



October Birthday Stars!

Happy Birthday!

Betty Elwell

Alice Sorenson

Helen West

Richard De La Chapelle

Jeanne Bell

Pat Ilgen

Larry Atchley

Irene Richard

Tom Perkins

Margaret Nidermayer

Noreen Wise

Monte Gott

Beb Sundean



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
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Book Worm Corner

Welcome Fall Peeps

Yes, it is becoming that time of the year where the trees are changing their colors to a rustic reds and oranges. And many people with pumpkins decorating their doors and entry ways with an autumn theme, you can feel the warmth in Mountain Glen. If you are able to go to shop you can smell spices in the stores, love this time of the year.

I've been able to bring in new books upstairs and down stairs. Craft wise is in full swing with Diana, Polla and myself with fall ideas- really cool things actually see you in activities room.

Happy Reading & Crafting
 Gayle ♥

Autumn Days & Mountain Glen Memories

October 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

Joshua Young

Life Enrichment Director

Diana Meraz

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



October brings crisp mornings, colorful leaves, and the simple beauty of the changing season. It is a wonderful time to slow down, enjoy the little things, and create meaningful memories together.

At Mountain Glen, we believe every day is an opportunity to share a smile, enjoy good company, try something new, and cherish the moments that make our community feel like home. From all activities and festive celebrations to conversations over a cup of coffee, we look forward to filling October with laughter, friendship, and wonderful memories.

Here's to a beautiful autumn season filled with joy =, connection, and moments to remember! 🍁



October Through the Years

Remember when Halloween meant homemade costumes, trick or treating around the neighborhood, and homemade caramel apples? October has changed over the years, but the joy of gathering with family and friends remains the same.

♥ A Little Kindness Challenge

Make someone smile this October

- Give someone a compliment
- Invite someone to sit with you
- Share a favorite story
- Help a neighbor
- Send a note to a loved one



Save The Date: Upcoming Events

Winter CRAFT FAIR

SHOP • SUPPORT • DISCOVER

Saturday, October 24th
11:00 AM - 3:00 PM

Mountain Glen Retirement & Assisted Living Community

Come join us for a festive Winter Craft Fair featuring local vendors, handmade items, unique gifts, and more!

VENDORS WANTED!

We invite vendors and small businesses to join us for this special community event.

Vendor Information:

- * Vendors must bring their own table and chair.
- * Vendors are responsible for bringing their own supplies and setting up their space.
- * If you need assistance bringing your items into the building, you must bring your own helper(s). Mountain Glen will not provide assistance with unloading or carrying items.
- * There is NO vendor fee. Participation is completely free!
- * Vendors must confirm their participation in advance so we can reserve your space.

Let's make it a festive day!
Come shop local, support small businesses, and help us bring some holiday cheer to Mountain Glen!

Mountain Glen
Phone Number
360-424-7900

Mountain Glen Address
1810 East Division Street
Mount Vernon, WA 98274

Deadline to Register is
October 10

Join Us For

Medicare 101
Presentation

Thursday, October 22
@ 10:00am (LV)



Trick Or Treat

October 31, 2026
4pm-6pm

We invite our residents to help make this a special day for our little trick or treaters!

Let's spread some smiles and Halloween



HALLOWEEN COSTUME CONTEST

Residents and Employees...
Wear Your Costumes!

Friday, **October 30**
During Happy Hour

Let's have some fun, show off your creativity and celebrate Halloween together!

Please no scary masks.

Blitz Brings the Spirit to Mountain

