

24 January 2014

Dear Alpine Way Staff,

My brother Steve, my husband Stuart, my mothers' family and my mother's friends, and I want to tell you how much we appreciate all you have done for my mother over the last seven years. There is no way we can adequately thank you but we want to acknowledge how much your kindness, humor, and help meant to mother and to us. Many of you were a part of her everyday life here at Alpine and she could not have been at a better place as she was able to maintain her dignity to the last as Scott and Karla and Marcie helped her and us through the transition on her last night. There were so many wonderful staff that helped mother over the years no matter what was happening – your names and faces are with us as we write this thank you. There were many conversations held while mother was getting dressed with you, going to the dining room, getting ready for bed, and all the other needs she had that you met. I am afraid to mention each of you by name as we found, for example, as we stayed through the night with mother that there were night staff that she touched and touched her that we would not have known about if we hadn't been there during those nights. But, for many of you, mother knew and cared about your children, your husbands or significant others, your career aspirations and goals, your special events, your challenges and she cared deeply for each of you that touched her life. I talked with my mother every nights at 6:00 pm so I was able to share in some of your joys and challenges with her. I also will not ever forget you.

We also want to acknowledge the staff of the recreation department who made a special effort to get my very curious, sociable mother out and about when she needed quite a bit of help to do so. She even put her toes in the ocean one last time. She was also able to get a ride to church when she needed it. Her Bible study was also an important part of her time at Alpine with the volunteer from Shelton Presbyterian Church coming to Alpine to give the class. Her weekly social hour with music was another highlight of her week, so Alpine definitely added to her already full social calendar. I also want to acknowledge the part that the food service played in mother's ability to come to and stay at Alpine. She originally could not swallow well when she came to Alpine and Chef Dan made

sure that she got thickener for her liquids for many months when she first arrived. He personally figured out where to get the supplies needed and made sure that happened. Mother also really appreciated the special effort that was made for barbecues and the special meals that were provided periodically for all the family and friends of Alpine Way residents. She always made sure to go to those events to support the efforts of Chef Dan. Finally, we want to thank those who took care of mother's nursing and medication needs. The nursing staff knew my mother well and were able to give her the respect another competent RN deserved and yet make sure she got the care she needed. We very much appreciate all the times you called us to share information about her condition and give helpful, supportive. And thank you to Tracy for her guidance at some of the more difficult times.

There is not much we can say beyond you were spectacular. We hope the scales balancing what was given to and given back are pretty even as it relates to my mother but we know that we, the family, have a large burden of debt to you all and as we move forward will do our best to deserve the love and care you gave our mother by helping others in need.

*With Love and Gratitude,
The family of Mitzi Kilkner*