

JUNE BIRTHDAYS

Margaret R.

Thomas M.

Darvel F.

Betty H.

Betty Jo M.

Gayle C.

Bernie B.

Dave M.

Judith H.

Ron Panzero.

Iris H.

Erick E.

Joyce C.

Betty B.

Rosemary M.



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



Book Worm Corner "June Is Blooming"

June is blooming with so many new books in the Mountain Glen library. The upstairs library has just blossom with Kristian Hannah books. Many of you ladies have ask for her books to have her very own shelve, well you asked and I was able to fulfill that wish for you. Also, I ordered 8 new books for your reading enjoyment. All her books will be only on the second floor. There are also 7 new large print books some on first and second floor libraries. And a friendly reminder, please do not reshelve books, just put in big box up stairs on other side of the sofa. Downstairs on top shelve of where the hard cover books are. There is a little sign with a small container of silk flowers are. If you would like to see sometime different or a special book, drop a note in suggestion box. Also on a personal note, thank you all for the great compliments and positive feedback on the job I'm doing with your library. I try to update it with new books, new ideas and to make it much easier for you to access it better. Also new puzzles can't forget about their little corner.

Happy Reading,
perfect weather for book read outside with a glass of iced tea
Gayle

SHINING BRIGHTER WITH OUR JUNE NEWSLETTER

June 2026

Leadership Team

Associate Executive Director

Molly Clark

Wellness Director

Sandi Doyle

Resident care Director

Andi Morrill

Business Office Manager

Yamaris Alaniz

Community Relation Director

Deborah Carr & Robin Stanek

Dining Service Director

Joshua Young

Life Enrichment Director

Diana Meraz

EverFit Director

Jana DiGuilio

Environmental Service Director

Sally Luna

Mountain Glen Retirement & Assisted Living
Community I 1810 E. Division St. Mount
Vernon WA, 98274 360.424.7900



Washington Summer Fun Facts



June in Washington State is characterized by the start of "Juneuary" (gloomy, cool weather) before summer kicks in, the peak of strawberry harvesting, and the celebration of the first Father's Day, which was held in Spokane on June 19, 1910. It is also a peak time to explore the San Juan Islands as orcas return to the area.

June is the gateway to summer, featuring the longest daylight hours in the Northern Hemisphere (Summer Solstice on June 20/21) and the blooming of roses. Named after the Roman goddess Juno, it is a popular wedding month and marks the halfway point of the year.



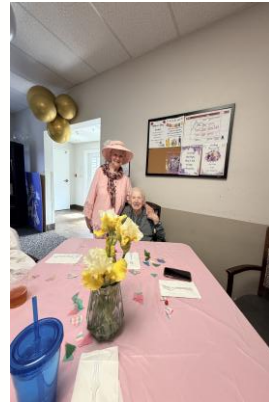
First Day Of Summer



June marks the start of summer in the Northern Hemisphere, featuring the longest days of the year, the summer solstice, and the romantic "Strawberry Moon". Named after the Roman goddess Juno, it is a top month for weddings. June is also known for "National Candy Month," celebrating Juneteenth, and having the most Nobel Prize winners born during this month.



May's Memories



Everfit in June
June is Hydration
Month!
Jana will be doing a
Talk on "The Benefits
of Drinking Water"
come learn why
"keeping hydrated" is
so important.

Date : June 10TH
time 1:15 PM place
THEATRE ROOM

HAPPY FATHER'S DAY

SUNDAY JUNE 21st

Father's Day in the U.S. was spearheaded by Sonora Smart Dodd in 1910 to honor her father, William Jackson Smart, a Civil War veteran who raised six children alone. Inspired by Mother's Day, she campaigned for a similar holiday, with the first celebration held in Spokane, Washington, on June 19, 1910, eventually becoming a national holiday in 1972



Flag Day is celebrated annually on June 14 to commemorate the Continental Congress's adoption of the Stars and Stripes as the official U.S. flag on June 14, 1777. While not a federal holiday, it is a national observance often marked by displaying the flag, ceremonies, and parades, notably in Pennsylvania.



CELEBRATION OF ART, CREATIVITY AND COMMUNITY AT MOUNTAIN GLEN ARTS & CRAFT SALE

June 24, 2026, 10 a.m. –1p.m.
Set up starts at 9:30 a.m.
To reserve a table, sign up at front desk.
Deadline to sign up June 22, 2026