



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.

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Wishing a joyful Birthday celebration to all individuals celebrating their Birthday in April

- Carolyn J
- Claudia Y
- Boris C
- Nancy H
- Rick M
- Mary T
- Darlene L

Tradition Takes Root



The last Friday in April is celebrated as Arbor Day in the United States, but the tradition of planting trees first evolved in Spain. In the village Villanueva de la Sierra, a priest named Ramón Vacas Roxo was convinced that trees were not only beautiful and important to the environment but also improved health and hygiene. In 1805, he began a tradition of planting trees during a three-day festival. He even wrote a manifesto explaining the importance of trees and delivered it to neighboring villages, encouraging residents to plant their own. It wasn't until April 10, 1872, that J. Sterling Morton—a newspaper editor turned politician—founded Arbor Day as an official holiday in Nebraska. In 1883, educator Birdsey Northrop of Connecticut traveled to Japan, where he spread the idea of an Arbor Day holiday. That message, and the countless millions of trees planted since, lives on this April 25, 2025.

April 2025

Mountain Glen

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Ever Fit Director
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Life Enrichment Director
Priscilla Cox

Raining Cats and Dogs

Cats and dogs have long held the title of “humans’ best friends,” but April shines a special spotlight on their roles in our lives. From cuddly companions to tireless helpers, these animals bring joy and purpose to millions. This month, three events highlight their importance and the incredible humans who support them.

World Stray Animal Day on April 4 reminds us of the countless cats and dogs in need of loving homes. Globally, millions of stray dogs and cats live on the streets or in shelters. Organizations worldwide work to rescue and rehome these animals, giving them a second chance at life. If you've been considering adopting but can't, donating time, money, pet food, or gently used blankets and towels can make a world of difference.

Later in the month, Therapy Animal Day on April 30 celebrates the unique bond between people and therapy animals. Did you know that therapy dogs and cats can lower blood pressure and reduce stress levels? These specially trained animals provide comfort and emotional support in hospitals, schools, libraries, and nursing homes. Their calming presence has even been shown to improve recovery times in patients.

Let's not forget Volunteer Appreciation Week, running April 20–26. Behind every happy adoption are volunteers who give their time and hearts to help animals. Whether it's walking dogs, cleaning kennels, or fostering kittens, these heroes make a significant impact. Many shelters report that volunteers contribute thousands of hours each year, saving lives and creating happier futures. This week is a great opportunity to thank them or even join their ranks!

This April, whether you're celebrating a beloved pet, supporting therapy animals, or helping stray cats and dogs find homes, take a moment to appreciate the furry friends that make life brighter. And remember, even small acts of kindness can have a major impact.

April Wellness Programs at Everfit Jana DiGiulio

As we welcome the arrival of spring, it is a wonderful opportunity to prioritize our physical activity and initiate a fitness routine that promotes overall well-being, enhances balance, and builds strength.

We are excited to announce a variety of fitness classes available throughout April:

1. **Strength Training Class**: This class utilizes resistive bands and fit balls to enhance strength and conditioning.
2. **Balance Improvement Class**: I will guide you through simple exercises designed to improve balance. Research indicates that dedicating 15 to 20 minutes a day to these practices can significantly enhance balance and stability.
3. **QiGong Movement Therapy**: This class, which draws from Tai Chi principles, is designed to alleviate body pain, relieve joint discomfort, and enhance cognitive functions such as memory and focus.

Additionally, our Juice Bar in the Bistro will continue to operate on Tuesdays, with Thursday being an additional day for service.

We encourage creativity and interest in our **Art Group**. If you have any ideas or suggestions for class activities, please feel free to share!

Furthermore, we are pleased to offer a **Cardio Drumming Class**, where no musical experience is necessary. Participants will engage in drumming along with videos and music, which promotes hand-eye coordination, movement initiation, memory enhancement, and an overall boost in mood.

Please note that these classes will alternate every other Wednesday.

We look forward to seeing you participate in these enjoyable and beneficial activities!

The Metric Divide

Feet, inches, pounds, miles, teaspoons, and degrees Fahrenheit. What do all these types of measurements have in common? They are part of the U.S. customary measurement system, closely akin to the British imperial units—a standard many say has outlived its usefulness. After all, only three countries in the world—the United States, Myanmar, and Liberia—use this system. The rest of the world has adopted the metric system of measurement. If you're ready to join the rest of the world, then take a stand on April 7, Metric System Day.

