

# LIFE *at* NORTHAVEN

SENIOR HOUSING *with a heart* SPRING 2019



## Northaven, a Human Good Community

86

UNITS OF LOW-INCOME  
SENIOR HOUSING

March 2020

CONSTRUCTION  
BEGINS

Spring 2021

CONSTRUCTION  
COMPLETED

## NEW HOUSING COMING TO NORTHAVEN

**Northaven** in partnership with **Human Good** (formerly American Baptist Homes of the West) received \$7.1 million dollars from the City of Seattle Office of Housing in December. That opens the door to other sources of the money needed to fully fund our new building. Our goal is to begin building in March 2020 with completion in spring 2021. This project will provide another 86 units of low-income senior housing and be known as "Northaven, a Human Good Community." The residents of the new building will be fully integrated into all the programs and supportive services available to the rest of our campus. The building is being designed by **VIA Architecture**, and **Walsh Construction** will be the general contractor. Northaven was honored that Seattle Mayor Jenny Durkan chose to come to Northaven to hold her press conference announcing the nine projects around the city that received funding this year.

The building planning group ►





## NEIGHBORHOOD CARE OFFERS ADDITIONAL SUPPORT

**Northaven Assisted Living is developing a program with a higher level of care for our dementia residents.** Neighborhood Care will be located on the second floor of the building. Residents who need more one-on-one interaction and programming will qualify for the program. Additional staff with dementia-specific training will be added to this program. This will not be a secured unit, and residents located on this floor will have the freedom to interact and participate in activities with other residents living in our assisted living community also.

This new care program is being developed by Mary Quarterman, RN and Kristi Hoover, Social Worker, and current staff within the assisted living community. Many residents who previously have had to leave Northaven for more one-on-one care will now be able to stay in our community where they know people, have made friends and feel at home.



## MEET THE PORTER FAMILY VOLUNTEERS

When **Jennifer Porter** joined her children on a school field trip to Northaven as a parent chaperone five years ago, she was hooked.

**Phoebe (10)** and **Jimmy (12)** attend Villa Academy, and Jennifer was able to join them on several additional trips to Northaven for a variety of activities, including singing to the residents. Jennifer found the community to be so warm, welcoming and helpful for the seniors that she wanted to volunteer.

"I love Northaven," says Jennifer. "The staff is so caring and connected to the residents."

"The kids and I have had so much fun getting to know residents and

getting to know their history," she adds.

In addition to being a mom of two energetic, growing children, Jennifer owns a children's store, loves art and views art as a really fun way to connect with people.

Jennifer and her kids visit Northaven about once a month. Jennifer often leads a craft session to give residents an opportunity to work with their hands and use their imaginations to create with colors and textures. Both Jimmy and Phoebe play instruments, so they also bring along their sheet music, play the piano and share songs with the residents.

“The kids and I have had so much fun getting to know residents, and getting to know their history.”

—Jennifer Parker

"In volunteering, we are just trying to share the value of community, especially with our elders who we can learn so much from and share with," Jennifer explains. "It's a shame how seniors get overlooked, and we can't have that."

## RESIDENTS GET NEW VAN

King County retires some of its vans every year and awards them to nonprofits. This past fall, thanks to the support of Rod Dembowski, King County Council Chair and our councilmember, Northaven received one of those vans to replace our Medical Transportation van, which was rear ended and totaled. In presenting the van, Councilmember Dembowski told residents he hoped we would use it to take them on fun trips as well as to doctor appointments.



Councilmember Rod Dembowski played Santa Claus last fall and brought Northaven residents the gift of a new van.



## STRONGER LEGS SUPPORT INCREASED MOBILITY

Katie Stortie's leg strengthening class is helping residents become more mobile—and stay more mobile. Katie noted the need for a leg strengthening program a year ago when she read various studies about how better leg strength strongly correlates with seniors being able to maintain their independence longer. The class is half seated and half standing. The 30-minute class is held twice a week. Currently 10 to 15 people attend regularly. One resident proudly stated, "Class participation has helped me stand up in the shower for the first time in years!"



Marta Petty, 100—and a 35-year resident!



Mary Wheeler, 95—and a 27-year resident!

## LONGEVITY PARTY

On February 19, "National Longevity Day," Northaven had a party celebrating residents who are over 90 years old or who had lived here more than 20 years. We have 57 residents who are 90 or more. Seven residents have lived at Northaven for 20 years. **Marta Petty takes the prize**—she is 100 years old and has lived at Northaven for 35 years! Everyone received a silver ribbon with the motto: "We can either be grey haired or silver haired to add sparkle to the grey."

# JOIN US FOR OUR ANNUAL MEETING

Northaven's annual report to you—our donors, family members and Northgate neighbors—about our mission and impact in the community.

**Thursday, May 23rd, 2019, 7:00–8:30 PM**

**Northaven, The Harbor Room**

**11045 8th Avenue NE, Seattle**

## GUEST SPEAKERS

**Kristin Ryan** is a partner in Barrientos RYAN. She is a multi-family and civic project developer focused on building inspired places that promote the growth of the city of Seattle. She was previously director of the Northwest Division of Jonathan Rose Companies. She specializes in implementing complex projects that serve communities with great places to live and work

**Greg Gorder** was an executive and co-founder of Intellectual Ventures for 18 years and a lawyer at Perkins Coie for 14 years.

**Val Gorder** is a community volunteer and advocate on behalf of economically disadvantaged populations throughout Seattle and a trustee of Seattle University.

Together, Val and Greg founded Gaard Development to partner with owners of property in Seattle's Chinatown-International District and with the broader Seattle community to develop more than 1,000 new units of affordable workforce housing, primarily using underutilized real estate assets, to help address the need for additional affordable housing.

Gaard Development is partnering with Northaven and Barrientos RYAN to build new workforce housing units on land purchased from Northaven (this will be a second building project at Northaven).



## 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."*



## BOARD OF TRUSTEES

Roger M. Edmark, President  
Theresa Peloso, Vice President  
Justin Meith, Treasurer  
Karen Themelis, Secretary  
Vikas Bhatia  
Kent Gregory  
Magda S. Hanna, MN, RN  
Eric E. Seeb  
Sarajane Siegfriedt  
Virginia Swale  
Colette Wilson  
Yiling J. Wong

## Board Fellows

Amy Gabriel  
Ginny Minjin Song

## NEWSLETTER PRODUCTION

**Bill Dorn**, editor  
**Alice Hanson**, writer  
**Kimberley Lambert**, layout and design

## VISIT US ONLINE

### Website:

[northavenseniorkiving.org](http://northavenseniorkiving.org)

### Blog:

[northavenseniorkiving.wordpress.com](http://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

