

# LIFE *at* NORTHAVEN

SENIOR HOUSING *with a heart* SPRING 2020



## CORONAVIRUS CHANGES LIFE AT NORTHAVEN

Like everywhere else, life at Northaven has been greatly altered this spring by the coronavirus. As of this writing we, thankfully, have no known cases of Covid19 on our campus.

Residents have been asked to not make any unnecessary trips, and all visitors, except medically necessary personnel, have been asked to stay away. Activities that bring residents together have been canceled. Even our dining rooms have been closed, and residents now have their meals delivered to their apartments.

Leadership staff members have been meeting twice a day to review the latest updates from the State

Health Department, the CDC, the City of Seattle and King County, as well as other trusted sources, in order to stay on top of the latest protocol recommendations, and they have pivoted quickly to make adjustments as new facts and recommendations come in. All staff members now have their temperature taken as they arrive for work. As always, our staff has been tremendous, taking on extra duties, covering for each other, doing everything they can to keep residents safe and healthy.

All of this is taking a toll on our residents. The social isolation is particularly difficult. By the time people

move into Northaven, they have let go of many of their possessions; they move into a space that is often much smaller than they have been used to; their mobility is decreased; and many of their family members and friends have died. Northaven becomes their community... their family. So life confined mostly to their apartments becomes boring, especially as the days and now weeks drag on.

Family members and friends have been encouraged to make extra phone calls and send cards and notes. They can bring gifts and treats and are met at the front door by staff who can take the gifts to the resident.

## SIMPLE MOMENTS OF GRACE

- Northaven supporters Courtney and Andrew Storti sent teriyaki food for the whole staff one day. Then members of our Board of Trustees sent sandwiches from Jimmy Johns. Such thoughtfulness makes our staff feel supported.
- Northaven supporters Cheryl and Eric Emmer donated a Nespresso maker and got Nespresso to donate another so our residents and staff can enjoy a Nespresso... one person at a time, of course.
- Our staff has been devising ways to make life feel less isolated and constrained for our residents. They had a "warm cookie day," bringing warm cookies to every resident. Another day every resident was visited with a doughnut. Our staff takes orders and grocery shops for our residents so they can remain safe at home.

“ I know it's not easy to design new systems and strategies to conform with specialized health policies and fluid regulations. And it's not always easy for us to accept changes in our routines and expectations. But the kindness and caring you show in your work sustain us when times get rough. Thank you!

—Beryl Cheal ”

“ Leadership and staff are making wise decisions for our health and safety, which started with diligent disinfecting of just about everything(!) and ended, as the virus spread in our area, with closing the dining room and Olympic View Activity Room. Yes, this feels like a loss. But I feel like I (and we) are in good hands!

—Monica Wood ”

## THIS NEWSLETTER ALWAYS COMES WITH A DONATION ENVELOPE

Today we are making an extra appeal. This event means extra staff time and more equipment, even extra cleaning supplies. And the legislature just ended its session without an increase in basic Medicaid payments for the third year in a row. Wages and other costs have increased dramatically during those years.

I know this is a frightening time for many of you also. And many of you may be worrying about your job. But if you are in a place to make an extra gift to support our residents during this time, we are deeply grateful.



Also, we need supplies since our regular suppliers are out of stock. N-95 masks would be the best, but at this point, we would gratefully receive any type of disposable masks you may have access to. Perhaps your dentist would be willing to donate at this time?

We also need hand sanitizer if you or anyone you know have access to any.

These donations may be dropped off outside of the front door of Northaven Assisted Living at 531 NE 112th Street.

Please call 206-362-8077 before you come so we will know to expect you.

Thank you in advance for your generosity.



Darlene Storti  
Executive Director

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No one can deny the stress of this public health crisis on our vulnerable enclave here at Northaven, but when you are part of an already well-functioning support team, it makes adjusting to the challenges, new tasks, and constantly changing procedures manageable.

We are finding the residents appreciative and more adaptable than even they expected.

We will weather this storm and come out more connected than ever. It takes a village!

—Darlene Storti,  
Executive Director

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## NORTHAVEN RESIDENTS HELP DESIGN NEW TECHNOLOGIES



I relished working in our small group creating ideas together. Our perspectives due to age were noticeable.

—Annie

**Dawn Sakaguchi-Tang**, a doctoral student at the University of Washington's Human Centered Design and Engineering department, engaged Northaven residents for her thesis research on "understanding how designers and older adults can partner to design new technologies."

Six residents from Northaven—Annie, Katherine, Judy, Judith, Jacque and Jaqi—collaborated with student designers from the University of Washington to design new health and well-being technologies for older adults. Over the course of six weeks, they worked in small teams engaging in activities typically done in the tech industry to design and evaluate technologies such as "creating the persona of a user" and "brainstorming design solutions," then turning those solutions into a prototype using craft materials.

The students and residents had intergenerational conversations sharing rich insights and perspectives on health and well-being.

"Residents contributed creative and innovative ideas to address health and well-being issues. This experience left a lasting impression on the student designers," said Sakaguchi-Tang. "We are so thankful to Northaven to have had this opportunity to collaborate with such talented people."



## WINDERMERE WEDGWOOD CHRISTMAS AT NORTHAVEN

Residents at Northaven Assisted Living got a very special surprise for the holidays. A realtor at Windermere’s Wedgwood branch reached out to our social worker, Susan Cramer. The Windermere Wedgwood team was organizing a “Giving Tree” and wanted to embrace seniors in the community. The 40 residents at Assisted Living were the perfect sized group for their tree.

A thoughtful list, specific to each resident, was handed off to Windermere, and the magic began. Windermere employees, agents and clients donated generously, and then some! Days before Christmas, four amazing women from Windermere (Alexandra, Michelle, Ann and Tanya), hand-delivered a sled-full of gifts. For our low-income senior population, the gifts were a delightful surprise, and for some, filled a great need.

Northaven Assisted Living is so thankful for the generosity shown by Windermere Wedgwood; we look forward to a wonderful relationship for years to come.



*“At first I was bored to tears, but as we progressed through the sessions I became engaged. I was very impressed by one of the students, Esther, who directed our group. Our student group leader was engaging and full of good ideas. By the time we came to the last two sessions, our group had come with not one, but three different workable projects.”*

–Katherine





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206-365-3020

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

HEARTS OF NORTHAVEN  
2020  
*Gala*

**Mark your calendars for our  
Hearts for Northaven Gala!**

Friday, October 2, 2020  
Shoreline Community College



**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."*