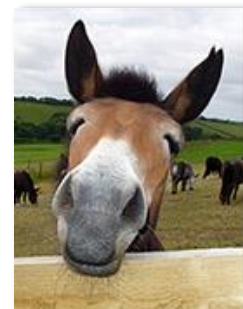
The metric system was developed in France during the French Revolution and was officially adopted on April 7, 1795. Nearly every nation in the world has adopted it since. Yet the United States still clings to its own system. Americans still bake using cups, measure height using inches, and fill up gas tanks by the gallon. This persistence is largely due to the time and cost associated with changing the country's infrastructure, as well as pushbacks from big businesses and citizens reluctant to undergo such a significant transition.

“Louie Louie” Lives On

Some call “Louie Louie” the most popular party song of all time. Others call it the most incomprehensible. Try your best to decipher the lyrics on April 11, International Louie Louie Day, in honor of composer Richard Berry's birthdate in 1935. It was the music group the Kingsmen who made “Louie Louie” a hit in 1963. A year later, the FBI opened an investigation into the song's mysterious lyrics. One concerned listener believed the song contained obscene language. After months of analysis, the FBI concluded the song was unintelligible. Today we know that it is a simple song about a seafaring man pining for his love.



The Mighty Mule Legacy



Mule Day in Columbia, Tennessee, is so beloved that it is actually celebrated for four days: in 2025, from April 3–6. Why celebrate such an animal? As the offspring of a male donkey and a female horse, mules are more patient, surer-footed, and longer-living than horses, and faster, smarter, and more cooperative than donkeys. Mules, it seems, are the best of both worlds.

Mule Day began as Breeders' Day in the 1840s. Farmers would gather from miles around to bring their mules to market on the first Monday in April. This was a crucial business before the advent of mechanical tractors, and Columbia became known as the “Mule Capital of the World.” Of course, once tractors came into fashion, the demand for mules slipped, but Columbia continued to hold its traditional Mule Day just the same. Today, Mule Day features mule-driving contests, mule parades, a flea market, music, and food and drink. No other town loves its mules as much as Columbia, Tennessee.

However, Matanzas, Cuba, comes pretty close. This Cuban city celebrates April 27 as Matanzas Mule Day. On this date in 1898, Matanzas became the site of the first military action of the Spanish-American War. American naval ships amassed in the bay and bombarded the city with heavy artillery. Amazingly, the only casualty was a mule, who became an instant folk hero. Legend has it that the Matanzas Mule was buried with full military honors as a military band played for hundreds of mourners. Some claimed this story was a complete fabrication—an act of propaganda meant to humiliate the American forces—but the tradition continues. We may never know for sure which town adores mules more: Columbia, Tennessee, or Matanzas, Cuba. It may make more sense to simply declare April International Mule Month.

Laugh It Off

You may be laughing until it hurts, but that laughter is doing some powerful healing. Pull up a chair next to the class clown or the office cutup because April is Humor Month. Humor may be one of the oldest and most effective methods of social bonding. No matter what your culture or background, all laughter sounds the same. Better yet, studies show that the more you laugh, the more attractive you become to the opposite sex... or perhaps that's just a joke? Most laughter doesn't come from listening to jokes. Most laughter comes from spending time with friends and family. Furthermore, people tend to laugh more when they're in groups. Laughter truly is contagious. In fact, laughter strengthens immune systems by increasing infection-fighting antibodies. Doctors have become wise to the positive health effects of laughter. Laughter has been shown to decrease blood pressure, improve the function of blood vessels, increase blood flow, and decrease hormones associated with stress. Laughter even reduces pain by stimulating the release of endorphins. One doctor believes laughing is such good exercise that he calls it “internal jogging.” One minute of laughing, he says, is equal to 10 minutes on a rowing machine. Laughter is not just good for the body; it's also good for the mind. Humor stimulates creativity, improves problem-solving abilities, enhances memory, and teaches resilience. All April long, make sure to take “laughter breaks” every day. Avoid the news and instead watch a sitcom or funny movie, read the daily comics, perform a sight gag, tell a joke, play games, spend time with children, and most importantly, do these things with friends. Hoot and holler with reckless abandon, and your body will thank you.