

OUR PROGRAMS

Resident-Sponsored

Activities

Volunteer Resident Council
Library
Handcrafters
Recycling/Composting
Vespers
Gift Shop, The Little Store
Sunshine Committee
Food Bank
Parties, Fundraisers, Talent Show
Bridge, Scrabble, Bingo, Dominoes

Northaven-Sponsored

Activities

Brain Fitness, Visiting Musicians
Current Events, Visiting Speakers
Book Clubs
Garden Club
Support Groups: Diabetes, Low-Vision
Excursions
Exercise Programs
Fall Prevention Programs
Computer Lab
Walking Trips
Wellness Clinic



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WELLNESS AT NORTHAVEN



AchieveWellness.Co

OUR MISSION

The Wellness Team at Northaven strives to promote successful aging via collaboration, education and relevant programming. Staff and residents work together to make the Northaven community the special place that it is. It is this cooperation among those who live here, and the support from those who work here, that creates a process whereby residents can be actively engaged in our ever-evolving community. Our goal is to integrate the *Nine Dimensions of Wellness* into the programs and services we provide: *Physical, Intellectual, Social, Emotional, Spiritual, Financial, Mental, Occupational and Environmental.*

OUR TEAM

Fitness Coordinators

Katie Storti has been teaching fitness classes geared toward seniors at Northaven for 4 years. She currently teaches Core, Strength and Flex, Yoga and Stretch classes. She is a Certified Personal Trainer through American Council on Exercise. Marilyn Parda-Lowry partners with Katie and has added a Ballet Movement class taking advantage of her passions and experience. Classes are offered Mon-Fri in the mornings. Walk excursions, volleyball tournaments and swimming are also offered.



Life Enrichment Coordinator

Ginger Blake, Life Enrichment Coordinator, has been putting energy into this program for over three years. The purpose of the Life Enrichment Program is to promote community and wellness by planning and facilitating activities that create an opportunity for meaningful social interaction and mental stimulation. Events seek to engage residents on all levels, at home and away, and range from casino trips to art classes, drumming to dancing, barrel gardening to brain fitness, Aquarium to Zoo, recycling to disaster preparedness, Current Events to past occupations, all in the context of our shared human experiences and our shared public spaces. Residents are very involved at Northaven and enrich the community by their active presence.



Resident Service Coordinators

Susan Cramer, BSW, and Janet Salsbury, MSW, help residents navigate benefits, refer residents and family members to appropriate community resources and provide general education and support. Susan leads a monthly book group, organizes lunch, shopping and movie outings, recruits speakers and coordinates the annual Wellness Fair. Janet facilitates a monthly low-vision support group, garden group and diabetes support group and also organizes excursions and speakers.



Wellness Clinic

Mary Quarterman, BSN, RN and Keith Germain, RN, are available in the Northaven Wellness Clinic for 3 sessions per week. Residents can sign up for an appointment or request a visit to their apartment if needed. The nursing clinic offers blood pressure screening, blood glucose screening, medication management resources and general information and resources related to health and wellness management.

Visiting Health Practitioners

Acupuncturist-weekly

Foot and Nail Care Nurse-weekly

Optometrist-monthly

Audiologist-monthly

Dental Van-quarterly

“The part can never be well unless the whole is well.” Plato