

## MSSG BOARD MEMBERS:

**Dick Marrs**

*President*

Marrs Maddocks & Associates

**Dennis Mattson**

*Vice President*

Independent Options

**Mary Ellen Alton**

*Secretary*

MEA Design Group

**Robert Chakarian**

*Treasurer*

Chakarian & Associates

**Wade Wilde**

*Executive Director*

Mountain Shadows Support Group, Inc.

**Carol Haskin**

Parent & Friends of Mountain  
Shadows President

**John Martindale, CFP**

OMNI Investment Advisors

**Kenneth Melton**

Eagle Real Estate Group

**Lynne Pratt**

Friend of Mountain Shadows

**Brian K. Smith**

Regents Bank

**Sheryl Wilde**

Newsletter Editor

## 3<sup>rd</sup> Annual DCS Appreciation Week

*Everybody can be great because anybody can serve. You don't have to have a college degree to serve. You don't have to make your subject and verb agree to serve. You only need a heart full of grace and a soul generated by love.*

MARTIN LUTHER KING, JR.

Mountain Shadows launched its 3<sup>rd</sup> Annual Direct Care Staff Appreciation Week on October 24<sup>th</sup>. The week was designed to recognize and honor the DCS members who serve our residents day in and day out. Through large and small acts of caring, they serve our community by providing the day-to-day care that enhances the quality of life of our residents.



"It was a great week," says Stacy Kendall, MSCH Director of Residential Services. "Our goal was to show our appreciation to the staff for everything that they do everyday. We started the week with a pancake and sausage breakfast on Monday. Later in the day we delivered cakes and popcorn to all the houses. On Tuesday, we gave everyone coffee and donuts for breakfast and tacos in the afternoon. Bagels and coffee were provided on Wednesday morning and the staff was given Subway sandwiches in the afternoon."

"Thursday was packed full of food, games, and gifts. Coffee, muffins and gift baskets were given to all houses," says Stacy. "Then in the afternoon, we held the DCS Olympic Games. We played musical chairs, had a water balloon toss, and drew RC/QMRP faces on pumpkins. Everyone had a lot of fun!"

"A celebration was held on Friday to commemorate 20 years of service for Jan Spain and Wayne Walthers," adds Stacy. "We also had a BBQ in the afternoon and everyone dressed up in costumes to celebrate Halloween. Goodie Bags were delivered to all houses on Saturday and Sunday. A raffle was held each day and gifts and prizes were given to the winners."

"The DCS Appreciation Week is a hit every year," says Stacy. "It is our way of showing our appreciation to the Direct Care Staff for all that they do everyday."

Thanks to all Direct Care Staff members who, with hearts full of grace, and souls generated by love, work selflessly to serve our residents each and every day of the year! ■

## What's Inside...

Jan Spain - Touching Lives . . . . .	2
Wayne Walthers, Steward of Mountain Shadows . . . . .	3
Remembering Arlene Finta . . . . .	4
Residents Summertime Fun . . . . .	5
Spotlight on Maple, Plum and Apple . . . . .	6
John Martindale: Living by the Golden Rule . . . . .	8

---

# Jan Spain – Touching Lives

*The true worth of your travel lies not in where you come to be at journey's end, but in the lives you touch along the way.*

Jan Spain came to Mountain Shadows when it opened in 1985. She celebrates her 20<sup>th</sup> year of touching our residents' lives as our Physical Therapy Consultant this year.

One important part of Jan's job is to evaluate the physical condition of each new resident. She assesses each resident's strengths and limitations, then develops a physical therapy program aimed at improving mobility, relieving pain and allowing residents to enjoy more active and independent lives.

"Jan also handles all adaptive equipment needs for our residents," says Stacy Kendall, MSCH Director of Residential Services. "The majority of our residents are in wheelchairs," adds Jan. "When a resident needs a new wheelchair or needs to have modifications done, I work with the vendor to get the resident's needs met." Says Stacy, "Jan is a very caring and dedicated person. There is often a lot of red tape to go through to get things approved. Jan always perseveres until she gets what the residents need."

