

# LIFE *at* NORTHAVEN

SENIOR HOUSING *with a heart*

SPRING 2023

## GAARD DEVELOPMENT TO BEGIN BUILDING WORKFORCE HOUSING

Several years ago, Northaven sold a parcel of land to **Gaard Development**, a social benefit corporation created by Greg and Val Gorder. They are passionate about building workforce housing, and we found that we shared the same values around community, affordable housing and dignity for residents.

Construction will begin in mid-April on an 89-unit, multi-family dwelling for working individuals and families who don't earn enough to enter the housing market and struggle to meet market rate rents. Construction

will take about 19 months. There will be an affordable, culturally aware childcare center on the first floor, operated by **ReWA (Refugee Women's Alliance)**.

We are committed to our neighborhood and, when finished, there will be a lighted walkway through our campus, providing a direct way for neighbors to cross our Seattle super-block.

The **Northaven Workforce** project will help us become an innovative, multi-generational campus that leverages shared use of outdoor spaces

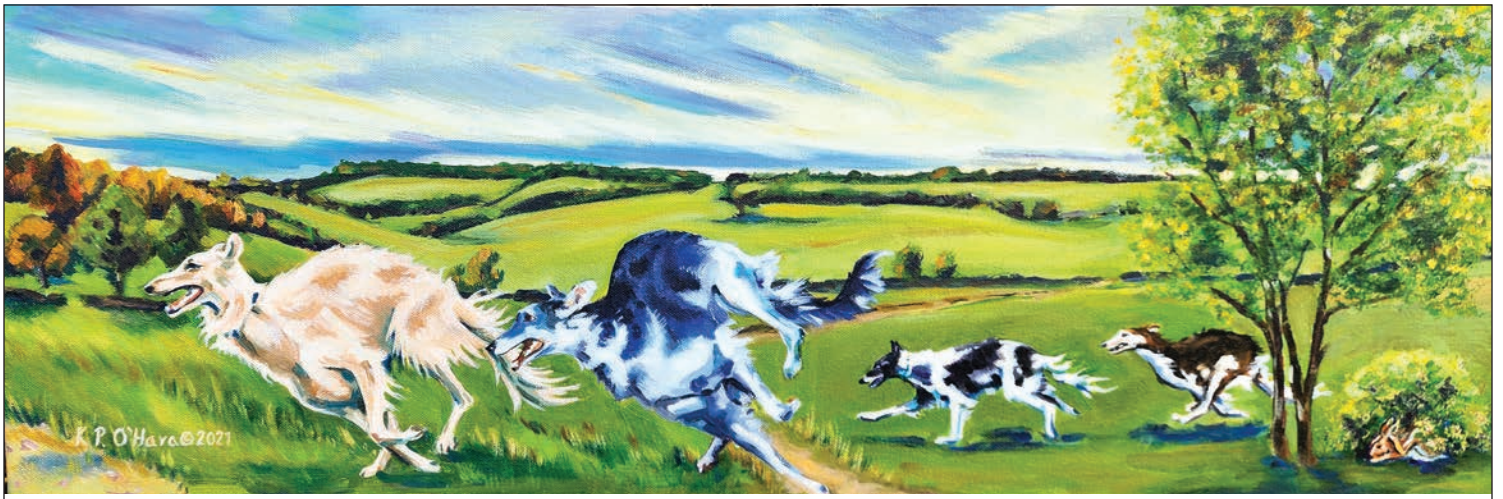
with forward-thinking concepts of intergenerational programming. The childcare program will partner with the elders at Northaven for classes, creative activities, gardening and games. There will be "adoptive grandparent" opportunities, mentoring and tutoring, health, fitness, and well-being opportunities bridging generations and communities. When finished, there will be a shared outdoor space that is fully landscaped and a recreation area that will provide seniors, families, children and youth the opportunity to play, garden and recreate together.



We are thrilled to see this exciting project begin construction. Providing affordable housing is our priority.

This building is especially meaningful to us because of the multigenerational aspect of sharing spaces with Northaven Senior Living and ReWA childcare center.

