

LIFE *at* NORTHAVEN

SENIOR HOUSING *with a heart*

FALL 2023

NORTHAVEN RESIDENT VOLUNTEERS AFTER MAUI FIRE

Northaven resident Beryl Cheal spent her career working with children, and she has recently put this expertise to work helping children affected by the Maui fire.

Beryl, who has a master's degree in Early Childhood Education, worked in the Head Start program. She also spent time as a volunteer with the American Friends Services Committee in Gaza and Jordan, and she worked with children in New York City after 9-11. She even developed a program for 6–12-year-old Iraqi refugee girls in Jordan called Super Girls, which works to give traumatized young girls dignity.

In other words, Beryl knows about kids in trauma.

VOLUNTEERING IN MAUI

Beryl recently returned from a three-week trip to Maui, where she worked as a volunteer with the Church of the Brethren's Children's Disaster Services, in partnership with the Red Cross.

Beryl tells a poignant story of a volunteer with one of the children:

A quiet girl arrived at our playcenter. Her parents were in the Red Cross Assistance Center. She seemed unsure which play station she wanted to join. I invited her to play cooking with me. Touching my hand, she said, "I want to play family." That play station is where I met the culture of Hawaii.

According to Beryl, the job of the volunteers "was not to remedy what had happened but to nurture the children — helping them cope with their new reality — giving them a chance to just be children. The sooner children can live a more normal life free from fear and anxiety, the more they will be able to cope with whatever their life is going to be."

She continued:

One boy described the fire. "it was like a dragon roaring down the street with its tongue out devouring everything."



Beryl Cheal

Many Hawaiian people distrust mainlanders. They often see us as colonizers, says Beryl, so the work of the volunteers was slow, as they developed trust with residents who seemed at first downcast and defeated. But their outdoor center became a place that was safe and fun while parents worked at finding services they needed and putting their lives back together.

She saw people gathering to help each other, slowly restoring their lives... giving new birth to the spirit of Aloha.



NORTHAVEN RESIDENTS,
SPONSORS & FRIENDS
WENT

over the EDGE

SEPTEMBER 16, 2023

THIRTY PEOPLE RAPPELLED from the roof of Northaven Independent Living **RAISING OVER \$65,000** to support affordable senior housing.

The energy for Over the Edge on September 16 was electric. **ELEVEN NORTHAVEN WOMEN**...yes, they were all women... rappelled.

THANK YOU TO THE SPONSORS AND RAPPELLERS, who raised a minimum of \$1,000 to rappel. Thank you to the individuals who sponsored each of the 11 Northaven women who rappelled.

SUPPORT OUR NORTHAVEN WOMEN RAPPELERS!

Use the enclosed envelope or visit northavenseniiorliving.org & click the donate button.

Note that your gift is in honor of the Northaven Women.



Board Member Jana Helmuth
& sister Jewel S



Brian Lloyd, V-P Beacon Development



Doug & Carol Boseck & Jana



District 5 City Council Candidate
Cathy Moore



Marian Olivares was **THE OLDEST RAPPELLER...**
AT AGE 88!



Ryan Penney, Sr. Commercial Portfolio
Manager - Affordable Housing, BECU



Brian Lloyd & Tracy Cleveland,
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THANK YOU TO OUR SPONSORS!



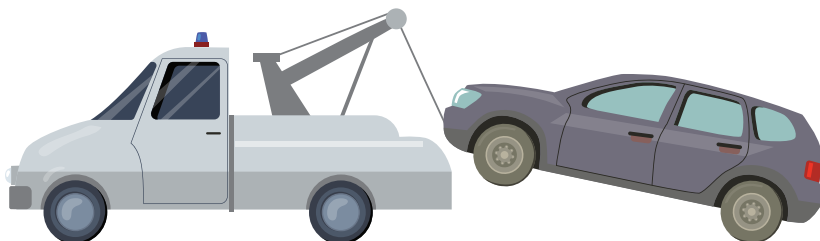
Jana Helmuth, CPA

CONSIDER A BEQUEST TO NORTHAVEN

A **charitable remainder trust** (CRT) is a tax-exempt and irrevocable trust to which you gift some of your assets. The trust generates income for you as the donor or for other beneficiaries you designate. The remainder of the donated assets goes to your favorite charity including Northaven.

This charitable giving strategy generates income and can enable you to pursue your philanthropic goals while also helping provide for living expenses. And it reduces your taxes.

As always, consult with your financial advisor.



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: **northavenseniiorliving.org/cars**

For more information about these charitable opportunities, contact Bill Dorn, Director of Development, at 206.334.9820 or bdorn@northavenseniiorliving.org.
Thank you!

RETIREMENT REFLECTION

Since 2011, you have been allowing me into your homes with the newsletter, reports, appeals and thank you letters. I will be retiring at the end of the year.

Your commitment to affordable housing for seniors who struggle every day to make ends meet has been a constant source of inspiration to me. You give these wonderful people dignity, safety and hope. You give them a place where they are truly "at home."

I have often said, "You are our heart." I mean that from the bottom of my heart.

I know that you will continue to be a loyal supporter of Northaven, and I will always carry the inspiration of your compassion and generosity in my heart.

Thank you.

Bill Dorn, Director of Development



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