"I love working with the residents," says Jan. "I can be having a really bad day, then one of the residents will greet me with a smile, and I'll feel immediately better."

"Jan is very dedicated to children with special needs," says Stacy. "In addition to her work at Mountain Shadows, Jan has been involved with Children's Hospital for over 25 years." Her work at Children's Hospital has focused

primarily on physical therapy in the school. The school program is funded with tobacco tax dollars provided through the Children's Care Connection grant. The program is aimed at preparing pre-kindergarten aged children to succeed in school. Programs include infant massage, infant play, music and movement, yoga for pre-school children and sensory motor play.

"Jan continues to be on the leading edge of providing innovative physical therapy programs for special needs children," says Stacy.

---

**"Jan is a very caring and dedicated person. There is often a lot of red tape to go through to get things approved. Jan always perseveres until she gets what the residents need."**

---

Jan developed an interest in yoga about 3 years ago and it has since become one of her passions. "Yoga is a big part of my life," says Jan. "I was going through a stressful time in my life and yoga was very calming and relaxing for me." Jan was so impressed by the effects of yoga on her own life that she decided to incorporate it into her physical therapy practice.

Jan completed Sonia Sumar's "Yoga for the Special Child" program, which was specifically designed to enhance the special child's muscle tone, flexibility, balance, motor coordination, ability to relax, and much more. "The chil-

dren really enjoy it!" says Jan.

Jan has been married to her husband, Tom, for 25 years. "I met Tom through my best friend," says Jan. "Wednesday night was girl's night and I went over to my girlfriend's house to keep her company. When I got there, my friend was giving Tom a permanent. He was sitting in a chair with curlers in his hair — it was love at first sight for both of us!" Tom is now an English teacher at Fallbrook High School. They have two sons, Zach, who is 21 years old, and Patrick, 17.

Besides yoga, Jan enjoys the outdoors. She loves to swim and hike. "In today's hectic world, I think it's important to just take time to stop and smell the roses," says Jan.

Albert Schweitzer, the legendary humanitarian, theologian and doctor once said, "In hopes of reaching the moon, men fail to see the flowers that blossom at their feet."

Jan Spain's creative approaches to physical therapy have allowed Mountain Shadows residents to achieve new heights. Maybe someday they will reach for the moon. In the meantime, we believe it's a good idea for all of us to follow Jan's lead. As we travel the busy road toward journey's end, let's all take just one brief moment each day to stop and smell the roses — and perhaps we can touch a few lives along the way.

*Breathing in, I calm my mind ...  
Breathing out, I smile.*

*Dwelling in the present moment, I know this is a wonderful moment.*

VIETNAMESE BUDDHIST MONK

# Wayne Walthers: Steward of Mountain Shadows

Family farming is a tradition as old as America. And to most family farmers, this tradition is a way of life, not simply a vocation. Small family farmers often develop a deep connection with their land, observing and living in tune with the changing seasons, weather and soil conditions. Many consider themselves to be stewards, or caretakers, of the land. Historically, family farming in America has fostered the development of close-knit communities that thrive upon a foundation of core values like hard work, pride in a job well done, helping friends, and caring for the land.

Wayne Walthers, Mountain Shadows Plant Operations Supervisor, remembers his childhood on his family's farm fondly. "I grew up on my family's farm in Iowa. We farmed 226 acres. We raised corn, soybeans, wheat and livestock. Every day we got up very early to feed the livestock. Once that was done, we ate our breakfast — *then* we started our chores for the day. Depending on the season, that meant planting the fields, making hay, cultivating and

harvesting crops. It was hard work, but it was a very good life."

"Sigourney, Iowa, the town I grew up in, had a population of roughly 2000," continued Wayne. "Everyone knew everyone else. There was a strong sense of community. If a neighbor needed help, everyone came together and helped out. There were three traffic lights in town, and only one worked at any given time. As a child, I had never even heard of people using drugs. A person's word was as good as anything that was written on paper. And every farmer I ever knew was honest. It was a very different lifestyle."

