



# Mountain Meadows Musings

## FROM THE DESK OF THE EXECUTIVE DIRECTOR

**We need your help...ask our Legislators to do the right thing!**



Currently, Washington Health Care Association is working diligently during the 2020 Legislative Session to advocate for higher Medicaid reimbursement rates for Assisted Living. Mountain Meadows has always prided itself on accepting a higher percentage of Medicaid residents and being able to offer a safe and secure environment to low-income seniors. Currently, 14 of our 28 standard assisted living studios are dedicated to support residents on Medicaid. Each year, we advocate for higher Medicaid reimbursement rates, with only marginal progress made. Today, Mountain Meadows' average Medicaid daily rate is \$74.15. From that amount, we are required to cover room, board, supplies, and personalized care for the resident. Yes, the low Medicaid rates have a major effect on our operating budget, but we continue to honor our commitment to serve today, and hopefully, into the future.

Assisted Living is very popular with the aging and is sought out as an alternative for living out their golden years when independent living is no longer viable. Daily, I receive between 1 and 3 calls from discharge planners, social workers, and/or family members, searching for placement for someone on Medicaid. It is getting more and more difficult to find placement. Either communities are no longer accepting residents on Medicaid or the waiting list is anywhere from 6 months to 2 years. It is hard to believe, but true. Rarely do I have a Medicaid vacancy where I can admit someone needing immediate admission. It often leaves me to wonder just where that person ends up. I recently was told that a long-time Leavenworth resident now resides in a Moses Lake Assisted Living community, although it is her strong desire to return to the Leavenworth area and is awaiting Medicaid availability.

I strongly encourage you to reach out to our 12<sup>th</sup> district legislators and request that they support higher Medicaid reimbursement rates and support additional funding in the supplemental budget for 2020. Our local legislators may be reached either by telephone or email. Thank you for supporting our commitment to serving our local low-income seniors.

Sincerely,

Nate Oglesby  
Executive Director

<b>Representative Keith Goehner</b>	<b>Representative Mike Steele</b>	<b>Senator Brad Hawkins</b>
<a href="mailto:Keith.Goehner@leg.wa.gov">Keith.Goehner@leg.wa.gov</a>	<a href="mailto:Mike.Steele@leg.wa.gov">Mike.Steele@leg.wa.gov</a>	<a href="mailto:Brad.Hawkins@leg.wa.gov">Brad.Hawkins@leg.wa.gov</a>
(360) 786-7954	(360) 786-7832	(360) 786- 7622

### March

- Sierra Marson 3/4
- AJ Milne 3/9
- Robin DeGroot 3/9
- Michelle Gray 3/12
- Taylor Burton 3/13
- Carina Gomez-Castro 3/15
- Ruth Dittrich 3/16
- Jacqui Ramirez 3/25
- Crystal Gandy 3/27
- Dorothy Squier 3/28
- Jeff Stroup 3/29
- Felicity Ford 3/29

### April

- Sabrina Torres 4/10
- Stephanie Priest 4/13
- Aubrea Hill 4/18
- Kay Feil 4/16
- Kjell Bakke 4/23
- Brooke Booth 4/25
- Staci Huntington 4/30

### March

- 3/12 Mindful Aging
- 3/17 St. Patrick's Day Luncheon
- 3/19 Mindful Aging
- 3/26 Mindful Aging

### April

- 4/9 Wenatchee Senior Center Singers
- 4/12 Easter Sunday



**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](http://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.**



# Type 2 Diabetes

By: Nancy Benson, Nurse Educator



According to the American Diabetes Association (ADA), diabetes remains the 7<sup>th</sup> cause of death in the United States. Diabetes affects approximately 10% of the population. The prevalence in seniors (>65 of age) continues to remain high at 25.2%. Prediabetes statistics are far greater.

What is diabetes? It is a disease that occurs when your blood glucose, also called blood sugar, is too high. Blood sugar is your main source of energy and comes from the food you eat. Insulin, a hormone made by the pancreas, helps the sugar from food get into your cells to be used for energy. With Type 1 diabetes

(5-10% of cases), the pancreas no longer makes any insulin and, subsequently, will *always* require insulin injections for treatment.

Type 2 diabetes is by far the most common (90-95% of cases), usually occurs in older adults, and can be treated in a variety of ways. Type 2 diabetes will be the focus here.

