

LIFE *at* NORTHAVEN

SENIOR HOUSING *with a heart* SPRING 2018

JOIN US FOR OUR ANNUAL MEETING

Northaven reports to you—our donors, family members, neighbors and friends—about our mission and impact in the community.

Thursday, May 24, 2018, 7–8:30 PM

The Harbor Room, Northaven
11045 8th Avenue NE, Seattle

Guest Speaker

Deb Murphy, CEO,
LeadingAge Washington

*“Challenges & Opportunities
Facing Senior Housing in this Health
Care & Political Environment”*

Deb Murphy is the Chief Executive Officer for LeadingAge Washington, the state association representing the interests of not-for-profit and mission-focused senior care organizations. She has led LeadingAge and its members for 15 years. Deb has 30 years of experience in the health care field, with 24 of those years dedicated to improving long-term care services and supports in the states of New York and Washington.

Ms. Murphy earned her bachelor’s degree in Health Care Administration from Ithaca College in Ithaca, New York, a master’s degree in Public Administration from Russell Sage College in Troy, New York, and a Juris Doctorate degree from the University of Puget Sound in Tacoma, Washington.



Deb Murphy
Guest Speaker

RESIDENT PROFILE

MEET BERYL CHEAL

Our residents don’t have lots of money, but they have done and continue to do amazing things and live generous lives. Thanks to you, they also have a home of their own.

How long have you lived at Northaven?

I moved into Northaven last September. I love it here!

What gives you joy?

My joy is seeing children become more open, less scared, more self-confident, and less traumatized after surviving major disasters.

How do you do this?

I design intervention programs and train early childhood educators as an Early Childhood Educational Consultant. For more than 50 years, I have had the opportunity to help traumatized children all over the world to regain their lives by creating programs that help.

What is your background?

I started as an elementary teacher. Then I switched to Early Childhood Education, working in the early days of the Head Start program to help young children from difficult home environments. Later, by working internationally through the AFSC (American Friends Service Committee/Quakers), the Peace Corp, and the Church of the



Brethren’s Children’s Disaster Services, and gaining degrees in Early Childhood Education and Middle Eastern Studies, I’ve helped children touched by disaster in Moldavia, Philippines, South Africa, the Gaza Strip and Jordan, by training directors and educators to help them. Closer to home, I also worked with
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YOUR SUPPORT MAKES THESE PROGRAMS HAPPEN!

NORTHAVEN ADDS TWO NEW RESIDENT SERVICES TO OUR PROGRAMS.



ONSITE DERMATOLOGY:

We are very excited to provide OnSite Dermatology services on a monthly basis. The providers specialize in the prevention, detection and treatment of pre-cancerous and cancerous growths of the skin as well as other dermatological conditions. *Did you know that one in two older adults over 80 is diagnosed with skin cancer?* Diagnosis, treatment and prescribed care are done right at Northaven. Our clinic is staffed by a Nurse Practitioner that is Geriatric-certified. This new monthly service eliminates the need for transportation arrangements, avoids lengthy wait times in doctor's offices and adds more one-on-one attention for our residents.

ASSESSMENT OF LEG STRENGTH PROGRAM:

Research is showing that a key to a person's independence is linked to their leg strength. As you observe older adults, you notice many have difficulty walking or just getting out of a chair, which may lead to falls. This new program is part of our Exercise Fitness program administered by Northaven's Fitness Director Katie Storti and Wellness Nurse Keith Germain. We have added a new fitness class focusing on leg strength. As part of the program, residents are initially tested for leg strength, giving them a base line, which will then allow them to follow their progress and increase leg strength.

BOARD PROFILE

MEET ALMEERA AMWAR

Who is Almeera Amwar?

She is a committed volunteer to senior causes, a UW evening MBA student and full-time employee at the Gates Foundation. This year, as part of her UW MBA program, she is one of two Board Fellows with Northaven's Board of Trustees.

What matters?

"Even though I am busy with work and school, I want to give because seniors are so often forgotten. I see the need for helping elders who need care

but may have outlived their income. Personally, I'm motivated because my parents are aging and will need more care. Moreover, my grandmother lived her final years happily in a Detroit senior home, so supporting an organization like Northaven really resonates. Finally, there is an ethic of volunteering for senior causes in my family: my mother volunteers at the Snoqualmie Senior Center. On a broader level, I love that Northaven feels like a college for seniors and that I get to be a part of supporting a vibrant community."



Almeera and her mom

What is the Fellows Program?

"Attracting new, young and diverse people to Northaven's board is vital
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NORTHAVEN LIVING

DRUMMING WITH DENNIS

This interactive Drum Circle gives residents the powerful tool of self-expression through music. Drumming with Dennis unites body movement, group engagement and fun!! Residents LOVE making music together.

"Drumming with Dennis is fun."

*"I grew up in a musical family.
It's lovely to make music with others again."*

*"Drumming with Dennis makes me feel good.
I always look forward to him coming."*



CAT CAFÉ

Residents enjoy an afternoon with delightful furry companions, thanks to a field trip to the Meowtropolitan Cat Café! Residents get a hoot out of visiting the café's resident cats. Many residents had cats throughout their lives, and this field trip allows them to reconnect with old memories while making new furry friends.

*"They are just so cute.
I wish we could take them
home with us!"*

*"I used to have a cat—Whiskers.
I love going to see the cats!
They remind me of Whiskers!"*



HEALTH FAIR

The 11th Annual Senior Wellness and Resource Fair was held at Northaven on Friday, March 23, and boasted 40 vendors offering all kinds of services and information. Residents and family members got critical one-on-one time with vendors to discuss their particular concerns and needs, as well as handouts and a variety of freebies. Seeing the various accommodations available takes much of the stress out of the aging process.



RESIDENT PROFILE

BERYL CHEAL

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the City of New York to develop preschool programs that supported children affected by 9/11. My current work is with a community agency in Jordan, the Collateral Repair Project. They provide services for Iraqi, Syrian, Sudanese, and other refugee families.

What is your current passion?

My current passion is as an Educational Consultant in the "Supergirls" program. Jordan, being in the center of a troubled Middle East, has many refugees. Working with a local community center last fall, I wrote lesson plans, trained local volunteers and handed off a "Supergirls" program that will help some 120 young girls (60, aged 6–8; and 60, aged 9–12) deal with the trauma they have encountered. Six months later, I am going back to see how those girls in the Supergirls program are faring.

BOARD MEMBER PROFILE

ALMEERA AMWAR

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to having an informed leadership, and a wider ability to secure resources in these tough economic times. But how do you do that? In conjunction with the UW—and as part of our capstone project to secure our MBAs—my fellow student and board member Adarsh Mohapatra and I are leading a one-year program, called the Fellows Program. The first step was conducting an exhaustive survey of existing board members to discover what we now have—and need. The second step was research about boards in similar organizations. Our final presentation to the board will be in June. But we will not only make recommendations about what could be done, but we also will provide information about resources for implementation. I am very honored to be able to help Northaven and its board look forward."

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.

"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."



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Adarsh Mohapatra

NEWSLETTER PRODUCTION

Bill Dorn, editor
Alice Hanson, Writer
Kimberley Lambert, layout and design

VISIT US ONLINE

Website:
northavenseniorkiving.org

Blog:
northavenseniorkiving.wordpress.com

Independent Living
11045 8th Avenue NE, Seattle, WA 98125
206-365-3020

Assisted Living
531 NE 112th Street, Seattle, WA 98125
206-362-8077

