

January

Janeth Gutierrez-Vazquez 1/1
Shirley Kempton 1/2
Stuart Emig 1/3
Maria Briseno 1/8
Wolf Noack 1/17
Esme Melchor 1/21
Virginia Bither 1/23
Conrad Delury 1/24

February

Nancy Garcia 2/2
Amber Durst 2/3
Colleen Reapsummer 2/8
Bonnie Hinsdale 2/14
Memeta Marson 2/15
Nancy Benson 2/18
Ina Waring– Enriquez 2/23



January

1/10 Yack & Snack
1/13 Sleigh Rides
1/15 Baby Shower

February

2/14 Valentine's Day



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

www.mountainmeadowsliving.org

**Mountain Meadows Senior Living Campus
320 Park Avenue
Leavenworth, WA 98826**

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

Mountain Meadows Musings

FROM THE DESK OF THE EXECUTIVE DIRECTOR



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 must give special kudos to my wonderful team of employees for all their efforts in making it such a special time of year. With Thanksgiving being late this year, time was of the essence to bring the holiday spirit to life. There were special elves behind the scenes worthy of recognition for pitching in to get the job done. Fern, Brooke, and Abby took honors for capturing our Christmas theme of "Christmas in the Mountains" with the beautiful lobby decor. Family member, Myndi Hanberg, shared her special talent and decorated the tree in the Assisted Living dining room. Kat and Jenny filled the Memory Care unit with special touches of Christmas joy and happiness throughout the halls. And, of course, all this could not have been accomplished without Joel and Chris doing the heavy lifting!

The resident-family Christmas Party was well attended, and hopefully, enjoyed by all who came. The word is that the specialty cocktails, hors d'oeuvres, and desserts were delicious. A special thank you to community supporters, The Loft and Icicle Winery, for their generous donation of both wine and alcohol, and to the Mountain Meadows dietary department for preparing such a beautiful array of goodies. The entertainment provided by our staff and family members, David Shearer, Amber Durst and family, and Baylee Unger, was such a special treat! With such a large crowd present, all staff did a remarkable job in seeing that everything went smoothly.

With the above noted, I personally wish to 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 2019 holiday giving letter. The response again this year has been overwhelming! With the donations, we will be purchasing a new dining delivery system for Memory Care, and continue to develop our intergenerational activity program in the very near future. Both projects will only enhance the quality of life for our residents.

In closing, I wish each of you the very best in 2020. May it bring you much joy, peace and happiness!

Sincerely,
Nate Oglesby
Executive Director

Meet Edna



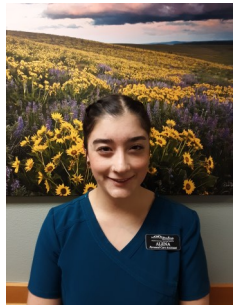
Edna Anderson moved into Mountain Meadows in July of 2019. She was born on August 29, 1918 in Union Valley, Washington. If you do your math, that makes her an amazing 101 years old! Edna was the seventh of nine children; she has five sisters and three brothers. All three brothers were in WWII at some point. Edna went to school in Manson, Washington.

Edna's favorite childhood memory was coming home from school with one of her brothers and, when turning the corner to their house, they could smell fresh bread baking. Their mom baked twice a week — nine loaves of bread at a time! “I wouldn't trade my experiences from the first 50 years of my life, for anything today” Edna said.

At the age of 18 (too young, in Edna's words), she married her late husband Wayne Anderson right here in Leavenworth. Together they had four children, two girls and two boys. Her husband was a bookkeeper and Edna went back to school at Wenatchee Valley College to learn more about bookkeeping in order to help her husband. After a few classes, she decided that she didn't enjoy it. Instead, she clerked at the local 5 & 10 cent store to keep busy until they started having children. Then Edna stayed home to raise their children.

Edna's favorite thing about living at Mountain Meadows is that everybody is exceptionally nice and helpful. She also enjoys the food, and would recommend Mountain Meadows to anyone in need of a little help. According to Edna, “This is the place to be”.

Alena is Appreciated!



Alena Rodstol is the recipient of the Mountain Meadows fourth quarter employee service award for 2019. She was elected from nominations from both residents and co-workers. With this honor, Alena receives a \$50 gift certificate, a day off with pay, and will vie for title of “Employee of the Year”.

Alena has been employed at Mountain Meadows for 1 ½ years as an evening shift caregiver in assisted living. She receives this award for consistently going above and beyond, providing exceptional resident care, creating an atmosphere of teamwork and dedicated service, and being extremely flexible by working various shifts when needed.

Alena was born in Ussuriysk, Russia and brought to America by her adoptive parents at 10 months old. She was raised in the Wenatchee Valley. Alena and her cat, Stanley, now reside in Peshastin. Alena was curious about caregiving and heard about Mountain Meadows from her father, who serviced the business office copiers. In her free time, she enjoys reading, chasing the sunset, and driving high into the mountains, exploring the scenic views.

When asked, “What do you enjoy most about your job?” Alena replied, “I love that I can make a career out of simply caring for people. It is in my nature, and Mountain Meadows has more than made that possible for me.”

Big Kids Allowed!

By Christine Groen, Activities Assistant



Whenever I facilitate activities at Mountain Meadows, I try to accommodate the different interests and levels of each attendee. After applying a number of approaches (to preserve dignity within fun, of course), I've readjusted my perspective on how adults should engage. If there's anything I've learned, it's that “age appropriate” really doesn't matter, because there's a child, an adolescent, and an adult in all of us by the time we've reached middle age!

For activities, I've played pool, corn hole and bingo; bopped balloons back and forth with foam “noodles;” played word games and “Name that Price;” and even soaked our bare feet in a kiddie pool during the summer. I remember one time when a Memory Care resident said, “I haven't done this since kindergarten!” only to follow it up with, “this is FUN!” So, I ask, who would like to define age appropriate?!

Besides our planned activities, there are many resources at Mountain Meadows that visiting families and friends can take advantage of. We have a pool table upstairs that is available for everyone, as well as a television and DVD player with a wide selection of movies. Between Memory Care and Assisted Living, there are numerous games, craft materials, balls, puzzles, beanbags, and bingo. Feel free to contact our Activities Director for more information on how to access these materials.

We all need to stay active, and sometimes the simplest things can be the most entertaining. If you're searching for ideas to add some spark to your visits, ask someone on the Activities staff to help you out with suggestions. And don't hesitate to let your own inner child out to play too! You may be surprised at how much fun you might have.

