



**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



December Birthdays

In astrology, those born December 1–21 are Archers of Sagittarius. Archers are exciting and independent. Their positive attitude, great sense of humor, and kind heart make them excellent friends. But get ready for an earful. Archers often speak their mind. Those born December 22–31 are Goats of Capricorn. Goats are the most stable and sure-footed of astrological signs. Reliable, economical, practical, and organized, they make good multitaskers and politicians.

Nancy Goodliffe
Susan Duffy
Janet Vaillancourt
David Bostrom
Trudy Kope
Al Berger
Bonnie South
John Gastkill
Berni Mallory
Margaret Struck

Dial a Smile

Some would argue that Ding-a-Ling Day on December 12 is a day to celebrate the kooky, off-the-wall ding-a-ling in your life. Well, those ding-a-lings probably don’t know the real meaning of Ding-a-Ling Day. According to the *Chicago Sun-Times* newspaper, the Ding-a-Ling Club was started in 1971 by Franky Hyle of Chicago, Illinois. Hyle believed that city dwellers needed to be friendlier to one another. His solution was to spread cheer through the telephone lines. The mission of the club was to pick up the phone and dial a friend you haven’t seen or spoken to in a long time. Why the name *Ding-a-Ling*? Hyle looked up the word and found the meaning to be “one who hears bells in his head.” The name stuck, and so did his heartwarming method of “ringing” up old friends.



Mountain Glen Newsletter

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Christmas the Mexican Way

In Mexico, Christmas is more than just a day—it’s a lively season filled with music, food, and family gatherings that stretches from mid-December into the new year. Instead of focusing on only December 25, the holiday season is marked by a series of festive events, each with its own customs and flavors.

One of the most beloved traditions is *Las Posadas*, a religious festival celebrated from December 16–24. Each evening, families reenact Mary and Joseph’s search for shelter in Bethlehem. They gather for nightly processions that include singing, candlelight, and, of course, breaking open a brightly colored piñata. The piñatas are often star-shaped with seven points, said to represent the seven deadly sins. Swinging at them is both fun and symbolic!

Decorations also play an important role in the season. Alongside Christmas trees, you’ll find homes adorned with poinsettias, or *flores de nochebuenas*, twinkling lights, and Nativity scenes called *nacimientos*. In many towns, community squares sparkle with paper lanterns and light displays, creating a warm, festive atmosphere.

Food is at the heart of the holiday. Families gather on Christmas Eve for *Nochebuena*, the grand feast of the season. Dishes might include tamales, stuffed turkey, or pozole, a hearty hominy stew. A mug of *ponche Navideño*, a warm spiced fruit punch, is almost always on the table, and dessert often features crisp, sugary *buñuelos* or a slice of *Rosca de Reyes* (king’s ring cake).

Music and fireworks add even more energy. Caroling, mariachi bands, and neighborhood parties keep spirits high while bursts of fireworks light up the skies throughout December. The season wraps up on January 6, *Día de los Reyes* (Three Kings’ Day), when children wake to find gifts left by the Magi. It’s a joyful reminder that in Mexico, Christmas is more than just one day—it’s a whole season of togetherness, laughter, and celebration.

Holiday Craft Fair

In November, we hosted our annual Holiday Craft Fair for the Mountain Glen Community, which was a resounding success. The event featured eight local vendors from the Mountain Glen Community, along with additional vendors from outside the area. Attendees had a diverse selection of quality merchandise available for purchase. Please find some photos attached for your viewing pleasure.



Shades of Calm

Looking for that perfect gift for someone on your “nice” list? Consider a coloring book. Coloring books are no longer just for children. Adult coloring clubs meet up at bars after work. Executives gather employees in conference rooms for impromptu coloring sessions. Just look at Amazon’s Best Sellers list, which regularly features adult coloring books. Recent top titles lean toward cozy, bold, easy-to-color designs. While Johanna Basford’s intricate *Secret Garden* remains iconic and beloved, selling over 21 million copies worldwide, current bestsellers favor simpler, hygge-inspired pages.

Why are adults so drawn to coloring? Research continues to support coloring as a form of stress relief. It promotes mindfulness and flow, engaging the brain in a soothing, focused activity that quiets anxiety. Clinical psychologist Ben Michaelis explains that the amygdala, the part of our brain responsible for our fight-or-flight response, takes a rest while we focus on coloring. Dr. Michaelis is such a believer that he both prescribes coloring to his patients and uses it at home with his own family.

Ringin' Through History

Everyone singing “Jingle Bells” this holiday season may be surprised to learn it’s a Thanksgiving song. The vice president of the Medford Historical Society in Massachusetts explained that the song’s 19th-century composer, Medford resident James Pierpont, based it on a local tradition of one-horse open sleigh races through the streets of his hometown. When Pierpont moved to Savannah, Georgia, and became a pastor, he led his congregation in singing the song on Thanksgiving. They loved it so much they sang it again a month later on Christmas. Today, residents of Savannah share their ancestors’ passion for the tune. They dispute that Pierpont wrote the song in Medford, and they claim it as their own.



Veteran’s Cocktail Reception

In November, we gratefully honored our Veterans and their surviving spouses in recognition of Veterans Day. We appreciated the opportunity to hear their inspiring stories and learn about the sacrifices they made in service to our country. We sincerely thank all veterans and their spouses for their dedication and service. Please enjoy the photos from the event.



Quiet Wins the Day

We live in the Digital Age, where computers allow us access to vast amounts of information and copious social networking. It’s a nearly endless amount of distraction. Gloria Mark, University of California professor of informatics (the science of computer data), likens it to a candy store with unlimited offerings. As we know, an endless stream of candy is bad for our health.

What better way to ring in the new year than with No Interruptions Day on December 31? Research conducted by Mark and her colleagues shows that work interruptions cost us hours in productivity each day. But what of those who believe work itself is an interruption? Then you, too, can participate. Take time on the 31st to unplug and spend quality time with someone special—face-to-face, heart-to-heart.

Cable Cars That Could



San Francisco’s cable cars are recognized the world over. The modern three-line system debuted on December 22, 1957, when car No. 51 rang its bell, exited the Washington-Mason cable car barn, and pulled onto Washington Street.

But the story of San Francisco’s famous cable cars really began when Andrew Smith Hallidie witnessed a horse struggling to carry a horse-drawn tram up a slippery, steep cobblestone street in 1869. Hallidie conceived a system using thick steel cables powered by massive steam engines. The trams would grip cables embedded in the roadway. As the engines moved the cables, the tram would be pulled up and down San Francisco’s steep city streets. It’s a system that has changed little from its first incarnation in the 1800s. Today, cable cars endure as a symbol of hilly San Francisco and a romantic slice of California history.