

LIFE *at* NORTHAVEN

SENIOR HOUSING *with a heart*

FALL 2017

PLEASE JOIN US FOR OUR 8TH ANNUAL

HEARTS *of* NORTHAVEN GALA

FRIDAY, SEPTEMBER 29, 6:30–10:00 P.M.

LAKE CITY PRESBYTERIAN CHURCH EVENT CENTER

3841 NE 123rd Street | Seattle, Washington 98125

SPONSORED IN PART BY

PREMERA | 

BLUE CROSS

An Independent Licensee of the Blue Cross Blue Shield Association



THERE IS STILL TIME TO REGISTER!

\$75.00 per person

Contact Bill Dorn, Director of Philanthropy
bdorn@northhavenseniiorliving.org; 206.362.8077



JOIN US TO BID ON THESE GREAT LIVE AUCTION ITEMS:

- Next season Mariners tickets for four
- Two tickets to the October 1st Seahawks game with the Colts
- Two tickets to the December 17th Seahawks game with Los Angeles
- Golf for three at Bear Creek Country Club with the Auctioneer
- Four days and three nights at a fully equipped beach house near La Connor
- Friday Harbor Film Festival VIP passes
- Paramount tickets for *Aladdin* and *Elf*
- A Leavenworth cabin get-a-way
- And much more...

RESIDENT PROFILE

BETTY GORDON

"Kids will find a way," Northaven II resident Betty Gordon muses, a glimmer of mischief in her eye. Born in Kansas City, Betty grew up under the close watch of a lovingly protective and strong-willed mother. Naturally, this instilled in Betty both a sense of caution and concern for safety. When Betty's neighboring playmate got a new two-wheeled bicycle, Betty's mother was eager to protect her from the risks of learning to ride a bike. She forbid Betty from riding. But, as Betty points out, kids will find a way. Despite her own trepidations about

learning this new skill, Betty and her friend headed a couple blocks away and taught themselves how to ride.

Through this experience, Betty learned a vital lesson that enabled her to respond to the various challenges of life with strength and grace.

"There will always be, and still remain, that place of fear. You have to fight it. Talk yourself out of it. I have enough experience now to know that this fear was instilled in me by my mother. But she also taught me how to respond to it. How to work through it."



Though she no longer sneaks off to ride bikes with her neighbor, Betty retains her youthful spark, fortified with the knowledge of how to confront whatever fear may surface.



SAYING “GOODBYE”

WHEN RESIDENTS DIE

Historically there have been relatively few residents who actually died at Northaven, as they had often been taken to the hospital. That is changing as more people opt for palliative care and hospice, and Northaven helps to facilitate these interventions and support residents and their families when they elect to die at home here at Northaven.

Traditionally residents who did die at Northaven Independent Living were quickly taken out through the back door so as not to upset anyone. Death is a reality. And the death of a member of our community, a neighbor or friend is a loss to other residents of Northaven. After several listening sessions with our residents, we have learned that process often leaves people startled by news someone has died and unable to say good bye. It actually stifles grief.

So we have begun something new. When people are choosing to stay at Northaven while they die, residents can help them and their family, make visits and slowly say good bye. And now when someone dies, close friends and neighbors are notified. Depending on the wishes the resident left behind—in consultation with their family members—residents can have time to come to the room and say “goodbye.”

Then the body is draped in a beautiful quilt and brought to the main lobby. People can gather there. They can be part of a ritual. Say good bye. Support each other. And then the resident is taken through the front door to the waiting hearse.

Residents are very grateful for the new rituals. We were not serving anyone well by trying to minimize death. It is part of our life. We become more and more aware of its reality as we age. Residents actually report feeling less frightened of their own death. And they are so grateful to have the chance to say goodbye to people with whom they have been friends for many years.

They are actually able to process their grief more fully, and many report the sense of loss is not as severe as when they used to learn after the fact that someone was gone.

ANNUAL PICNIC

Family and friends joined Northaven residents in great numbers for our annual picnic making it the largest and best ever. The Cuban-style pulled pork created by one of our cooks, Oscar Amante, was the hit of the picnic.



BACK TO SCHOOL

Northaven residents collect school supplies for Northgate Elementary School.

Resident Nancy Evans coordinated the project. It is one of many ways our residents give to the North Seattle community in which we live.

- ▶ Maintenance team member Wilson Olalia loads the school supplies for delivery



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; 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).

BARTELL DRUG

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 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."

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.

SENIOR LIVING WITH A HEART
NORTHAVEN

BOARD OF TRUSTEES

Roger M Edmark, President
Theresa Peloso, Vice-President
Eric E Seeb, Treasurer
Karen Themelis, Secretary
Kent Gregory
Magda S Hanna
Jeanne H Hayden
Justin Meith
JoAnn Shoemaker
Sarajane Siegfried
Colette Wilson
Yiling J. Wong

Board Fellows

Almeera Anwar
Adarsh Mohapatra

BOARD OF DIRECTORS

Jana Helmuth, Chair
Luke Hillier, Treasurer
Sarah Fisher
Jerrod Vinson
Darlene Storti

NEWSLETTER PRODUCTION

Bill Dorn, editor
Kimberley Lambert, Desktop
Creations, layout and design

VISIT US ONLINE

Website:

northavenseniorkiving.org

Blog:

northavenseniorkiving.wordpress.com

Northaven Senior Housing

11045 8th Ave. NE
Seattle, Washington 98125-6149
(206) 362-8077

 Find us on
Facebook