

LIFE *at* NORTHAVEN

SENIOR HOUSING *with a heart* SPRING 2022

NORTHAVEN WEST OPEN AND ACCEPTING NEW RESIDENTS

The third building on our campus opened in mid-March. Construction was completed a bit ahead of schedule and under budget. It has been a long process since the Northaven Board of Trustees first began to consider a new project. We are grateful to our partner, **HumanGood**, and to **VIA Architecture**, **Beacon Development** and **Walsh Construction** who designed, managed and constructed our new 82-unit independent living community. There is a lot of excitement as new residents have begun to move in. We are excited to begin our **50th anniversary year** opening new affordable housing, expanding the vision our founders began and stewarding the resources of our generous donors over the years.



WELCOME TO NORTHAVEN!



"The entire NRC Leadership Team is enthusiastically looking for ways to make sure the residents from Northaven West feel fully integrated into our community," reports **Annie Christensen**, Acting President of the Northaven Resident Council (NRC). They have been making welcome cards signed by the NRC Leadership Team for each new resident. Current residents will invite new Northaven West residents to join them in the dining room for a welcome-to-Northaven meal. They have created a brochure describing the NRC to place in the resident welcome package, and they are discussing structural change to make sure there is representation from Northaven West on the Leadership Team.



CONTRACTORS BUY TRACTOR FOR NORTHAVEN

Due to the tight space created by our new building, a tractor is needed to pull trash bins to the point where garbage trucks can pick them up. The tractor will also haul supplies from the point where delivery trucks need to unload to the kitchen area located at the south end of the building.

Walsh Construction, the general contractor for Northaven West, and sub-contractors **Sunrise Plumbing, PSA, Albrecht Birkenbuel, Inc** and **RDF Builders** joined together to purchase it for us.

The project superintendents, **Nick Silbaugh** and **Matt Elliot**, even got a friend to paint hot rod flames over the back wheels!



Matt Elliot, Susan Hori and Nick Silbaugh of Walsh Construction present the tractor to Matthew Flickinger of Beacon Development, Northaven Executive Director Darlene Storti, and Northaven Director of Maintenance Sam Pendergrass.

STATE SENATOR DAVID FROCKT RECEIVES THE ROBERT & JOYCE MAYS AWARD

Board President **Theresa Peloso** presented the Robert and Joyce Mays Award to Senator David Frockt saying, "Senator Frockt, you have been a constant and faithful supporter of Northaven and a passionate advocate for the low-income seniors who live in our community. You have advocated for funding across numerous legislative sessions. The Department of Commerce Grant you secured in 2019 for \$1 million allowed all the other funding pieces to fall into place so we could build the new affordable senior building we now see rising on our campus.

We are all deeply indebted to you, and the Board of Trustees is pleased to present you the Robert and Joyce Mays Award for 2021."

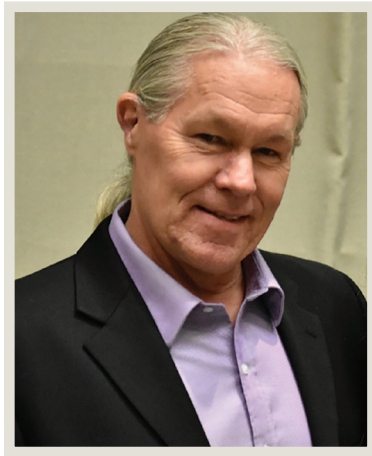
Named after Bob Mays, a former pastor of Olympic View Community Church of the Brethren, and his wife Joyce, the award is generally presented during our annual gala event. However, since the 2021 gala was canceled due to Covid-19, Senator Frockt was

presented the award during a meeting at Northaven. Pastor Bob Mays had the vision and became the force behind the founding of Northaven 50 years ago.



Board of Trustees President Theresa Peloso, Senator David Frockt and Development Director Bill Dorn

NORTHAVEN RESIDENTS RESPOND TO 21ST CENTURY PROBLEMS AND OPPORTUNITIES



Michael Ragsdale



Valerie Hill and her Second Life avatar

The world impacts our residents, and they respond with resilience and creativity. Two of our residents have recently been featured in articles in the Seattle Times.

MICHAEL RAGSDALE

Like so many of us Northaven residents, Michael Ragsdale has been deeply disturbed by Russia's war on Ukraine. He wondered what to do. He refused to feel powerless and his answer was picked up by **The Seattle Times**:

Kroger, which owns QFC and Fred Meyer, said it had taken Russian-produced vodka off the shelves last weekend, according to spokesperson Tiffany Sanders. That was welcome news to Seattle Northaven resident Michael Ragsdale, a retired videographer who spent a day ringing up local grocery stores and asking them to stop carrying Russian-made vodka and other products. As a consumer thousands of miles from the war, "I said to myself, what can I do?" Ragsdale said. "Maybe I can call some stores and get them to drop the vodka." Michael doubts, however, his phone calling is what made them pull the vodka. But just maybe it was a part of a movement that created a response.

VALERIE HILL

Valerie Hill is a librarian to her bones. In addition to managing our Northaven Library she directs the **Community Virtual Library** and her work in this very 21st century project was also highlighted in **The Seattle Times**, in a recent article about the "metaverse." The reporter's research led her to Valerie, who uses virtual worlds for educational purposes. She is the author of a recent book, **Metamodernism and Changing Literacy**.

Second Life is an immersive online platform that somewhat replicates the physical world. Users customize avatars that interact with others in spaces designed for all kinds of activities, from lectures to campfire singalongs. Valerie Hill's Second Life avatar has long blond hair, as she does in real life. Unlike in real life, a stack of books balances atop her head. Hill directs the Community Virtual Library, open to anyone on Second Life. The library looks like a Spanish-style building on a beach. (There seem to be many beaches in Second Life, because why not?) People visit to find resources but also to hear speakers or take classes. While you can do the same things in a physical-world library, the virtual version has its perks. "Sometimes when we're doing book discussions, we can go into a hologram of the book together," Hill says.

ANNUAL MEETING

NORTHAVEN'S ANNUAL MEETING

"Reporting to the Community"

May 26, 2022, 7 PM

Harbor Room (in person once again)



Featured speaker **Nancy Henkin**, Senior Fellow at Generations United and the founder and former executive director of the Intergenerational Center at Temple University, will join us via video stream to discuss "Building Intentional Intergenerational Communities." Additionally, our long-serving past board members, **Keith Russell** and **Roger Edmark**, will highlight stories from Northaven's founding fathers and early years of Northaven Retirement, as we commemorate our 50-year anniversary in 2022.



SUPPORT NORTHAVEN WITH YOUR REQUIRED MINIMUM DISTRIBUTION

Often people are required to take their Required Minimum Distributions (RMD), but they do not need the funds. You can use those funds support affordable and low-income housing.

- When you are 70 ½, you are required to draw a portion of your IRA funds every year.
- You can direct all are part of it to Northaven and, **if it comes directly from your IRA to Northaven, you don't pay taxes on that amount.**
- As always, consult with your financial advisor.



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