

September Birthdays Stars!

Happy Birthday!

Gordon Rooks

Barbara Thompson

Gary Humble

Hugh Thomas

Helen Giafaglione

Sylvia Wynn

Erika Howell



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.

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Book Worm Corner

It's great to have the sun out so we can all enjoy it. I'm still bringing in Books, so all of you can enjoy reading them. Also, I'm bringing in new puzzles.

I enjoy seeing many of you popping to say hi and having a chat with me, I really enjoy that.

I'm also bringing new craft ideas to Diana and Polla, I'm very excited to share with them. Also, very important we have MIA books since January. **Please** check around and return it please, they are large print books.

Thank you

Happy Reading Gayle!

PD. Happy to fill any request books you're interested in just let me know.

Hello Fall, Hello Fun

September 2026

Leadership Team

Executive Director

Josie Summerlin

Associate Executive Director

Molly Clark

Wellness Director

Sandi Doyle

Business Office Manager

Yamaris Alaniz

Community Relation Director

Deborah Carr & Robin Stanek

Dining Services

Josh Young

Life Enrichment Director

Diana Meraz

Plant Ops Director

Richard Osenbrock

Environmental Services Director

Sally Luna

EverFit Director

Jana DiGiulio

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



Hello September

Welcome September

September brings cooler days, beautiful changing colors, and then beginning of a new season. It's the perfect time to enjoy cozy gatherings, favorite fall traditions, and wonderful moments together.

September fun facts

- September is the 9th month of the year.
- The birth flowers are the aster and morning glory.
- September's birthstone is the sapphire.
- The first day of fall arrives in September
- September is a popular month for apple picking and harvest celebrations.

September

Pumpkin Chocolate Chip Cookie

Ingredients

- 1 can (15oz) pumpkin pure
- 1 Box spice or yellow cake mix
- 1 Cup chocolate chips
- 1 tbs cinnamon (optional)



Steps

- Mix all ingredients in a large bowl until well combined.
- Scoop spoonfuls of the soft dough onto a greased baking sheet.
- Bake 350°F for 13 to 15 minutes until set
- Cool slightly and serve warm.



Fall Trivia

1. What fruit is traditionally used to make cider?
A. Apple
B. Orange
C. Banana
2. What season comes after summer?
A. Winter
B. Fall
C. Spring
3. What color are pumpkins most commonly?
A. Purple
B. Orange
C. Blue

🍎 "Would you rather?"

🍎 Go apple picking OR 🍎 Carve a pumpkin?

☕ Drink hot cocoa OR ☕ drink hot tea?

🍂 Take a fall walk OR 🏠 Stay cozy inside?

Celebrations

- Labor Day
- Grandparents Day
- Patriots Day
- Constitution Day
- First Day of Fall
- National Assisted Living Week

SHOW US YOUR TEAM SPIRIT!
You're Invited!

SENIORS FOR SEAHAWKS!

WEDNESDAY, SEPTEMBER 2ND | 1:00-3:00

Seahawks football season is here and we are celebrating! You are invited to show off your team spirit, plus you will have a chance to win Seahawk merchandise.



Special Guest Appearance by
SEATTLE SEAHAWKS
MASCOT
"BLITZ"

Enter for a chance to WIN an Autographed Football from Blitz! Tickets are \$5 each or 5 for \$20. The drawing will be held on September 2nd at our Seahawk event. Enjoy some delicious tailgate food! This is an event you won't want to miss!

Mountain Glen
Retirement Living • Assisted Living
The Difference Between Living and Living Well

FOR MORE INFORMATION CALL
DEBORAH CARR OR ROBIN STANEK
360-424-7900
1810 E. DIVISION STREET | MOUNT VERNON



Good Times & Great Memories



Car show & Employee Appreciation Day

