

LIFE *at* NORTHAVEN

SENIOR HOUSING *with a heart*

SPRING 2021

CONSTRUCTION BEGINS

In the midst of the Covid-19 lock down, we began construction of our new 86-unit affordable senior housing project. It is a partnership with HumanGood, which already has many affordable housing projects on the West Coast. When the building opens a year from now, it will be the first time since 1992 that Northaven has grown, and we are excited to be providing more affordable housing to low-income seniors, especially in Seattle's expensive housing environment.

One of our residents wrote this poem (below) as she watched the construction in early winter.

OUT MY WEST WINDOW

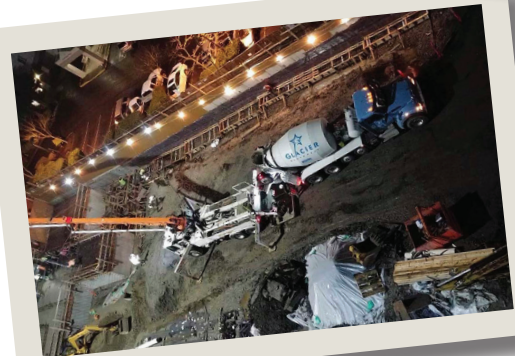
Covered by pre-dawn dark
they arrive and scatter,
picking up
where they left off
yesterday.
Silent and purposeful
like those amazing insects who
know exactly what to do.

Here, nameless behind masks
hard shell hats
dirt-streaked rubber boots
neon stripes flashing
in the wet grey morning
oblivious to all but job
these task-driven doers
mean business.

With light, a percussion serenade
(of sorts) draws us in
and then--
Comes the GIANT orange CAT
proudly wearing her name, CAT
single-clawed, lover of mud and rocks
she fires up
plunges her shark-sharp teeth into
the hard ground
as if pudding,
creates a black dirt mountain
then moves it, twice
(it looks like fun).

Storm or calm the show will go on
and on,
seasons bearing witness.
Blink and the scene will change
and change again.
Others will come,
bringing their own
awesome crafts,
and go
until, suddenly
the end
when, without fanfare,
without applause
the last of them will walk away
leaving behind
their glorious gift
a shining empty nest of
open doors
shouting "Welcome!"

—Susan



COVID-19

It has been a long, weary year of isolation for our residents and staff.

For most of the year, there have been no group activities. We closed our dining room on March 16, 2020, and residents have received all their meals in their rooms. We ended trips to the grocery store and sightseeing and going to the casino. We stopped our exercise and social programs and activities. We closed our community to all visitors.

We tried to find ways to lighten our residents' days. We created games they could play from their rooms. We hung surprise treats on their doors every Wednesday from March to June — things like toilet paper & a joke, Cracker Jacks for a baseball season that wouldn't happen, notecards to keep in touch, flowers to brighten the day. On

Fridays, staff came down the halls with ice cream while playing the iconic Ice Cream Truck song on their cell phones.

We have made it this far with only a few residents exposed to the virus while in rehab facilities, who then recovered before returning to Northaven Independent Living; two Assisted Living residents tested positive and developed minor symptoms early in the process. They were sent to the hospital and returned in good health.

We celebrated two babies and a wedding among our staff, reminding us of the resilience and joy to be found in our lives in spite of a year of sheltering in place.

In February, almost all of our residents and staff members were vaccinated. Now we are beginning

to look at ways to open up a bit and begin to reintroduce activities. We will start serving breakfast in the dining room by appointment with only six residents allowed per seating. We will begin holding exercise classes with a limited number of residents spaced appropriately. In one of the most important steps, we are letting residents receive one outside guest at a time, as long as they can present their vaccination card. And residents can begin to gather in groups of three to visit each other in their apartments or five in the Library. Seeing sons and daughters coming in again, proudly brandishing their vaccine cards and eager to be with their parent is giving great joy to our staff.



What I am looking forward to as we open up is having the building looking inviting and homey. The OV room to be open for small social groups. Resuming groups for social interaction and enrichment. And meeting and getting to know each of the new residents who joined our community in the past year.

—Linda

I am looking forward to eating again in our Dining Room and gathering together in the OV and Harbor Rooms to hear discussions about timely topics and speakers who visit us. Also, I will be glad to be able to attend Technology Committee meetings where our Northaven experts help us perfect our management of these challenging digital devices. Another thing I eagerly await is our bus trips to the Lake City Farmer's Market to get farm fresh raspberries, blueberries and peaches. Yum! Yum! Lastly, hugs!