"Honesty was very important to my parents," added Wayne. "I remember one time when my mother drove into town to do her grocery shopping. The drive was 24 miles each way. Well, mom did her grocery shopping and when she got home, she noticed the grocer had given her a nickel too much in change. She immediately turned around, got in the car, drove 24 miles back to the grocery store, and gave the gro-

cer back that nickel!"

Wayne married his college sweetheart, Peggy Roelfs, in 1963. "We are the exception," says Wayne. "I've been married to the same woman for more than 40 years. And I love her more now than when we got married." After college, Wayne and Peggy returned to his hometown and bought a 500-acre farm just ¼ mile, "as the crow flies" from his parent's farm. "My parents taught me to be a steward of the land." He and Peggy farmed their land for more than 20 years. Then in 1984, following the Russian grain embargo, they sold their farm and moved to San Diego's North County.

"Peg's brother-in-law lived in San Diego and had a lead on a job opportunity with a construction company," continued Wayne. "They were about to start a large project and I remember visiting the site before construction began. It was a chicken ranch and avocado grove. I joined the construction crew and the next time I saw the property the chicken and avocados were gone. The grounds were completely graded and the pads were all down." That was in 1985. Today those same grounds are home to the Mountain Shadows Community.

"Wayne has been with Mountain Shadows since, well, before there was a Mountain Shadows!" says Stacy Kendall, MSCH Director of Residential Services. "He was part of the team that built the place." Adds Wayne, "When I came to the site, it was basically a bare piece of ground. We ran the water lines, poured patio slabs, helped with plumbing and electrical work. Basically all of the buildings were built in 1985, except what is now the business office. The business office was the ranch house on the original



20 Years of Service awards presented by Dick Marrs, MSSG Board President (left), and Stacy Kendall, MSSCH Director of Operations (right) to Wayne Walthers and Jan Spain.

*Please see WALTHERS on page 7*

---

# Arlene Finta, Long Time Willow Resident, Will Be Just Fine

“Daddy, you know I’m dying,” Arlene said as she looked up into Leon Cook’s (DCS) eyes. He touched her hand gently as the angels that decorated her room watched silently over them. “*You’ll be just fine,*” he said quietly. But they all knew he was lying.

Arlene Finta came to Mountain Shadows in March of 1998. Stacy Kendall, MSCH Director of Residential Services, remembers the first time she met Arlene. “I went to visit Arlene at the facility where she lived prior to coming to Mountain Shadows. I immediately knew she was in the wrong place and that she would be a good fit at Mountain Shadows.”

“Arlene was so full of life,” said Stacy. “From her first day at Mountain Shadows, she made me laugh. She enjoyed life and I think she really blossomed here. I believe she came to feel that we were all family.”

“The other residents and staff were really the only family Arlene had,” added Michelle Garcia, QMRP. “She called everyone here ‘mommy’ and ‘daddy’. When I think about Arlene, I remember her smile the most. Each time she looked at you, it was as if she was seeing you for the first time. Her face would just glow. She loved to sit in her recliner and ask, ‘Can I have a cup of coffee?’ Then she’d smile

and say, ‘Thanks, Honey!’”

“Arlene was definitely the ‘lady of the house’ at Crepe Myrtle,” added Stacy. “She loved having her nails done and always wanted her hair to be perfect.”

“Arlene was such a happy person,” said Michelle. “But she was human like the rest of us. At times she had a real fire in her belly! When she had her mind set on something, there was no changing it. And if you didn’t fall in line, there would be heck to pay! She knew what she wanted and would accept nothing less.”

“She was a woman who really dictated her own life here at Mountain Shadows — to the very last day of her life,” continued Michelle. “Arlene got the news from the oncologist on Wednesday that her thyroid cancer had spread throughout her body and that there was no treatment available to help her. She was told she might have several months to live and the doctor recommended hospice so that she could be made more comfortable in her remaining days.”

“Arlene passed away the next Sunday — before we could find a facility to place her,” said Michelle. “Arlene was a fighter. She would fight until the end for something she wanted. But when it came time for her life to end, she chose not to fight. She was comfortable with dying. And I believe she decided when and



Arlene Finta, 1940 – 2005

where she wanted to die. She chose to die here at Mountain Shadows...with her family.”

