

# LIFE *at* NORTHAVEN

SENIOR HOUSING *with a heart*

FALL 2016

## HEARTS *of* NORTHAVEN GALA

### SUCCESSFUL GALA RAISES \$69,000

**Thank you!** On September 30, many of you gathered to support low-income housing and supportive services for seniors at Northaven. You raised \$69,000. Your generosity provides seniors with a home. **Thank you also to our partner, Premera Blue Cross.**



## RESIDENT PROFILE

## INGRID LEWISON

### **How long have you lived at Northaven?**

Three and a half years.

### **Where were you born?**

New Hampshire, and I have lived in Seattle since 1974.

### **What was your most interesting job?**

Owning the Puzzle Shop in Pioneer Square. I sold fun ... puzzles, games and brain teasers.

### **What event in your life do you continue to go back to?**

There are two. First, I have been a recovering alcoholic since 1984. Recovery changed my outlook and philosophy of life. I try to be an

optimist and focus on what is good. Secondly, I was diagnosed with MS in 1993. I was so grateful for the years of sobriety because it gave me the coping skills I have needed to live with MS. I am often quite fatigued. I zealously guard my time from 3-5 PM every day for a nap in order to manage my strength. I look for people with similar experiences with whom I can share strength and hope.

### **What makes Northaven home for you?**

The people who live here. I love giving tours to potential new residents because I can let them see how wonderful people are here. There is a vibe here that people sense as soon as they walk in the door. I lived alone for 25 years



before coming here and isolated myself, so it is wonderful to come to the dining room and have people to eat with.

### **Do you always dress so well?**

I love color and putting things together. People joke that I am not dressed when I come out without earrings.



## FOOD, FRIENDS & FUN!

Northaven residents, family and friends gathered for our **annual picnic** with music by the West Seattle Big Band.



## STAFF PROFILE

## MEET OLIVE SMITH

**Olive Smith** has been the energetic and determined new Life Enrichment Coordinator for Northaven Assisted Living since May.

**What is your home town?**  
Bainbridge Island.

**Do you have a memorable story from growing up?**

When I was 2, my sister told me off for trying to eat unripe strawberries out of our berry patch. Dismayed, I went off and found a large brown slug, which I attempted to eat in retaliation. However, the slug suctioned to the inside of my cheek, making my mouth numb. My dad had to pry the slug out of my mouth, but I made my point to my sister that I can eat what I want.

**What motivates you to come to work every day?**

The relationships I have developed with our residents make my work

at Northaven meaningful and incredibly fulfilling. I believe such intergenerational relationships to be an invaluable means for our communities to connect simultaneously with our shared past, present and future.

**Do you have a memorable story about our residents?**

Every Wednesday, we have Tea Talk. We get together to read and discuss poetry over tea. It is really fun to have a space where we all work together to make sense of the poems of the week. Because of all the talk about race in our country, we had a community-wide roundtable discussion about our own experiences with the intersections of Race, Equity and Justice. I was blown away by the insights of our participants. Residents and staff members came together with such openness and honesty to share this conversation.



**What are residents saying about Olive?**

"We are so happy to have Olive here," announced resident Joan Brown, at this month's Assisted Living Community Meeting. "She works hard to be sure we have interesting and fun things to do every day ... and she is always so cheerful and pleasant about everything!"



## MAKE A WISH!

Northaven Independent Living resident **Shirley Duryea** leads a lively sing-a-long at the September Assisted Living birthday party.



## MAY I HAVE THIS DANCE?

**Silver Kite Community Arts**, an intergenerational arts program, comes to Northaven for Folk Dancing Classes ... seated folk dancing! One dance involves this colorful "scrungee," which connects residents in rhythmic movements set to upbeat music.



## SHOP 'TIL YOU DROP

Northaven Independent Living residents invite you to stop by the **Northaven Handcrafters Bazaar** to shop for handcrafted gifts—for yourself or those on your holiday gift list. Proceeds support local charities like Union Gospel Mission, Mary's Place, Northaven Assisted Living and North Helpline Food Bank. Even with their limited resources, Northaven residents always find ways to be generous and grateful.

**NORTHAVEN  
HANDCRAFTERS BAZAAR**  
November 11, 2016, 10AM–2PM  
11045 8th Ave. NE, Seattle, Washington

*Handcrafted items, food,  
white elephant items & raffle  
Something for everyone!*



## IT'S ALL HAPPENING AT THE ZOO...

A group of residents ventured to **Woodland Park Zoo** in September. In perfect weather, they started with a visit to the penguins and then followed the big south loop, getting great views of the giraffes, zebras, gazelles and hippos.

## SUPPORT NORTHAVEN WHEN YOU SHOP

### FRED MEYER COMMUNITY REWARDS!

# FredMeyer®

**You need to re-link your Fred Meyer Rewards Card to Northaven.**

Go to [www.fredmeyer.com](http://www.fredmeyer.com); click on REWARDS, then COMMUNITY REWARDS and re-link your card to **Northaven Foundation #93884**. Every time you use your Fred Meyer Rewards Card, Northaven will receive a small percentage of your purchase. *It doesn't add to your bill, and it doesn't take away from your personal rewards.*

### AMAZON SMILE

**amazon smile**  
You shop. Amazon gives.

When you order from Amazon through the **Amazon Smile** program, ½% of your eligible purchase will be donated to Northaven. Search for and select either **Northaven Development** (Northaven Assisted Living) or **Northaven, Inc.** (Northaven Independent Living).

### DONATE YOUR VEHICLE

**Donate your car, boat, truck, RV, Jet Ski or snowmobile to Northaven Assisted Living, and receive a tax deduction.** This no-cost, no-hassle process begins when you contact our fundraising partner, Donation Line LLC, at **877-227-7487, extension 3210**. Or you can go to our website and click on "Donate your Car" at the bottom of the home page to begin the process.

### BARTELL DRUG

## BARTELL DRUGS®

Go to [www.bartelldrugs.com](http://www.bartelldrugs.com); click on COMMUNITY and the **B Caring Program**, and register your B Card to **Northaven Foundation #500042899**. You can ask any Bartell employee associate for a card, and they can help you register your card in the store. Bring the above number with you. A percentage of eligible purchases will go to Northaven Foundation. You can also register your card to earn dollars for Northaven when you dine at select Seattle area restaurants.

### HELP WITH AN ITUNES GIFT CARD

# Apple iTunes

Northaven Assisted Living has begun **Music and Memory**. Residents have a personalized iPod Shuffle and listen to a personalized play list they create with staff help. Residents who are withdrawn, depressed or anxious are transformed by the music. **You can help by sending an iTunes gift card to the Foundation.**



*"I really wanted to leave something of my estate to the Northaven Assisted Living Foundation as a thank you for the fabulous support it gives residents," said Mary Richter, who was the first to donate her car through Northaven's new car donation program. "My resources are limited, so when it came time to stop driving, I donated my car to the Foundation. It made the tough decision of giving up my car much easier, knowing others would benefit from it."*

SENIOR LIVING WITH A HEART  
**NORTHAVEN**

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### WE'RE UPDATING OUR MAIL LIST.

We understand that people move on! If we have not heard from you in the past three years, your name will be removed from our mail list. If you haven't been in contact with us but you do wish to continue receiving mailings, please email [bdorn@northavenseniiorliving.org](mailto:bdorn@northavenseniiorliving.org).