



GOOD FRIENDS MAKE GOOD NEIGHBORS!

We take pride in knowing how much you enjoy the many benefits of living in our community, and we're glad you have chosen Mountain Glen as your home. From our convenient location to our caring staff members, we like to treat all of our residents like part of our family! We want to spread the word about Mountain Glen, and now you can benefit by helping us tell your friends about it! You could receive **\$4,000 credit** toward your rent just by referring a friend or family member to Mountain Glen if they move in for at least 90 days. To qualify, the name of the person making the referral, and the name of the prospective resident must be turned into the Executive Director or the Community Relations Directors prior to the inquiry or tour. The referred person must be new to Mountain Glen (i.e. not already in our contact list). The referred person must move in and reside at Mountain Glen for a minimum of 90 days before the credit is given. If you have any questions, please call. 360-424-7900 or email robins@cascadeliving.com deborahc@cascadeliving.com



Wishing a joyful Birthday celebration to all individuals celebrating their Birthday in January!

- Harvey S
- Steve T
- Bernice H
- Thomas A
- Claire M
- Linda S
- Delores H

Upcoming Events & Entertainment

- 1/5 & 1/19 Taste & Tell w/Polla 1:30pm (AR)
- 1/8 Dining Room service meeting w/Josh 10am (ILDR)
- 1/8 Meet & Greet New Residents
- 1/9 Resident Town Hall Meeting IL Residents (ILDR) 10am AL Residents (AR) 2:30pm
- 1/9 Free Hearing Aid Cleaning 4pm (AR)
- 1/10 & 1/24 Take Away Table
- 1/11 Eden Calming Stress & Anxiety Class 10am (LV)
- 1/14 Mount Vernon Library 9:30am (L)
- 1/16 Jason Lloyd pianist 3pm (LV)
- 1/17 David Lee Howard 2:30pm (LV)
- 1/22 Mary Whiton 2:00pm (LV)
- 1/22 Fun & Games w/Mira Vista 3pm (B)
- 1/23 WA Old Time Fiddlers 3pm (LV)
- 1/24 Marcia Kester 2:30pm (LV)
- 1/28 Men's Breakfast w/maintenance team 8:00am (AR)
- 1/29 Birthday Bash w/Esquires 2pm (LV)

January 2025

Mountain Glen Newsletter

Mountain Glen Retirement Living 1810 E Division St. Mount Vernon WA 98274 360-424-7900

Leadership Team

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Dietary Services Director
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Director of Health & Wellness
Sandi Doyle

Resident Care Director
Amanda Santangelo

Plant Operations Director
Mark Lietchy

Housekeeping Director
Sally Luna

Ever Fit Director
Jana DiGuilio

Life Enrichment Director
Priscilla Cox

Down the Rabbit Hole in January

January is a significant month for *Alice in Wonderland* enthusiasts. Lewis Carroll, born Charles Lutwidge Dodgson, entered the world on January 27, 1832, and passed away on January 14, 1898. His famous tale, *Alice's Adventures in Wonderland*, began in 1862, during a boat trip where he entertained the Liddell children with an improvised story. Young Alice Liddell, the inspiration behind the heroine, urged Carroll to write it down. After Two years of writing, the book was finished in 1864 and published the following year, quickly becoming a literary sensation.

The book introduced the world to memorable characters like the Mad Hatter, whose tea party never ends, and the grinning Cheshire Cat, who can disappear at will. Carroll even invented a new type of poetry, the "nonsense poem," one of the best examples of which is "Jabberwocky," which appears in *Through the Looking-Glass*, the sequel to *Alice's Adventures in Wonderland*.

What makes *Alice in Wonderland* so fascinating is its mix of wordplay, logic, and fantasy. Carroll was not just a writer but also a mathematician, which explains the whimsical logic and puzzling riddles that fill the story. His love of paradoxes and mathematical theories shines through in scenes like the Mad Hatter's tea party and the Queen's curious rules for croquet. This blend of intellectual play and imaginative adventure is what makes *Alice* a timeless favorite for readers of all ages.

January is a perfect time to embrace the whimsical world of *Alice in Wonderland*. Lewis Carroll's beloved tale, now over 150 years old, continues to captivate readers of all ages. The story has inspired countless adaptations, including theater productions, ballets, and even video games, cementing its place in pop culture. This January, whether by rereading the book or exploring a new adaptation, it's worth revisiting Wonderland to marvel at the unique genius of Carroll and his enduring creation

Galloping into Radio History



The call of “Hi-Yo, Silver! Away!” first echoed on Detroit’s WXYZ radio station on January 30, 1933. A mysterious masked cowboy known as the Lone Ranger went on to become one of the most famous and influential western heroes of the 20th century.

WXYZ station owner George Trendle and writer Fran Striker co-developed the idea of *The Lone Ranger*, yet neither of them had any experience with cowboys or the Wild West. To them, this hardly mattered. After seeing the success of the movie *The Mask of Zorro*, they wanted to develop an American version of a masked swashbuckler. Furthermore, they wanted their hero to set an example of good morals and to stand for truth, justice, and freedom. The show was an instant success and eventually drew an audience of 20 million faithful listeners three times a week.