On August 21<sup>st</sup>, 2005, Arlene fell into a last, peaceful sleep... in the place she knew as home, in her own bed, under the watchful eyes of the angels in her room, surrounded by those who loved and cared for her.

*Is Death the Last Sleep?*

*No — It is the Last and Final Awakening*

SIR WALTER SCOTT

On August 21<sup>st</sup>, 2005, Arlene awoke for the last and final time. As she begins her next great adventure in a place where there is no sickness, or pain, or need of wheelchairs, we know that in the end Leon Cook was right — *Arlene Finta will be just fine.*

# Residents Turn Up the Heat for Summertime Fun

“Mountain Shadows residents participated in more activities than ever this summer,” says Donna Ponomarenko, Activities Director. “The Camp Able and Camp by the Bay programs were better than ever this year.” In all, 90 residents made a splash jet skiing, tubing and water skiing at Camp Able and 40 residents beat the summertime heat at Camp by the Bay.

“Sea World was a big hit with the residents too,” adds Donna. “Nearly all the houses went to Sea World and the residents really loved the new ‘Animals Rule’ show. We also held several day camps at Dixon Lake. Each day, we had a barbeque with tons of good food. The residents had a blast.”

Residents and staff swayed to Hawaiian music and were entertained by Hawaiian dancers at this year’s End of Summer Fling. “Totoa Ioane’s daughters performed the dances. They were fantastic and the residents really loved them,” says Donna.

Houses vied for the coveted \$100 prize at the annual Chili Cook-Off. Olive House won with a tasty secret recipe. Many thanks to Star Donuts, Mars Pizza, El Norte Florist, Happy Yogurt, Harbor Sushi and the World’s Best Bagels for their generous raffle donations for the event.

Congratulations to our very own Mountain Shadows Wheelers, who took 3<sup>rd</sup> place in the Special Olympics Bocci Ball competition. “The team really played hard and did a great job!” says Donna.

“It was a busy summer for our residents,” says Donna. “And everyone really had a great time!” ■



## ARLENE FINTA

January 2, 1940 – August 21, 2005

A Memorial Service for Arlene was held at Mountain Shadows’ Crepe Myrtle house on September 9, 2005. It was a time for friends and family to gather and share their special memories of Arlene.

Jim Knoblock, Mountain Shadows driver, staff and friend, began the service with an opening prayer and scripture reading. Michelle Garcia Studer, QMRP, presented a lovely memorial plaque, which is now affixed to a stone bench beneath a tree behind Crepe Myrtle house. The plaque reads, “In loving memory of our friend Arlene.” Following the presentation of the memorial plaque, Stacy Miller, Director of Health Ser-

vices, read a poem entitled, “Real Life Angels.”

Many of Arlene’s friends honored her memory through loving words, music and gifts. Arlene’s friends, and Mountain Shadows residents, sang “Jesus Loves Me,” resident Harry Thompson read a poem titled, “Comforting Angel,” the Direct Care Staff honored Arlene’s memory with a beautiful gift of flowers, and colorful balloons were released to the tune of a polka, Arlene’s favorite music.

A reception was held at the Birch/Crepe Myrtle duplex following the service. Thanks to all for helping us celebrate the life of Arlene Finta.

### No Wheelchairs In Heaven

*Life isn’t always easy  
Sitting in a wheelchair  
Sometimes I get discouraged  
And loaded down with care*

*That’s when I lean on Jesus  
To help me through the day  
For he gives me peace and comfort  
When trials come my way*

*The Bible says there is a place  
That someday I will see  
Where there will be no sickness  
Or pain to bother me*

*I’ll walk upon a street of gold  
Glorious beauty I will share  
In a place called Heaven  
Where I’ll need no wheelchair*

*J. MORSE - 1997*

# Spotlight on Maple, Plum and Apple

Jennifer Parker, QMRP of Maple, Plum and Apple houses, came to Mountain Shadows in April of 2005. "As soon as I walked onto the grounds, I was impressed," says Jennifer. "It's so pretty here. My initial reaction was that the residents were well cared for and maintained a high quality of life."

