



**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 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 to 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](mailto:robins@cascadeliving.com) [deborahc@cascadeliving.com](mailto:deborahc@cascadeliving.com)



**Wishing a joyful Birthday celebration to all individuals celebrating their Birthday in July**

- **Chuck H**
- **Joanne M**
- **Aida A**
- **Gary H**
- **Bonnie P**
- **Mary W**
- **Don S**

**Upcoming Independence Day Party 7/4**

You are cordially invited to celebrate Independence Day on Friday, July 4th, at 1:00 p.m. in the Living Room. Following the event, there will be a Happy Hour at 2:00 p.m. in the Activity Room.

**Jana DiGuilio/Ever Fit Director**

The Tuesday Juice Bar in the Bistro will be scheduled from 2:00 PM to 3:00 PM to promote hydration during the summer months. The weekly fitness class will be held on Tuesdays at 10:00 AM. On Thursdays, we will offer a Balance & Qigong Movement session focused on health and wellness at 10:00 AM. Please note that the time may be adjusted to 1:15 PM on some days due to planned Park Walks for residents. Park Walks to Kwanis Park will be available, weather permitting. The schedule is flexible, with some walks scheduled earlier, typically around 10:00 AM or 1:15 PM. If you are interested in developing a personalized fitness plan or would like a one-on-one session, please sign up in the Life Enrichment Book located in the front lobby outside the Independent Living Dining

# Mountain Glen Newsletter

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



**Leadership Team**

**Executive Director**  
*Kimberly Johnson*

**Community Relations Directors**  
*Deborah Carr*  
*Robin Stanek*

**Business Office Manager**  
*Molly Clark*

**Dietary Services Director**  
*Josh Young*

**Director of Health & Wellness**  
*Sandi Doyle*

**Plant Operations Director**  
*Mark Lietchy*

**Housekeeping Director**  
*Sally Luna*

**Ever Fit Director**  
*Jana DiGuilio*

**Life Enrichment Director**  
*Priscilla Cox*

**Father's Day Dessert**

Our Father's Day dessert event was a success! We were honored to welcome guests who had the opportunity to select from an assortment of six desserts. Raffle draws were held for prizes such as a bags of chips & Cookies Mr. Tom served as our barista for the event - many thanks to him. Take a moment to enjoy the photographs captured during this event.





## Evergreen Goodwill Mobile Computer Lab



## The Birth of a King

On July 18, 1953, a young man named Elvis Presley walked into the Sun Records studio in Memphis, Tennessee, to make his first record. The resulting acetate disc, with just two songs—“My Happiness” and “That’s When Your Heartaches Begin”—was supposed to be a gift from Elvis to his mother. Rumor has it, though, that the Presleys did not even own a record player. And besides, his mother’s birthday had long passed. Many speculate that the recording was an attempt by Elvis to get the attention of Sun Records owner Sam Phillips. Apparently, Elvis made an impression, because he was invited back to the studio a year later, on July 5, 1954. At first, the session was uninspiring. The band was about to give up when Elvis began fooling around, goofing off, and singing. That sound was exactly what Phillips was looking for, and the King of Rock ’n’ Roll was born.



## Deborah Carr & Robin Stanek Community Relations Directors

The Skagit County Senior Care Network of professionals hosts an annual Passport Event. Robin and Deborah from Mountain Glen have participated in this event for the past four years. This year's theme was "Passport to the Cinema," with a focus on the film "Jaws." Our Mountain Glen team collaborated to ensure the event's success. Johnny, Tom, and Mark from the maintenance team assisted with the setup and takedown of tables, chairs, and canopies. Tom utilized his artistic skills to create a five-foot shark sculpture using chicken wire and plaster. The dining department, led by Katie and Josh, prepared themed refreshments, including carved watermelon resembling a shark, a veggie tray with cucumber shaped sharks, rice Krispie treat pops with gummy sharks, white chocolate-dipped Bugles as shark teeth, frosted "Lifesaver" donuts, cupcakes with shark fin topper, and a blue corn chip shark fin dip served on a bed of ice with plastic shark figure. Jana, our Ever-fit Director, crafted and served refreshing Lotus juice shots. The housekeeping team, led by Sally, assisted with courtyard decorations. Unyque, our concierge staff, supported with decorations, signage, and event check-in. Priscilla, our Life Enrichment Director, helped with setup, captured photographs of the event, and shared moments on the Mountain Glen Facebook page. Kim, our Executive Director, and Molly, our Business Manager, coordinated parking arrangements by posting signs directing staff to utilize off-site parking. The front desk team welcomed our professional guests upon arrival. Overall, the event was a great success enjoyed by all attendees. Thank you to the Mountain Glen staff for their dedication and hard work in delivering another outstanding event!



## Enjoy these pictures from the Passport to the Cinema Event



## Newly formed residents only meeting

The Residents' Only meeting met for its first meeting on Saturday, June 7th. The following individuals were nominated for committee positions:

**Chairperson** – Joanne C.  
**Co-Chairperson** – Nancy H.  
**Secretary** – Jan P.

Please mark your calendars for the next meeting, scheduled to take place on Saturday, July 12th, at 10:00 a.m. in the Activity Room.

## Betty B 100<sup>th</sup> Birthday

Wishing a very happy 100th birthday to Betty B., who celebrated this milestone at the Birthday Bash in June. It is truly an honor to be surrounded by individuals with such remarkable longevity and life experience.

