matters!



Taylor Burton – First Quarter 2018 Service Award

Taylor has been employed for 3 years as a personal caregiver on the day shift. Taylor is known as the energizer bunny, so full of life and enthusiasm, promoting such a positive environment. Taylor states, "My residents and coworkers make every day worthwhile and remind me of why I am here."



Bonnie Hinsdale – Second Quarter 2018 Service Award

Bonnie has been employed for 2 years as a personal caregiver on the night shift. She is cross-trained and works in both memory care and assisted living. Bonnie is highly valued for providing quality resident care and dependability. Bonnie states, "I love helping the residents, meeting challenges of the work, and learning more about each resident and listening about their life experiences."



Carina Gomez-Castro – Third Quarter 2018 Service Award

Carina has been employed for 4 years as housekeeper. Not only a hard worker, but her cheery disposition, contagious smile, and strong work ethic are a few of the many accolades spoken on her behalf. Carina states, "Mountain Meadows is a great place to work. Building relationships with the residents and co-workers has been wonderful!"



Trina Matkins – Fourth Quarter 2018 Service Award

Trina has been employed for 2 years. She started as a personal caregiver on the evening shift, and currently works on day shift as a medication technician and mentors new care staff. A supervisor described her as being extremely focused and dedicated to meeting the needs of her residents. Trina states, "I love caring for the residents and the working with such an awesome team promoting quality care!"

Let Me Introduce Myself by Aubrea Hill, RN



Hello, Mountain Meadows residents, families, and staff. I would like to take this opportunity to tell you all a little bit about me. I am a mother of two wonderful grown children, Andria and Brendon, and a grandmother of two, Charlotte and Oliver, with another on the way. My children and my love for helping others is why I became a nurse.

My first job after graduating and getting my license was as a Home Health Nurse. I worked primarily with pediatric clients in their own homes. Their health care needs consisted of tracheostomy care, ventilator management, and gastrostomy tube care and management, as well as administering therapies as delegated by physical, occupational, and speech therapists. I worked for 5 years in this field, and though it was fulfilling, I felt it was time for me to try something different.

I applied for the position of Assistant Director of Wellness here at Mountain Meadows for a couple of reasons. The first was that I had been trying to justify a move to the Leavenworth area for a couple of years and wasn't ready to commute to Wenatchee for work. The second was that I had heard such great things about the facility from some close family friends. Everything fell in to place for me when I saw the job listing and I jumped at the chance to send my resume. For the past five months, I have been eagerly learning the ins and outs of my responsibilities as well as getting to know many of you. I look forward to learning more about all of you in the months and years to come. Thank you all for making this such a great experience so far. I feel blessed to be able to be a part of such a great facility and family.

Christmas 2018

Our Christmas Party theme this year was based on the Grinch movies by Dr. Seuss, so we called it our "Whobilation"! The week leading up to it, we had a theme for each day. One day was pajama day and thus the picture here.





2018 Christmas Party Photos