"Over the past several months, I've come to see that my initial reaction was correct," continues Jennifer. "Everyone who lives and works here is part of a very wonderful family. Everyone that has been drawn to Mountain Shadows shares a common bond. We are all here because of the residents."

As QMRP, oversees a staff of 20. "There is no such thing as a typical day," says Jennifer. "One moment I can be comforting a resident who's crying and a half hour later I'm at a meeting discussing budgets. I wear many different hats. The one thing that remains constant is that we are all here to ensure that our residents' needs are being met."

## Maple House Residents

"Maple House is like a beehive," says Jennifer. "It is always buzzing

with activity."

"Carolyn Lorens is a very sweet woman who loves art," says Jennifer. "She enjoys coloring and drawing. Nettie Ellens is Carolyn's roommate. Nettie likes jewelry and her favorite band is the Beatles. She's very friendly and likes to call everyone 'baby, honey and darling.'"

"Renee Storbakken is the royalty of Maple House," says Jennifer. "She was this year's Circus Day Queen. Her boyfriend, Gary Whitehair, of Ash House, was the Circus Day King. They take really good care of each other and enjoy going to karaoke night together."

"Julie Hayden is the social butterfly of Maple House," continues Jennifer. "She likes to go and visit the residents of other houses and enjoys spending time with the staff in the business office. She's never home! She's very generous too. She loves to pick flowers and give them to her friends."

"Connie Rayman is really a lot of fun and she loves to talk. She will remember your name after hearing it only once. Linda Barach is Connie's roommate. They are really like sisters and really take

care of each other. Linda is very soft spoken and very protective of those she cares about."

## Plum House Residents

"There's always a lot of activity at Plum House," says Jennifer. "The residents are very active and vocal. They have grown very close to each other and sit around the kitchen table like sisters."

"Nancy Bosworth is like a ray of sunshine," says Jennifer. "She's always smiling. She has a huge, beautiful smile that's infectious. If you spend a minute with her, you will be smiling right along with her. Nancy's roommate is Diane Barcus. Diane is very family oriented. She likes to talk about sister and family. Her boyfriend is Kenny Lewis of Birch House."

"Sylvia Angulo loves hair accessories, headbands and sunglasses," says Jennifer. "She also enjoys reading magazines about animals. Lisa Neville is very quiet and family oriented. She goes home to visit with her family every Wednesday and Thursday."

"Gail Kabance is Lisa's roommate," adds Jennifer. "Gail has a

*Please see HOUSES on page 7*



Maple House



Plum House

---

## ■ HOUSES *(continued from page 4)*

beautiful smile and a really big heart. She loves to give hugs and is very loving.”

### Apple House Residents

“The ladies in Apple House enjoy a calmer, quieter lifestyle,” says Jennifer. “Rachel Allen likes to go on walks. Her favorite snacks are Doritos and Cheese Puffs.

Rachel’s roommate is Angela Thompson. She likes to lay on her waterbed and listen to soft music and nature sounds.”

“Lisa Osuyos loves to sit in her recliner and watch animation and cartoons on television. She really enjoys spending time with her housemates too. Jackie Adams is Lisa’s roommate. The two of them

have a lot in common. They both like to sit in their recliners and watch cartoons together.”

“Jean Palumbo’s favorite activity is listening to tapes of her dad’s voice,” says Jennifer. “She and her dad are very close. She loves chocolate and has a great giggle.”

“Shirley Taylor likes to dance to reggae music,” says Jennifer. “She’s a very sweet lady. She likes to sit outside on the swing and listen to music.”

“The residents of Maple, Plum and Apple Houses are really incredible,” concludes Jennifer. “They are an amazing population to work with. The residents, staff and management at Mountain Shadows are like one big family. We all work really hard and always support each other. It is truly a pleasure to be a part of the Mountain Shadows family.”

*Family isn’t about whose blood you have.*

*It’s about who you care about.*

TREY PARKER AND MATT STONE, SOUTH PARK



Apple House

---

## ■ WALTHERS *(continued from page 5)*

property and it was renovated later. When construction first started, there was no gas on-site, so there was no place to get warm. It was raining all the time and was very cold. There was a fireplace in what is now Tony Albright’s, Director of Human Resources, office, so that’s where the General Contractor lived. We all had lunch there everyday.”

