



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

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

- Barb L
- Vickie G
- Joanne C
- Margaret N
- Rick W
- Noreen W
- Joyce B
- Gary P
- David G
- Scott S
- Nancy D

Racing Across the Centuries

Each May since 1912, runners have been sprinting from San Francisco Bay to the Pacific Ocean in San Francisco's Bay to Breakers road race, proudly hailed as the oldest footrace in America. But the Thanksgiving Turkey Trot in Buffalo, New York, has been held continuously since 1896—five months longer than the Boston Marathon, which first took place in April 1897. And Buffalo's cross-border neighbors in Hamilton, Ontario, are host to the Around the Bay Road Race—first held in 1894 and canceled only during World War I and from 1925 to 1935. The world's oldest running race may have been at Greece's Olympic Games, kicked off in 776 BC. Other notable races include Italy's Palio del Drappo Verde, first held in 1208 and run for 590 years until the French invaded Italy in 1798, and Scotland's Red Hose Run, which has taken place continuously since 1508, interrupted only by plague and war.

May 2025

Mountain Glen

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



Leadership Team

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Mark Lietchy

Housekeeping Director

Sally Luna

Ever Fit Director

Jana DiGuilio

Life Enrichment Director

Priscilla Cox

Easter Celebration



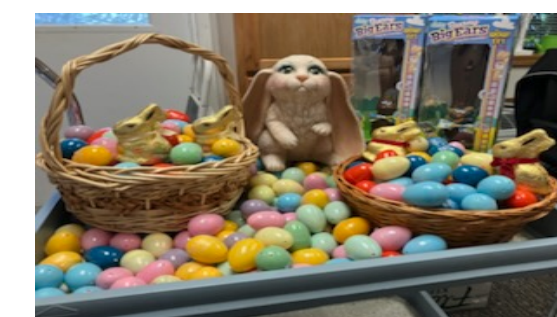
Polla organized our Easter Egg Hunt on Easter morning, providing an enjoyable activity for all residents. The week prior, she hosted a homeschool group event where participants had the opportunity to dye Easter Eggs during the Taste & Tell program. In total, 72 Easter Eggs were decorated. Both residents and children thoroughly appreciated these engaging activities.



On Easter Day, a total of 330 Easter eggs were discreetly arranged throughout the Mountain Glen Community for residents to discover during our annual Easter Egg Hunt. Additionally, two large chocolate bunnies were hidden as special prizes. Congratulations to our two winning participants, Skip and Becky.



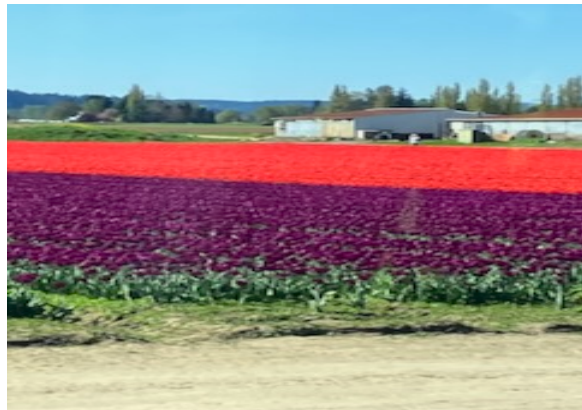
Please enjoy the photographs capturing this enjoyable event.



Tulip Fields



During our recent bus outing in April, our team had the opportunity to appreciate the vibrant tulips cultivated in Skagit County. Attached are photographs from the event, which was complemented by a group lunch at McDonald's.



Aloha in Bloom

In Hawaii, May Day is Lei Day. Since 1927, Hawaiians have celebrated this holiday and publicly honored the lei, that quintessential Hawaiian necklace fashioned of flowers and vines. Lei garlands are given as an expression of welcome and friendship when a loved one arrives, departs, or celebrates something special. The act of fashioning a lei is a sacred one. According to legend, as the creator weaves a lei, a piece of their spirit enters into the garland and passes along to the recipient.

There are two distinctive types of leis and eight common methods for weaving them. Tropical Hawaiian flowers, such as plumerias, pikake, and orchids, are often used. They're intertwined with leaves of maile, ti, and ferns. Shells, too, can be incorporated into the garlands. The leis of the island of Ni'ihau, for example, are specifically fashioned with small seashells known as *pupu*.

Many fantastic leis are on display during Lei Day at Kapi'olani Park near Waikiki Beach in Honolulu. A Lei Queen is crowned each year, with princesses representing each Hawaiian island, each wearing a special lei showcasing the island's signature flower and color.

The Sock That Got Away



Do you have a spot for old unmatched socks? Do you hold out hope of someday reuniting those single socks with their lost matches? Chances are you may never see those lost socks again,

since many fall over the top of washing machine tubs and are sucked into the drain. On May 9—Lost Sock Memorial Day—take the time to say goodbye to those missing socks, wherever they may be. Perhaps the best way to celebrate this strange holiday is to take those unmatched socks out of the back of the drawer and wear them! Restore them to their former glory, and go unmatched for a day.

A Mom-entous Occasion

Celebrated with great enthusiasm in the United States, Mother's Day falls on Sunday, May 11. And why shouldn't it be celebrated so enthusiastically? Where would we be without our mothers? The fact is we would not *be* at all.



Anna Jarvis is known as the mother of Mother's Day, for she so adored her mom that she campaigned for a holiday to celebrate all mothers. Jarvis herself never

married nor had children, but this didn't stop her from lobbying those in power to set aside a day to honor mothers. By 1911, almost every state in America was celebrating Mother's Day, and on May 9, 1914, U.S. President Woodrow Wilson declared the second Sunday in May to be Mother's Day.

In the United Kingdom, a holiday honoring motherhood dates back much further than 1914. In the 1600s, the fourth Sunday of Lent was dedicated as Mothering Sunday. Church services were devoted to the Virgin Mary, and families were encouraged to attend services not at their local parish but to return to their larger "mother" church, or cathedral. Also, in a time when many servants worked in the homes of the rich away from their own families, these servants were allowed time to return home and visit their mothers. The tradition of Mothering Sunday largely died out in the 19th century, but when American servicemen flooded Europe during World War II—bringing their American Mother's Day holiday with them—Mothering Sunday became popular once again.

Whatever the month and whatever the country, many cultures have understood the importance of honoring motherhood. Whether you give the mothers in your life a carnation, a greeting card, or a special simnel cake loaded with fruit, what matters is thanking and honoring all mothers for the miraculous gift of birth.

Jana DiGuilio/Ever Fit Director

Spring has arrived, and the landscape is rejuvenating. This is an excellent time of year to enjoy outdoor activities such as walking.



We are pleased to announce the initiation of weekly outdoor walks scheduled to begin in May, weather permitting.

The walks will be held at Kwanis Park, located near MT Glen. The route features paved, level pathways covering approximately half a mile to one mile in distance.



Participants from IL Independent Living are expected to be capable of walking at least half a mile to the park entrance. Use of assistive devices, such

as walkers, scooters, or certain power wheelchairs (with nursing approval for Assisted Living residents), is permitted.

A sign-up sheet will be available in the front lobby. Participants should also sign out at the front desk.

Park walks will typically be held on Thursdays from 1:15 PM to approximately 2:15 PM. We may consider adjusting the schedule as the weather warms in the summer months.



Rain dates will be announced to ensure weather disruptions are accommodated.

Attached are recent photos of the park entrance and the pathways within the park.

Please join us in welcoming our new resident, Amy T, who is featured in the park photos.