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IT IS GIVEBIG TIME AGAIN! YOU CAN STRETCH YOUR GENEROUS DONATION TO THE NORTHAVEN FOUNDATION.

giveBIG is coming. On May 5, 2015, any gift you give to the Northaven Foundation will be **S-T-R-E-T-C-H-E-D** by a partial matching gift through the Seattle Foundation.

From Midnight to Midnight on May 5 go to WWW.NORTHAVENSENIORLIVING.ORG. Click on the giveBIG button and make a donation. Only gifts made through this link qualify for stretch Seattle Foundation stretch gifts.



SIMPLE. EASY. AND OUR RESIDENTS, WHO LIVE EVERY DAY IN GRATITUDE, WILL HAVE A HOME.

NORTHAVEN LEADERSHIP

Darlene Storti, Executive Director, Northaven
 Mary Quarterman, BSN, RN, Director Northaven Assisted Living
 Bill Dorn, Director of Philanthropy Northaven Foundation

NORTHAVEN INDEPENDENT LIVING

(206) 365-3020

NORTHAVEN ASSISTED LIVING

(206) 362-8077

NORTHAVEN FOUNDATION

(206) 362-8077

LIFE AT NORTHAVEN

SENIOR LIVING WITH A HEART SPRING 2015

WELLNESS FAIR

Over 30 organizations participated in the 9th annual Northaven Wellness Fair on March 13th. They provided blood pressure checks, blood sugar screenings, diabetic shoe fittings and acupressure in a festive and educational atmosphere. Many seniors from around the neighborhood joined Northaven residents and family members to learn about the rich array of resources in our community to help seniors remain healthy, engaged and living independently. Northaven Resident Services Coordinator, Susan Cramer, creates this annual networking event.



YOU ARE INVITED TO THE NORTHAVEN SENIOR LIVING ANNUAL MEETING WITH SPECIAL GUEST SPEAKER SEATTLE CITY COUNCIL MEMBER, MIKE O'BRIEN
 MAY 28TH, 2015
 7:00PM - 9:00PM
 THE HARBOR ROOM
 11045 8TH AVENUE NE
 ALL THE LATEST NEWS FROM NORTHAVEN
 WINE AND HORS D'OEUVRES



GIVE US A LIFT

Our elevator in Assisted Living has needed a \$16,875 repair that was not in our budget. We turned to our first on-line funding project and have already raised over half the amount through a Go Fund Me campaign.

You can still participate by going to our web site: www.northavenseniorliving.org and clicking on the Facebook icon at the bottom of the page.



RETURN SERVICE REQUESTED
 11045 8TH AVE NE • SEATTLE, WA 98125-6149
LIFE AT NORTHAVEN

RESIDENT PROFILE: HELEN HAMILTON

INTERVIEWED BY DAUGHTER, MICHELE HAMILTON-LANE

Michele: So Mom, how long have you lived at Northaven now?

Helen: Oh my, you probably know better than me! Four years now?

Michele: Yes, it will be five years this coming June. Since we're writing a brief profile about you, can you remind me when you were born?

Helen: I was born in 1927 in London, England. I'm of Scottish heritage, as you well know, but my family lived and worked in London. I used to enjoy going to Scotland to spend time with my grandmother every summer. She was such a wee thing with beautiful white hair, tied up in a bun. I loved those summers.

Michele: Where else have you lived?

Helen: Oh ... many places. London, and then Edinburgh after I married your dad. That's where Martin and Mark were born. We moved from Scotland to Montreal, Canada, where you were born. Then we moved to Massachusetts, where Murray was born, and then to the west coast, Hoquiam, Tacoma and finally Seattle. Initially, we intended to go back home to Scotland after a stint abroad, but then the US became our home and we never wanted to leave. There are so many beautiful places in the United States that remind us of Scotland.

Michele: I remember those moves were mostly due to Dad's career as an engineer in the wood products industry. Was there work that you remember being most interesting to you?

Helen: Being a mom. Raising four kids who are so completely different from one another in personalities and trying to respond the best way I knew how to each of them. I don't know if there's a more interesting job out there! But I also loved my volunteer work for the Presbyterian Church where I got involved in peacemaking efforts. That work took me around the world on study missions. Do you remember when I went to Russia?

Michele: I do! I remember how you ironed all of Dad's shirts that he'd need while you were gone! Mom, you've done a lot of work throughout your life. Either with work or otherwise, is there an event that particularly stands out for you?

Helen: I guess the war does (WW2). We were bombed out of our home in London. You never quite forget that feeling of knowing that every night your city is being bombed and people are losing their homes and lives. It stays with you, even after you know things are safe again.

Michele: I'm so relieved your parents and siblings made it through that period. Moving to the present day, what do you most look forward to each day?

Helen: Well I enjoy the other residents very much and I look forward to my interactions with them and the staff. It's nice to learn something new from them. We are a diverse bunch, you know, having lived all over the place and we've all had such different experiences from one another. That's what makes Northaven so interesting. And you know how much I enjoy my mysteries. If I didn't have my books, I think I'd go crazy. I just love a good read.

