Mountain Glen

NEWSLETTER

Mountain Glen
Retirement Living • Assisted Living



Special Events

Veteran's day
Wednesday Nov 11

Turkey run
Residents & Employees
Hat Contest
Nov 25th
at 3pm

Life Enrichment/ Marketing
Weekly Special Fall Craft
Every Thursday
@2:30PM

Season of Gratitude

November is a time to slow down, reflect, and appreciate the little things that make life especial. At Mountain Glen, we are grateful for the friendships we share, the memories we create, and the wonderful moments that bring our community together. From laughter and meaningful conversations to festive activities and time spent with loved ones, there is always something to be thankful for. May this season fill our hearts with warmth, kindness, and gratitude for all the blessings, big and small, that make each day meaningful.

Wishing everyone a beautiful November filled with love, joy, and thankful hearts!



Mountain Glen Retirement & Assisted Living Community
1810 E Division St Mount Vernon WA 98274
(360) 424-7900

October Memories



Women's Breakfast

There's something special about gathering around the table, sharing a good breakfast, and enjoying each other's company. Our Women's Breakfast is a time for our ladies to connect, share stories, laugh together, and make wonderful memories. We love seeing these friendships grow and creating little moments that make Mountain Glen feel like home.

Arts & Crafts

Creativity has no rules!

You don't have to be an artist or an expert to enjoy crafting. It's not about making something perfect; it's about having fun, trying something new, sharing laughs, and enjoying the moment together. Every creation is unique, and that's what it makes it special! The best part isn't always what we make, but the memories we create along the way.

Come join us, get creative, and most importantly, enjoy yourself. Everyone is welcome!





Happy Hour

Happy Hour: Good Drinks, Great Company!

Happy hour is more than just enjoying a refreshing drink- it's an opportunity to relax, socialize, and get to know the wonderful people who call Mountain Glen home. Whether you're catching up with old friends or meeting someone new, everyone is welcome to join in! Sometimes, the best friendships begin with a simple hello and a good conversation. Come spend some time with us, share a few laughs, and enjoy the company of your neighbors.

Meet The Team

Josie Summerlin
Executive Director

Molly Clark
Associate Executive Director

Sandi Doyle
Wellness Director

Yamaris Alaniz
Business Office Manager

Deborah Carr & Robin Stanek
Community Relation Director

Joshua Young
Dining Services Director

Diana Meraz
Life Enrichment Director

Sally Luna
Environmental Services Director

Jana DiGiulio
EverFit Director



Honoring Our Veterans

This November, we take a moment to honor and recognize the brave men and women who have served our country. Their courage, sacrifice, and dedication have helped shape the freedom we enjoy today.

At Mountain Glen, we are proud to celebrate the veterans who are part of our community. Each has a story, a journey, and memories that deserve to be remembered and honored. We are grateful for their service and for the opportunity to know them, share their stories, and celebrate them as part of our Mountain Glen family.

To all our veterans, thank you for your service, your sacrifices, and your courage.
You are appreciated today and every day.



Reminders

Our bus schedule hours are Monday - Thursday
9am to 1pm
for appointments and any other needs.
Fridays are exclusively reserved for Activities Department Outings.

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 **$4000** 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

Many of you have ask me what type of books i enjoy reading, so here it is. First i never read romance way to fake for my liking its like a hallmark movie- very predictable.
Horror books never- I love my sleep way too much to have nightmares.
So my good to go books i read are psychological thrillers with a big twist at the end.
These are a who done it with out gore and gut 95% of the time and keeps you on the edge of your seat. Fast pace reading. You think you know but nope it like your jaw drops and never even saw it coming. There was no clue at all. My favorite writers are many.
Fredia McFdden, Shari Lipena, MJ Arlidge.
I do have many more but don't want to bore you.

Happy Reading- Gayle