— Val Gorder, Gaard Development



## NORTHAVEN'S ARTIST IN RESIDENCE

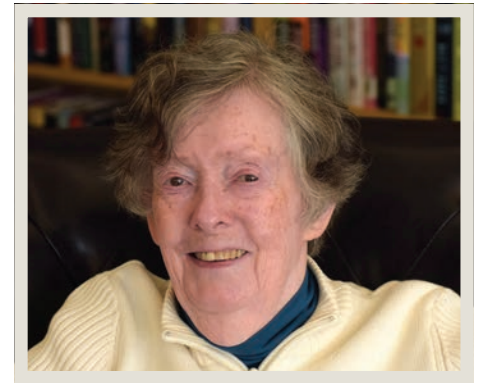
**K**atherine O'Hara has been painting all her life.

Both of Katherine's parents were artists. At the age of 2 or 3, her mother started encouraging Katherine to draw. By the time she was 12, she had the run of her father's studio. He bought her Winsor & Newton Oil paints. As long as she respected the space, she could paint anything. They each guided her but also encouraged her own creativity.

In high school, a nun who taught art mentored and encouraged her. She would let Katherine help other students. And she began to make money by doing portraits. She went on to the

Rocky Mountain School of Art, then the University of Denver, and graduated from the University of Colorado with degrees in English and Art. She stayed to study for a graduate degree in Art History but left without matriculating over a fight with her advisor over her thesis topic and set out making art.

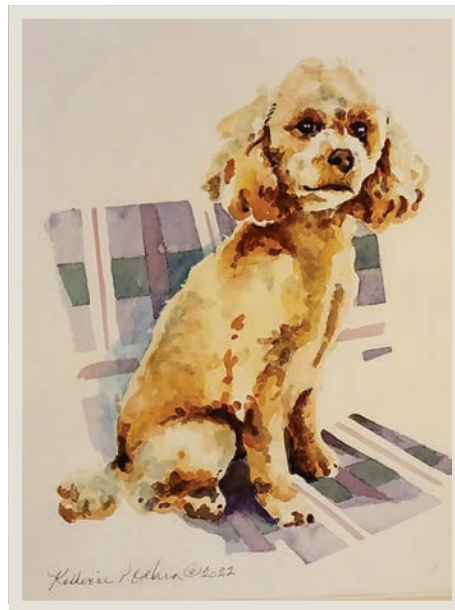
She wandered away from art, but in 1985 settled in Seattle because of its thriving art community and took a job at Preston, Gates and Ellis. The firm had a large, very prestigious art collection gathered by Attorney Joel Starin. Discovering her knowledge of art, he invited her to curate the collection. She documented, appropriately



framed and hung the collection.

In 1989, Seattle held Goodwill Games with Russia, and the law firm helped add an art dimension to it. She helped curate a show for a small group of Russian artists who were invited to Seattle. "The Russians had nothing to work with in those days," Katherine said, "they were working with house paint."

Once again, Katherine began to paint, and once again, stopped because she couldn't afford framing. She went to work for the EPA and soon found herself doing portraits for fellow staff. And so began a new chapter she is still pursuing today at 78. She gets work by word-of-mouth and makes portraits of pets, babies and family members. And she does some landscapes, working mostly today in watercolor and acrylic. Working from photos, she has a unique ability to catch the personality, the mood, the right emotion of each subject.



## RESIDENTS HOLD VOLUNTEER FAIR

Northaven's very first **Volunteer Fair** held in January was a rousing success.

A formerly robust volunteer corps had diminished noticeably during the lengthy COVID shutdown, and new residents had not experienced the profound depth and value of the vibrant volunteer culture at Northaven. In addition, we opened Northaven West a year ago, and those

residents were still being integrated into the Northaven Community.

The Northaven Resident Council's Leadership Team and Life Enrichment Coordinator **Ginger Blake** birthed the "Volunteer Fair." She teamed up with Resident Council President **Annie Christensen** to develop a list of volunteer positions. Then Annie worked with Food Service Director **Chris Manio** to create a menu of yummy



appetizers, desserts and beverages, presented in a layout that promoted maximum interaction and grazing.