The writers did not worry about historical accuracy. This was perhaps most evident in the character of Tonto, the Lone Ranger’s faithful Native American sidekick, who uttered simple phrases and groans. During early episodes, the Lone Ranger was often stuck talking to his horse, Silver. The writers realized they needed a second character, so they introduced Tonto on February 25, 1933. Like the Lone Ranger, Tonto was also a model of justice and truth, often providing the brains of the duo.

By the 1950s, *The Lone Ranger* had moved to film and television and starred Clayton Moore as the masked hero. The western craze hit full stride, and a string of hit shows followed: *The Roy Rogers Show*, *The Adventures of Wild Bill Hickok*, *Bonanza*, *Gunsmoke*, *Maverick*, and *Rawhide*. Some argue that the western declined with the Red Scare, the Space Race, and the Cold War. Yet others contend that westerns never went out of style. *The Lone Ranger* struck gold in 1933, and westerns have been treasured ever since.

Gold Rush Gab

Dagnabbit, it’s time for Talk Like a Grizzled Prospector Day on January 24. You’ve never heard of it, you say? Perhaps you have heard of James Marshall, who, on January 24 1848, discovered gold that started the California Gold Rush. Almost 100 years later, a farmer named Walter Knott built a western-themed ghost town on his berry farm. Knott’s Berry Farm drew a wide audience, thanks to its guarantee that anyone who found gold on the property as part of the “panning for gold” attraction could take it home. Every January 24, Knott’s Berry Farm holds its annual Prospector’s Day parade. So dadgummit, hitch up yer overalls, grab yer dumfungled pan, and get ready to pan the whole consarn territory for the sockdolager of payouts



The Language of Touch

The ingenious system of raised dots that are “read” through the fingertips by the blind is known as braille and is named for the Frenchman Louis Braille. As a student at the National Institute for Blind Youth in Paris, Braille loved to read and craved a wider variety of books. His mission was to create a new alphabet for the blind, and, at age 15, he developed braille. January 4, World Braille Day, celebrates his achievement and his birthday.

Braille based his alphabet on a secret military code developed by Captain Charles Barbier de la Serre for Napoleon’s French army. This code of dots, known as *écriture nocturne*, or “night writing,” was a way for soldiers to communicate silently and without a light at night. Barbier visited the Institute for Blind Youth in Paris to present his system. Braille quickly mastered Barbier’s system, discovered its flaws, and developed his new system. When he presented his improvements to Barbier in person, the old army captain was incredulous and offended. History, however, has proven Braille’s contribution to be as important as Gutenberg’s printing press.

Brain Bending Fun



January might be a challenging month. It is, after all, International Brainteaser Month. There are brainteasers for every taste. Wordsmiths enjoy crosswords, word jumbles, and acrostics. Mathematicians enjoy sudoku and kakuro. Riddles, logic puzzles, tangrams, ciphers, and even good old-fashioned

Rubik’s Cubes keep our minds sharp.

Just as exercise is healthy for the body, brainteasers are healthy for the brain. Flex your gray matter by answering some of these brainteasers below:

1. A man stands on one side of a river, his dog on the other. The man calls his dog, who immediately crosses the river without getting wet and without using a bridge or a boat. How did the dog do it?
2. In 1990, a person is 15 years old. In 1995, that same person is 10 years old. How could this be?
3. Before Mount Everest was discovered, what was the highest mountain in the world?

Is your mind too cluttered with irrelevant minutiae to solve January’s brainteasers? Never fear. Another little-known fact is that January 4 is Trivia Day, a day to demonstrate the remarkable benefits of random knowledge. Make some room in your head for these curious tidbits:

- *Dreamt* is the only English word that ends with the letters *mt*.
- Hydrox cookies debuted in 1908, four years before Oreos.
- Tigers have striped skin, not just striped fur. The pattern of stripes is unique to each tiger, similar to human fingerprints.

Answers: 1. He walked; the river is frozen. 2. The person was born in 2005 BC. 3. Mount Everest; it was the highest mountain even before it was discovered.

Jana DiGuilio/Ever Fit Director



Welcome to the year 2025! We invite you to consider the potential for this to be your most rewarding year yet. We extend a warm welcome to any new residents joining the Mountain Glen Senior Living Community.

Our Ever fit services are designed to assist you in enhancing your mobility, maintaining your independence, and improving your balance, all while fostering social interaction in a collaborative classroom environment. We offer a diverse range of fitness classes, including Balance Class, Gym Fitness, Cardio Drumming, and Chair Yoga.

Additionally, we are pleased to announce the development of a special Brain Fitness class scheduled for January. We also offer two sessions of Men’s Gym Fitness, held in our Fitness Center.

Rails of Adventure



On January 17, Cable Car Day, cable cars all over the world will garner attention. Cable cars use cables to pull them up or lower them down. San Francisco’s iconic cable cars are moved by a system of cables underneath the street. The high-flying cable gondolas of Rio de Janeiro carry people to the Christ the Redeemer statue atop Mount Corcovado. The valley of Gulmarg—the Himalayan “meadow of flowers” in India’s Jammu and Kashmir regions—boasts the second-highest cable car ride at 13,500 feet. One of the longest cable car rides is in Switzerland’s Alps. The 19-minute journey from the village of Grindelwald to Männlichen allows visitors to enjoy the rugged Alps without a pair of hiking boots!