



**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 deborahc@cascadeliving.com



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

- Dee Ostrom
- Gordon S
- Sally E
- Pat C
- Eloise C
- Susan D
- Michael C
- Emily O
- Bud S
- David M
- James P
- James T
- Sharon D
- Diane W
- Nancy H
- Susan D
- Marvin G
- Tom W

Reminder Daylight savings ends!



Daylight saving time ends Sunday, November 2, 2025, with clocks rolling back one hour at 2a.m. With the change, it will get darker earlier in the evening across the United States.

Mountain Glen Newsletter

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



Leadership Team

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Community Relations Directors
Deborah Carr
Robin Stanek

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Molly Clark

Dietary Services Director
Josh Young

Director of Health & Wellness
Sandi Doyle

Resident Care Coordinator
Andi Morrill

Housekeeping Director
Sally Luna

Ever Fit Director
Jana DiGuilio

Life Enrichment Director
Priscilla Cox

Talkin' Turkey (and Chickens)

When it comes to barnyard birds, turkeys and chickens rule the roost, but not in the same way. November might be the turkey's time to shine (or roast), but chickens hold their own all year long.

Let's start with turkeys. Wild ones can fly—surprisingly fast and far, actually—and they sleep in trees. They're also pretty clever at dodging predators and, yes, humans. Domesticated turkeys, on the other hand, aren't quite so nimble. Their flashy fans and "gobble gobble" calls are iconic this time of year, but only the males gobble; females stick to more modest clucks and chirps.

Chickens, meanwhile, are the overachievers of the coop. They come in all sorts of breeds, from poofy-headed Polish chickens to speckled Sussex. They each lay about 250–300 eggs a year, which is pretty impressive considering they're also known to chase bugs, peck your shoelaces, and form complicated social hierarchies.

In fact, chickens have become so popular that many people now keep them in their backyards. Urban and suburban chicken-keeping has taken off in recent years, with folks raising hens not just for fresh eggs but also for their quirky personalities and surprisingly therapeutic company. You don't need a full farm—just a small coop, a little space, and a willingness to embrace a bit of daily chicken drama.

As for turkeys and Thanksgiving, the tradition dates to the 1800s, when turkey became the centerpiece partly because it was large enough to feed a crowd and not typically used for eggs or milk like other livestock. These days, though, more people are switching things up—serving roast chicken, Tofurky, lentil loaf, or lasagna layered with roasted squash for Thanksgiving's main course. Some people even decide on breakfast-for-dinner, with stacks of pancakes and cozy casseroles taking center stage. Whether you prefer a traditional meal or trying something new, the spirit of the holiday isn't in the bird—it's in the gathering. No matter what's on the plate, it's the company that counts.

Taste & Tell

Taste & Tell is scheduled for the second and fourth Sundays of each month at 1:30 PM. Polla Peterson serves as the host for this engaging activity. Last month, participants had the opportunity to create festive Halloween cookies. Please enjoy the photos capturing this enjoyable event.



Bring Your Own Crafts

The Activities Department is pleased to offer a "Bring Your Own Crafts" activity. This is an excellent opportunity for individuals to work on their personal craft projects in a welcoming environment and to connect with fellow community members who share similar interests. The program is scheduled on Sundays at 1:30 PM, Tuesdays at 2:30 PM, and Thursdays at 2:30 PM.

In October, we were delighted to have a resident lead a session on creating Halloween cards. Additionally, two guest instructors from outside the community demonstrated diamond art card-making, and our librarian guided participants through a floral-themed book project.

This program provides a wonderful chance to foster new connections and enjoy creative activities together.

Please enjoy the photographs from our recent sessions.



Music and Movement

Join us for Music and Movement, a engaging activity designed to enjoy uplifting music while incorporating gentle exercise. This program has been highly appreciated by the community. We look forward to your participation in this enjoyable and uplifting experience. Enjoy the pictures



Holiday Tour of Homes

Community Relations Directors

Deborah Carr

Robin Stanek

We will be hosting our first Mountain Glen Holiday Tour of Homes on December 17th, 2pm-4pm. If you are interested in sharing your festive apartment with potential future Mountain Glen residents as well as your fellow residents, please sign up. Robin and Deborah will be leading the tours.

Holiday Craft Fair

Date: Saturday November 8, 2025

Time: 11:00AM – 3:00PM

Location: 1810 E Division ST
Mount Vernon, WA 98274

Mountain Glen is pleased to announce the upcoming Holiday Craft Fair. Attendees will have the opportunity to explore an array of unique items available for purchase.

We extend our invitation to potential vendors who wish to participate in this event. There is no fee for vendors to participate.

Please note that vendors are required to bring their own table.

For inquiries and to secure a spot, please contact:

Priscilla Cox at 360-424-7900 or email priscillac@cascadeliving.com