Long term complications can occur if diabetes is undiagnosed or poorly managed, and blood sugar remains high. This can damage both large and small blood vessels, seriously affecting many parts of your body. Some of the complications include: cardiovascular disease (heart and vessels), nerve damage, kidney damage, and blindness.

Diagnosis is usually made in a clinic setting with a simple set of blood tests under a physician's care.

**There's Good News!** With an early diagnosis of Type 2 diabetes, partnered with education regarding nutrition, lifestyle changes, diet, weight loss, and exercise, the potential to keep your blood sugar readings within normal limits is good. An oral medication may be added to ensure blood sugars are kept in check, as well. Many long term complications, as mentioned above, can be prevented if blood sugar levels are monitored and controlled. Frequently, free community services are offered for diabetes education and can be very helpful, informative and supportive. To learn more about living with diabetes, you can go online to: [diabetes.org](http://diabetes.org)

## Meet Carol!



Carol Heimkes is a resident at Mountain Meadows in Memory Care. Carol was born in Seattle on March 3, 1943. In 1963, Carol married her husband Bill Heimkes; together they have 2 children and 4 grandchildren.

Some of Carol's favorite memories throughout her life involve being out on the water. She remembers a specific trip to Friday Harbor when her children were teenagers; the family of four spent about ten days on the water together.

Carol is a bit of a medical pioneer. A diabetic since the age of 18, Carol received a pancreatic transplant at the age of 44. Her sister, Barb, gifted Carol a piece of her pancreas for Carol to have a life free of insulin and daily blood sugar checks. Carol went on for nearly 12 years without having to use insulin. These days Carol is still as sprightly as ever, using insulin and her diet to keep her diabetes at bay.

Carol says she loves living at Mountain Meadows because of the people.

# EMPLOYEE OF THE YEAR Alena Rodstol



Alena Rodstol, evening shift personal caregiver, has been chosen as the 2019 Employee of the Year by Mountain Meadows Senior Living Campus. She was selected by popular vote from community residents, staff, volunteers, and family members from a larger group made up of 2019 "Employee of the Quarter" candidates. Others vying for the title were Brittany Lanning, memory care caregiver and Conrad Delury, dietary assistant.

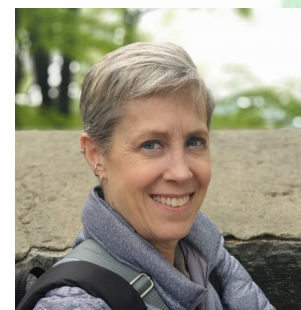
Alena has been employed for nearly 2 years. She is known for consistently going above and beyond, providing exceptional resident care, creating an atmosphere of teamwork and dedicated service, and being flexible by working various shifts when needed. The residents think of her

as their "shining star"!

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

## Volunteering – Sharing the Joy!

By: Christine Groen, Activities Assistant



When I was a young mom, I wanted to do something to help my kids understand the value of helping others. I hoped they would learn empathy, and develop the ability to see the world beyond their own doors...to learn the value in sharing what they had that others might not have. So I introduced them to volunteering with the poor, the elderly, single mothers, and families beyond their own borders. Today, I'm able to look back some twenty years, and see that our volunteer work together helped cultivate sensitive hearts and a readiness to be adults who were willing to help others in need.

At Mountain Meadows, we have numerous opportunities to volunteer, and anyone can participate. Although staff members are hired to care for and meet the needs of all residents, there are only so many hands to go around. Many residents may not have friends or family to make them feel special and valued. They may need extra encouragement to participate in activities or social events. Volunteers have provided much of that needed resource, greatly enhancing anything we could do as staff.

Meeting individuals one-on-one to take a walk, play a game, or just to talk, can have a huge impact. We need people to help with events, crafts, or to take a ride on our bus to go shopping. With more volunteers to help, more residents can fully participate – especially those with more physical and emotional challenges.

We celebrate all of the volunteers who have donated their time and resources over the years. And we celebrate the parents, children, seniors, and even those with special needs themselves, who have given their time to bring joy to our residents' lives. To those of you who have been a part of this community, THANK YOU! To anyone who would like to help out, please do! Whether visiting a day here or there, or coming on a regular basis, you can make a difference. The joy you bring to others will very likely be a joy you bring to your own life. All you need to do is talk to us about your interest, and we'll get you connected!