These days, Wayne oversees Mountain Shadows building and vehicle maintenance. “Wayne is a wealth of information,” says Stacy. “He’s celebrating his 20<sup>th</sup> year of employment with us and he knows more of Mountain Shadows history than anyone. He knows the ins and outs of every house. And Wayne is not just concerned with maintain-

ing the buildings and vehicles. He is very close to the residents and always makes sure they get what they need — even when it’s not in his job description.”

“I remember two times in particular that Wayne really went out of his way to help out,” adds Stacy. “One time we had a problem with our transportation program. We had no way to get our residents to their day programs. Wayne and another Mountain Shadows employee volunteered to drive the residents to their programs — 30 residents, two times a day, for six weeks. Another time, we had no recreation drivers. It was in December. Wayne volunteered to take the residents Christmas shopping. He

drove residents to K-Mart or the mall or wherever they wanted to go each evening after work. Wayne is always willing to do whatever it takes to help the residents.”

“I really enjoy being with the residents,” says Wayne. “Mountain Shadows is really a great place to work. We really have a great team.”

As a steward of the land in rural Iowa, Wayne Walthers upheld the family farmer values of working hard, doing a job well, helping friends and caring for the land. Today, as a steward of Mountain Shadows, he maintains those same values through his hard work, friendship and dedication to caring for all of us within the Mountain Shadows Community. ■

---

# John Martindale: Living by the Golden Rule

As a youngster growing up in North Carolina in the early 1800s, a young Quaker boy named Levi Coffin came face-to-face with the institution of slavery. One day while he was out with his father chopping wood by the side of a road, a group of slaves, handcuffed and chained together, passed by on their way to be sold in Georgia, Alabama, and Louisiana. Questioned by the young boy's father about why they were chained, one of the slaves replied: "They have taken us away from our wives and children, and they chain us so we cannot escape and go back to them." After the slaves were taken away, Levi asked himself, "How would I feel if my father was taken away from me?"

The incident by the side of the road set the course for Levi's future. Today his humanitarian efforts are legendary. He and his wife, Catherine, were instrumental in establishing the Underground Railroad, a secret network that helped runaway slaves flee to freedom. Levi helped over 2,000 slaves reach safety and became known as the President of the Underground Railroad. At the heart of his work was the belief that all people should enjoy basic human rights. He lived by the Golden Rule: Do unto others as you would have them do unto you. It is a doctrine that is entrenched in generation after generation of his progeny, including Mountain Shadows Board Member and Levi Coffin descendent, John Martindale.

"Treating all people as equals has always been paramount in our family," says John. "I was always taught to live by the Golden Rule. My parents and ancestors set the example for me." While Levi Coffin's actions will go down in history, it was John's mother, Margaret, who was John's greatest influence.

"My mother suffered a stroke when she was 28. She gave birth to and raised two children, learned to drive, received her Master's Degree, and ran two congressional campaigns — all while being completely paralyzed on her left side. I derived a lot of courage and perseverance from her. She overcame so many obstacles. She also instilled in me the importance of helping your fellow man."

Helping others has always been important to John. "What drew me to Mountain Shadows," says John, "was that everyone was here because they wanted to ensure the quality of life of the residents. I had been involved with other large, internationally based, non-profit organizations. But it was disheartening. All of the money raised went to headquarters. I couldn't see the results locally. I know these organizations serve a purpose, but when I evaluated how I wanted to spend my time, well, I wanted a real opportunity to make a difference and to see the impact on individual lives in the local community."

"John has been immersed in the Mountain Shadows legacy since the very first golf tournament in 1992," says Doug Cook, Executive Director, Mountain Shadows Foundation. "He was asked to be on the Golf Committee by his employer, Dunham & Associates. Then he just jumped in with both feet." And he's been here ever since.

"The Golf Tournament was a logical way for me to get involved," says John. "I have a passion for golf and I'm very competitive. During the first few years, everyone on the committee basically did everything. We all recruited sponsors and golfers and solicited product donations."