Michele: Yes, Mom. I do believe you share that fact with me quite often and I'll conclude this interview with my gift of a couple of new large print mysteries I picked up for you at the bookstore.



Helen (R), brother, Mark, Michele and Wilson

"Home is where the heart is." I have learned just how much that means at Northaven. Four and a half years ago I moved my mother, Helen, to Northaven Assisted Living, making it her new home. I still remember the stress of those weeks and months prior to her move, when the recognition of her inability to live alone started creeping into my family's reality. Mom's health needed constant care and her financial resources were nearly gone. We knew she would need assistance from Medicaid to be able to afford an assisted living community.

Our generation faces the demands of helping our moms and dads face their aging process while at the same time raising our own families. Our family recognizes that Northaven Assisted Living hasn't just helped our mom have a great place to call home. The benefit has extended to us as we enjoy peace of mind knowing Mom is safe and lovingly cared for by a staff who exemplifies quality care with every kind word and thoughtful action.

Very few assisted living facilities in Seattle accept residents who have outlived their financial resources and rely on Medicaid. Northaven is able to do this because of substantial past and current donor support. Given our appreciation, my husband and I have found some small ways to join the donor community:

- Many businesses give to charities and have programs that allow you to direct their charitable giving to the organization that is most important to you! With every dollar you spend with them, money flows to your chosen charity. A few standouts for us are **Amazon Smile**, **Bartells** and **Fred Meyer**. They simply require a one-time registration for each of their programs, easily done on-line.
- Give through your company's employee community involvement funds or other charitable programs. It's easy to direct all or a portion of your current charitable giving to Northaven.
- You can support Northaven with a personal donation any time. Every dollar helps, so no donation is too small.
- You can donate an event, item, or experience to be sold at the annual fundraising auction that takes place each fall.
- Spread the word about these giving strategies to your friends, colleagues, and relatives.

Your past and future financial support is an investment in the high quality and loving care that families like mine have come to value so dearly. If you have questions about how to get more involved in the donor community, please feel free to contact me, Michele Hamilton-Lane, member, the Northaven Foundation Board of Directors at hamiltonlane@mindspring.com or Bill Dorn, Director of Philanthropy at bdorn@northavenseniorkliving.org.

FROM THE FOUNDATION CHAIR



Northaven Assisted Living was built so our independent living residents would not have to leave Northaven when they began to need more care. We have also been able to provide housing for people from the broader community.

Originally, we had only a few residents on Medicaid. Today people are living longer and health care costs have risen. More residents are outliving their financial resources and are dependent upon Medicaid. Medicaid payments have been stagnant for a decade and are no longer covering the cost of care. This has led most assisted living facilities to stop accepting people on Medicaid even though the need keeps rising. Sadly, people who are living in for-profit communities are often forced to leave when their finances are totally depleted.

Today people know Northaven as the place that will take people who have nowhere else to go when their social security or retirement check is no longer sufficient to pay their rent. We are passionate about our mission. We believe providing safe, dignified, compassionate and loving care to elders is a good mission no matter what their check book balance is. But that commitment also takes money to cover the widening gap between Medicaid payments and the actual cost of care.

Gifts to the Foundation have steadily increased the past four years but lag behind the amount the Foundation gives Northaven Assisted Living. We want to stay true to our mission and you are the key to our ability to do so.

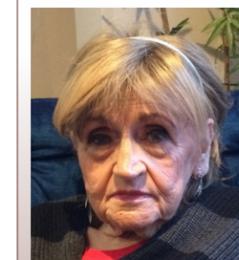
Last year the Foundation provided over \$150,000 for uncompensated care. That was possible because of your generosity. If you gave \$30 in 2014 could you give \$60 in 2015? Could you be an ambassador for Northaven and find a person or a group of people who together will match your gift this year?

If you and your friends could double the amount you invest in us each year we would not have to turn away Medicaid dependent seniors who knock on our door looking for a place to call home.

Thank you for your generous heart.

Jana Helmuth

Chair, Northaven Foundation



Wi-Fi is now up and running throughout our whole campus thanks to a generous donation from the Employees Community Fund of Boeing Puget Sound. Assisted Living resident Geri Boyd's gratitude is typical of our residents' response to this gift which helps them be connected.

My computer is my life. When you age you lose things. First I lost my car, then when I came here, my computer. I love it here and getting Wi-Fi just amplifies it for me.

I cannot get out a lot so getting this has helped me reconnect with friends and my family. I use it a lot to look up medical information. I am so happy the employees at Boeing gave Wi-Fi to us.

SUPPORT NORTHAVEN WHEN YOU SHOP

BARTELL DRUGS

Go to 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 also help you register your card in the store as long as you have 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.

FRED MEYER COMMUNITY REWARDS

Go to www.fredmeyer.com, click on REWARDS, the COMMUNITY REWARDS and sign up for their community rewards program and 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

When you order from Amazon through their Amazon Smile program 1/2 % 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).

HELP WITH AN ITUNES GIFT CARD

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.



VISIT OUR WEBSITE AT: WWW.NORTHAVENSENIORLIVING.ORG