



**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 October!!!

- **Tom P**
- **Renee J**
- **Paula C**
- **Irene R**
- **Pat I**
- **Margaret N**
- **Larry A**
- **Don S**
- **Norman E**
- **Alice S**
- **BJ**
- **Mary B**
- **Richard W**
- **Jeanne B**
- **Gary B**

Halloween Party

We are pleased to invite you to our Halloween celebration on Friday, October 31st, from 1:00 PM to 3:00 PM. The event will take place in the Living Room and Activity Room. Light refreshments will be served, and we will be featuring an engaging casino-style slot game for your enjoyment. We look forward to celebrating with you.

Halloween Door Contest

Please start organizing your door decorations in preparation for the upcoming Halloween Door Decorating Contest. Priscilla will be photographing the decorated doors on Wednesday, October 15th, and the images will be displayed on the exterior wall of the Activity Room. All participants will have the opportunity to cast votes for two of their favorite doors. The winners will be announced during our Halloween celebration on October 31st.

Mountain Glen Newsletter

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



The Bright Side of October

Orange is one of the most iconic colors of the fall season. From the changing leaves to ripe pumpkins and Halloween decorations, it’s everywhere in October. But beyond its seasonal spotlight, orange has an interesting history and set of associations that make it stand out year-round.

The word *orange* didn’t appear in English until around the 1300s, borrowed from the Old French *orange*, which came from Arabic *nāranj*—originally referring to the fruit. Before that, people in English-speaking areas would describe the color as “yellow-red.” It wasn’t until the fruit became common in Europe that the word was used to describe the hue. In many cultures today, it represents creativity, change, and enthusiasm.

In nature, orange often signals warmth and energy. It’s the color of fire, sunsets, and autumn leaves. In October, orange becomes especially visible. Pumpkins, perhaps the most famous fall symbol, take center stage during Halloween. Originally, jack-o’-lanterns were carved from turnips in Ireland, but when the tradition came to America, pumpkins were more plentiful and easier to carve. Their natural orange color made them perfect for the holiday’s spooky glow. Orange also pairs well with black, Halloween’s other signature color. While black represents darkness and mystery, orange balances it with brightness and warmth, making the two a striking seasonal combo.

Aside from Halloween, orange pops up throughout fall in decorations, wreaths, seasonal foods, and clothing. It evokes the cozy, crisp feel of the season and reminds us of harvest time. Even sports teams and schools often use orange in their autumn promotions and uniforms to reflect that seasonal energy.

While orange is not everyone’s favorite color year-round—only five percent of people choose it as their favorite—it has certainly carved out a place in October’s spotlight. Whether you’re admiring the leaves, carving a pumpkin, or just sipping something cinnamon-spiced, you’re likely soaking in a little bit of orange this season.

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

Jana DiGuilio Ever Fit Director

Season's greetings and welcome to the fall—a wonderful time to begin or enhance your fitness routine.

We are pleased to announce that Ever Fit will be launching a new class this season that integrates Tai Chi and Qigong techniques, conducted in seated positions.

Jana has recently completed training and earned a certification in movement therapy exercises, specifically in Chair Chi. She is enthusiastic about incorporating this practice more broadly among residents to support their well-being.

The benefits of engaging in gentle, seated movement practices like Chair Chi include:

- Improved breathing, even for those using supplemental oxygen
- Strengthened immune function
- Relief from joint discomfort associated with osteoporosis and osteoarthritis
- Enhanced overall well-being, reduced anxiety and depression
- Increased range of motion
- Better circulation
- Improved mental clarity and alertness
- Lowered heart rate, blood pressure, and cholesterol levels

Each session will last no more than 30 minutes, primarily seated in a chair, with some standing exercises utilizing a chair for support. Classes will be held in the Theater Room, and you can refer to the October calendar for specific dates, which may be scheduled on Wednesdays or Thursdays.

We invite you to explore this enriching activity this fall season.

From Holy Cows to Home Runs

Holy cow, October 13 is Silly Sayings Day. While this saying's origins are a little obscure, many believe it was an expression used by baseball players in the early 1900s to tamely express disgust while avoiding the ire of umpires. It most likely references the cows held sacred by Hindus.

Perhaps silly sayings and baseball have a special link, for one of the silliest sayers of all was former New York Yankee Yogi Berra. He said of his sport, "Baseball is 90% mental and the other half is physical." When giving directions to his home, he once explained, "When you come to a fork in the road, take it." When he saw Mickey Mantle and Roger Maris repeat their feat of hitting back-to-back home runs, he exclaimed, "It's déjà vu all over again."

When it comes to silly sayings, Mark Twain may offer the best advice: "It is better to keep your mouth closed and let people think you are a fool than to open it and remove all doubt."

Trapped at Sea

It was a pastime practiced by sailors tired of looking at the endless seas day after day after day: building a model ship and putting it inside a bottle. At first, this seems a magical feat. How did that tall ship fit inside the bottle? In reality, the process is rather simple. The ship's masts fold flat across the deck of the miniature ship. Once the ship is fit through the bottle's neck, tiny threads are used to raise the masts and sails. Of course, this "simple" trick requires expert craftsmanship. Miniature model ships can be very elaborate and cost thousands of dollars, with every last detail finished to perfection. On October 4, Ship in a Bottle Day, you can attempt this old seaman's trick yourself—or maybe just marvel at the efforts of an expert.



Wall of Honor



Please take a moment to visit the Wall of Honor, located in the Activity Room, which commemorates the Service Members from our Mountain Glen community. The Honor Wall is nearing completion, with just a few remaining photos to be added. If you or someone you know would like to have their valid military service recognized and their photo included, please kindly inform Polla or Priscilla.

The Energizer Bunnies



Completing their final walks before the inclement weather begins. Excellent work, Bernie and Skip.

Street Eats Hit the Road

While Oscar Mayer's hot-dog-shaped Wienermobile may be the best-recognized food-themed truck around, it's the food made on trucks that brings customers to the curb. Rather than make a reservation at a fancy restaurant, hungry foodies visit parking lots to find open-sided trucks serving sushi, tacos, Brazilian barbecue, Jamaican chicken, brick-oven pizza, pancakes, cupcakes, cookies, and even vegan and gluten-free menus. October is a great time to visit your favorite food trucks before they close or reduce hours for the winter.

It's no wonder chefs have turned to restaurants on wheels. Even small restaurant spaces can cost millions of dollars to build and maintain, while a truck costs a mere fraction of the price. Even better, food trucks can go where the people are, sometimes making many stops over the course of a day. Food truck owners often post their locations and menus on social media to notify fans. Once you know a truck's location, just plan your lunch hour accordingly and step outside. Food trucks truly are a food revolution.

The Peanut Gallery

On October 2, 1950, cartoonist Charles Schulz debuted his *Peanuts* comic strip. Schulz actually hated the name *Peanuts*. He had originally named the strip *L'il Folks*, but his publishers feared that this title was too similar to a comic strip called *Little Folks*. Schulz then decided to call it *Good Old Charlie Brown* after its lead character, but once again his publishers intervened. Without even seeing the strip, they named it *Peanuts*, which was a common term for children in the 1950s, thanks to *The Howdy Doody Show's* "Peanut Gallery." The name stuck, and Charlie Brown, Snoopy, Lucy, Linus, Sally, and the whole *Peanuts* gang have become international stars, appearing in 2,600 newspapers all around the world.