A slide show played during the fair, highlighting volunteers in action through the years.

People from all three of the Northaven buildings sat down with volunteers to talk about their particular interests and what volunteer roles might suit them.



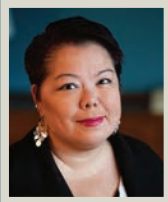
"The entire event wonderfully demonstrated the principle that what we do in community is so very much more than what any one of us can create individually. Sparkling conversation took place and connections were made. Over 100 resident volunteers help keep Northaven community the thriving place it is."

—Annie Christensen, NRC President

### UPCOMING EVENTS

#### THE ANNUAL MEETING

**Thursday, May 25, 7:00–8:30 PM**  
Harbor Room



**Featured speaker:**

Naomi Ishisaka is The Seattle Times' assistant managing editor for diversity, inclusion and staff

development. Her column on race, culture, equity and social justice appears weekly on Mondays.

#### ANNUAL COMMUNITY PICNIC

**Saturday, August 26, 11:30 AM–1:30 PM**  
Northaven mews

- Food, beverages, ice cream
- Unveiling of Garden Tile Memorial
- Music by the West Seattle Big Band
- Games and dancing

Residents, families, donors and neighbors are welcome!

NORTHAVEN  
INVITES YOU TO GO

**Over the  
EDGE**

**RAPPEL FOR A CAUSE!**



Catch your breath, step up to the edge and **RAPPEL 10 STORIES** down one of our **NORTHAVEN SENIOR HOUSING** buildings. You get the *thrill*. Low-income seniors get a *safe, affordable home* where they don't just live but *thrive*. The first 92 fundraisers to raise a minimum of **\$1,000** will earn a spot to go Over the Edge. Join us and **RAPPEL FOR HOUSING**.

**REGISTER:** [northavenseniorkiving.org/OTE](http://northavenseniorkiving.org/OTE)

**FOR MORE INFORMATION, PLEASE CONTACT:**

Bill Dorn, 206.334.9820, [bdorn@northavenseniorkiving.org](mailto:bdorn@northavenseniorkiving.org)

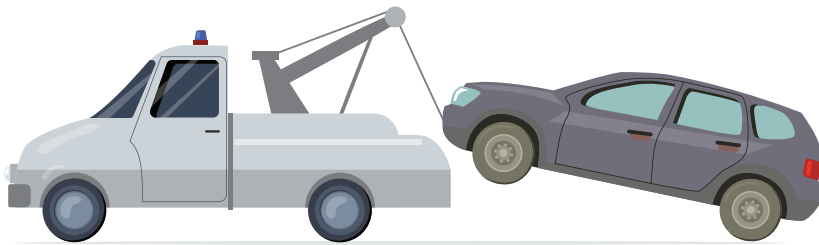
# SMART CHARITABLE GIVING OPTIONS TO SUPPORT OUR LOW-INCOME SENIORS



## GIVE A GIFT FROM YOUR IRA

If you are 70½ or older and have Required Minimum Distributions that you don't need as income, you might be able to save on your taxes **and** support Northaven.

When you make a gift to Northaven **directly** from your IRA, the distribution will not count as taxable income for you. To explore whether this is a good option for you, please consult with your financial planner or tax preparer, who understands your unique situation and can provide expert advice.



## YOUR CAR, BOAT, TRUCK, RV, JET SKI OR SNOWMOBILE CAN SUPPORT NORTHAVEN

If you have an extra vehicle you no longer need and don't want to manage, you can make a donation to support affordable housing for our low-income seniors. Your gift is tax-deductible and hassle-free! Begin the process by contacting our fundraising partner, **CARS**, at **855-500-7433**. Or visit our website to start the process online: [northavenseniorkiving.org/cars](http://northavenseniorkiving.org/cars)

For more information about these charitable opportunities, contact Bill Dorn, Director of Development, at 206.334.9820 or [bdorn@northavenseniorkiving.org](mailto:bdorn@northavenseniorkiving.org).

**Thank you!**



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### Blog:

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