—Judy



THE FACE OF WALSH CONSTRUCTION



Susan Hori
Walsh Construction

Susan Hori is the Project Manager of our new building. Susan started in construction about 25 years ago in Portland. In 2008, she moved to Washington and has spent the last 12 years working at Walsh Construction as a project manager.

Susan's first exposure to affordable senior housing was at Northaven when she was involved with the renovation of Northaven 1 in 2012. That renovation happened while our residents remained

living in their apartments.

"Seeing the residents interact with each other, and how they welcomed us as part of their daily routine was extremely rewarding," says Susan. "My passion to build for seniors stems from knowing that these folks have 'paid their debt to society,' and it's time that we take care of them."

"Having returned to build Northaven 3 and seeing familiar faces, both residents and staff, has been enormously gratifying," she adds.

“Seeing familiar faces, both residents and staff, has been enormously gratifying”



My third floor office looks out over the length of the new construction.

Assisted Living residents sometimes come in to take in the view.

The other day, Libby came in:

"What a wonderful bunch of workers," she said with some awe.

"They never slow down. I've never watched a building being built before, and it is fascinating. And it has been a great thing to watch during this Covid time."

—Bill Dorn

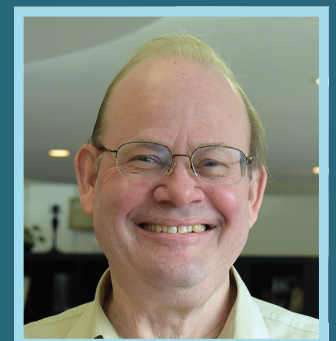


I love living at Northaven ... even when we have a difficult year and last year does qualify!! It has been a challenge for our fabulous staff and for all of us... we are still standing. What I am looking forward to now is how our outdoor gardens and green spaces are going to shape up when the construction is all finished. I loved to spend time in our rose garden and enjoyed the diversity of the residents' personal planting barrels. Having a comfortable outdoor area to spend time in during all four seasons is healthy and fun for socializing or for quiet contemplation. Soon I hope we can all stop to smell the roses in our new outdoor landscaping.

—Carol

I've been a resident of Northaven since August 2020. The residents and staff are supportive and friendly and I enjoy living here, even with the necessary COVID restrictions. I enjoy reading the weekly newsletter and have learned about the bus trips and other social activities that the residences enjoyed before the COVID pandemic. I'm looking forward to being able to be a part of those once they can resume. I appreciate the evening "room service" meals that the kitchen staff bring me, but I'm also looking forward to being able to finally "break bread" person to person with my neighbors in our community dining room. Northaven is beginning to feel like home.

—Dean



Fund our Garden

TILE CAMPAIGN

In addition to the new affordable senior housing project under way, Gaard Development will soon begin to build a housing project on land they bought from us for working families and individuals who still struggle to find affordable housing. It will also provide a YWCA-sponsored day care for children, so our campus will begin to have the vibe of a vibrant, multi-generational urban community.

While all that is good, we are losing some green space. At the same time that Northaven is growing, the neighborhood around us is growing and becoming more densely populated. All these changes are good, but they also make relaxing green space more important.

We are building a new garden. Grass and walkways and roses and places for our seniors to plant tiny gardens. It will be a place to gather. Imagine our residents sitting on a bench and meditating surrounded by greenery and flowers... or talking with friends and family. Imagine a place of quiet and peace in the midst of the growing city.

YOU CAN HELP IT HAPPEN!

Buy a tile. The bricks will be attached to the wall of Northaven, and landscaping will draw attention to the wall. Your tile can honor the memory of a loved one. It can memorialize a birth or a wedding. It can bear your own name.

4 X 8 \$250	12 X 12 \$2,500	14 X 14 \$5,000
8 X 8 \$1,000		

TO ORDER A BRICK, PLEASE CONTACT

Bill Dorn, Director of Development:

bdorn@northavenseniiorliving.org

or 206.334.9820

JOIN OUR "VIRTUAL" ANNUAL MEETING

Northaven's annual report to you—our donors, family members and Northgate neighbors—about our mission and impact in the community.

THURSDAY, MAY 27, 2021, 7-8 PM

To register, email Bill Dorn at bdorn@northavenseniiorliving.org

Close to the meeting date, you will receive a meeting invitation via email with directions on how to join from your computer.



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