Adds John, "I believe the most positive change brought about by



John Martindale

the Golf Tournament is that it has raised the awareness of Mountain Shadows throughout San Diego County and beyond. Four out of five times that I'm at the San Diego Airport, I see someone wearing a Mountain Shadow's golf shirt. People know who we are now. And the involvement of well-known celebrities like Ron Reina and Joe Lizura have further raised the awareness. Ron Reina, who was the Master of Ceremonies at 40-50 events each year, told me the Mountain Shadows Golf Tournament is one of the best he's ever been involved with."

John has also been a member of the Board of Directors since its inception. "I believe my role is to act as a sounding board and voice for all of the various issues presented to the board," says John. "The biggest issue we faced thus far was the acquisition of the property and the business. Many, many people thought it was not attainable."

Says Doug of the culmination of John's unwavering dedication to the Golf Tournament and the Mountain Shadows Board of Directors, "Remember this: without the

*Please see MARTINDALE on page 9*

---

# Channel 8 Welcomes MSSG Residents



---

## MARTINDALE *(continued from page 7)*

\$140,000 that the golf tournament netted and put into the coffers of MSSG between 1992 and 2001, MSSG would never have been able to accomplish the bond deal and the acquisition of the property and the business. If that did not happen, *believe me, because I know*, then MSCH would not be here today. And believe this, without the dedication and commitment of John Martindale, we would have never had a successful first, second, third, fourth, or any golf tournament. And that brings me back to the beginning: without the \$140,000 that the golf tournament netted ... MSCH would not be here today.”

In addition to his work on the Board of Directors and the Golf Tournament, John has been instrumental in launching a drive to garner estate donations to benefit Mountain Shadows. He also designed and manages the Mountain Shadows 401k plan.

John graduated from Brigham Young University with a degree in Financial Management in 1986. For the past 19 years, as a Certified Financial Planner, he has provided individuals and small businesses with comprehensive financial plan-

ning services. “The thrill for me is helping clients make good decisions and knowing that I made a difference,” says John. “The first client I had in 1986 is *still* my client. My greatest achievement is seeing a client retired, living the lifestyle they want to live, seeing them achieve their dreams.” He is currently an Investment Advisor for OMNI Investment Advisors, Inc. in Salt Lake City, Utah.

John lives with his wife, Tresa and their four children in both San Diego and Salt Lake City. “My ex-wife introduced me to Tresa,” says John. “I took my three-year-old and our dog on our first blind date. I thought to myself, ‘if she’s going to like me, she’s going to like us all’. We were supposed to meet at a mountain lodge for dessert at 9:00 p.m. When we got there the lodge was closed. Tresa had driven 20 miles, so I asked if she’d like to go to my cabin, which was nearby. The four of us went to the cabin and just talked. It wasn’t until later that she told me she had brought pepper spray along with her on the date. But we went out again the next night and, well, obviously it worked. We’ve been

happily married for seven years now.”

When, after seeing the handcuffed and chained slaves, Levi Coffin asked himself how he would feel if *his* father was taken from him, he was, whether he knew it or not at the time, applying the Golden Rule. And thanks to this belief, years later, the home of Levi and Catherine Coffin became a safe house to thousands of escaped slaves on their journey to freedom. While most of us will not be called upon to act on issues of such great consequence as freeing slaves, it is equally important to employ the concept of the Golden Rule in our daily lives.

We salute the life work of Levi Coffin — and are grateful to have a member of his family as a member of our own. Many thanks to John Martindale for his commitment to helping all of us make Mountain Shadows Community Homes a safe haven for our residents and their families on their journey through life.

*All things are our relatives. What we do to everything, we do to ourselves. All is One.*

BLACK ELK, NATIVE AMERICAN

# TRICK OR TREAT



Mountain Shadows Support Group, Inc.  
2067 W. El Norte Parkway  
Escondido, CA 92026

Non-Profit Org.  
U.S. Postage  
**PAID**  
Escondido, CA  
Permit 41

Check us out on the web:  
[www.MountainShadows.ws](http://www.MountainShadows.ws)