

Mountain Lodge

March 2018

1110 Birch Street • Douglas, WY 82633



Positive Thought

"Today is just a good day in disguise." —Paul Venghaus

"An optimist is the human personification of spring."
—Susan J. Bissonette

"Just don't give up trying to do what you really want to do. Where there is love and inspiration, I don't think you can go wrong." —Ella Fitzgerald

Contact Tonja Today

At 307-358-3397 to reserve a room before our Grand Opening.

What Is Assisted Living

According to aboutassistedliving.org, Assisted Living is defined as, "housing for the elderly or disabled that provides nursing, meals, and/or housekeeping as needed." For those who are able to care for themselves, independent living facilities are an option that can provide help with activities of daily living (ADLs) like laundry, bathing, and help with errands.

An assisted living facility has been desperately needed for the Douglas and Converse County area for a long time. The whole process from the development of the blueprints to the state and local requirements have taken years. But it remained a dream, a "labor of love", for all involved. We were finally able to break ground on the project on April 6, 2017 and haven't looked back since.

Changes to the site could be

noticed on a daily basis but there were still those basic hurdles to get over and many decisions to finalize. Mountain Lodge has come together beautifully turning into a completed, gorgeous, comfortable home that I believe our residents will absolutely fall for as hard as I did. The interior of wood and the colors that compliment each other are as inviting and welcoming as the outside of the building. The future landscaping and the lounging areas will only add to the magnificence of the entire setting.

I look forward to welcoming you into the Mountain Lodge Community, where myself and my staff can inspire your independence. We will assist you to remain as fit, healthy, and active as you possibly can be.

Tonja Rothleutner
Administrator

Optimism Month

March is Optimism Month. Studies show that looking on the bright side is good for your health. Optimists are better at problem solving, have stronger immune systems, and recover faster from illness and injury than pessimists.

Early Opening Day

It's been said that the true sign of spring is the sound of a bat on a ball. This year, baseball fans will hear that familiar sound on Thursday, March 29, the earliest opening day in MLB history. And for the first time since 1968, all 30 teams will start action on the same day.





Trivia Whiz

Monthly Celebrations

Whether March comes in like a lion or a lamb, you can observe these designations:

- Choose foods with care to celebrate National Nutrition Month.
- Create something special during National Craft Month.
- Give time, money or whatever you can in honor of American Red Cross Month.



Welcome Spring

The first day of spring marks the spring equinox, when the sun shines directly on the Earth's equator, and the length of night and day are nearly equal.

1-Bedroom

These units are a spacious 606 square feet. Located on the first and second story, choice of views range from an open grassy hillside to the comings and goings at the front of the building.



Rooms Are Limited



Second Story

The large 1-bedrooms offer 656 square feet and look out at the rolling hills.



Large Corner Unit

This extra large unit provides 667 square feet; located on the second floor this could be your relaxing new home.



Double Rooms

We have the perfect space for you also; these 2-bedroom units are 889 square feet; sharing only the living and kitchen areas. It allows the residents' privacy in their own bedroom and bathroom.

Washer & Dryer Hook-ups in Each Room

Secure Memory Care

You might ask why do you have a secure unit? Alzheimer's and other forms of Dementia, reverses the individual's memory processes. It eventually becomes impossible for him/her to remember where they live and how to dress themselves. It is during this process of the disease that an area of safety and security is necessary for that individual. It's the little things that are just not thought about by the individual suffering from this disease. On a secure unit, staff is there to suggest a shower, and brushing teeth after a meal. A redirection to the one trying to locate his/her room. A simple mention of a shirt and/or pants to trigger a memory; maybe saying:

- "Mr. J, you look so handsome in these jeans and t-shirt, let's put them on before your visitors get here." or
- "Ms. J, this outfit brings out the color in your eyes, let's put this on before your family gets here."

This disease takes its toll on the family members and/or caregivers of an individual with one of these diagnoses. It can be very draining and exhausting to deal with day after day. That is where the secure unit at Mountain Lodge can be a dream come true for those families. The staff will be trained in the latest Dementia care. There will be planned specialized activities such as scrap booking with their own photos, singing or watching musicals, and exercise to stimulate the senses.

Also Offered at Mountain Lodge

- Unlimited Internet/WiFi
- DIRECTV on 32" Flat Screen
- Healthy Nutritious Meals
- Independence without Dependence



Memory Care Unit

At 312 square feet, this unit offers privacy and comfort to your loved one. Our handicap accessible apartment offers 357 square feet plus extra amenities.

Don't Hesitate; Call Today
Be the First Members of
Our Community



Wit & Wisdom

"Are you looking for gold, friend?
Look around you;
anything useful to you
is pure gold,
pure silver!"
—Mehmet Murat Ildan

"The man who
treasures his friends
is usually solid
gold himself."
—Marjorie Holmes

"Fire is the test
of gold; adversity,
of strong men."
—Seneca

"If more of us valued
food and cheer and
song above hoarded
gold, it would be a
merrier world."
—J.R.R. Tolkien

"Truth, like gold, is to
be obtained not by its
growth, but by
washing away from it
all that is not gold."
—Leo Tolstoy

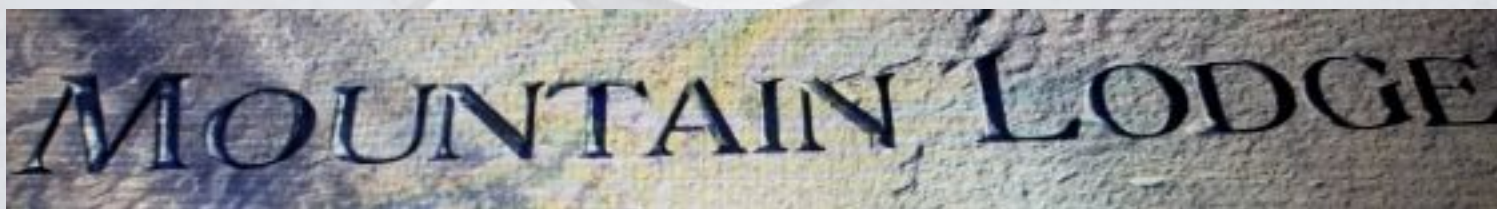
"Gold is good in its
place; but living,
brave, patriotic men
are better than gold."
—Abraham Lincoln

Ditch those winter doldrums—

SPRING IS ON THE WAY!

*As the weather warms, we're looking forward to
seeing you enjoying all the amenities our community has to offer.*

Thanks for making your home with us!



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