

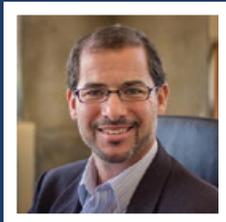
# LIFE *at* NORTHAVEN

SENIOR HOUSING *with a heart* SPRING 2017

## JOIN US FOR OUR ANNUAL MEETING

Thursday, May 25, 2017, 7–8:30 PM

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



### Guest Speaker

Brian Lloyd, Vice President,  
Beacon Development Group

*“Progress of Northaven’s Expansion  
& State of Low-Income  
Housing in Seattle”*

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

## GIVE AND GET MATCHED-A-THON



### NORTHAVEN’S GIVE AND GET MATCHED-A-THON

April 26–27

Visit us online at:

[www.northavenseniorliving.org](http://www.northavenseniorliving.org)

Click on the *Donate* button

**The members of our Board of Trustees, Board of Directors and Staff will match your gift up to the first \$4,500 received on April 26 & 27 through our website.**

**NOTE:** Northaven is not participating in GiveBIG this year. The return has become very small, and the transaction fees very large. Our Trustees, Directors and Staff have stepped up to make a 100 percent match of the first \$4,500.

## STAFF PROFILE

## MEET ALLISON MIMS

### What is your position?

Housing (HUD) Occupancy Specialist

### How long have you worked at Northaven?

I was the office manager and receptionist at Northaven Assisted Living for one and a half years and then was promoted to my current position last September. I shadowed the retiring occupancy specialist, and Northaven sent me to housing training workshops.

### What is your home town?

Bothell

### Do you have a memorable event/ story from growing up?

Yes, my family and I have been going

to Lake Chelan for our family vacations every summer since I was a baby. I remember one year, I think I was about 10, Chelan had a huge wild fire and they were evacuating locals and visitors. There were so many injured people that my mom, an RN, volunteered to help in the local hospital until the fires were contained. This is an important memory for me because it taught me the value of helping others in need.

### What motivates you to come to work every day?

Definitely all the connections I have made with residents and staff. I have never felt so much support in a career before, and it’s so refreshing. Northaven is a very special place.



### Do you have a memorable story about a resident? Your interaction with that resident?

I was a little nervous starting a new job since I had been at my previous one for nine years. When I first started, a resident took it upon herself to introduce me to everyone and helped me feel welcomed at Northaven. This made me realize I made the right decision.

## REFLECTION AT A RECENT BOARD OF TRUSTEES' MEETING

I have saved everything and my husband and I are preparing to move into a retirement community so I am forced to downsize. I am having a difficult time letting go. Months and years of procrastination are making for a really huge task. I feel I need to do it myself which hinders decisions and takes a huge amount of time.

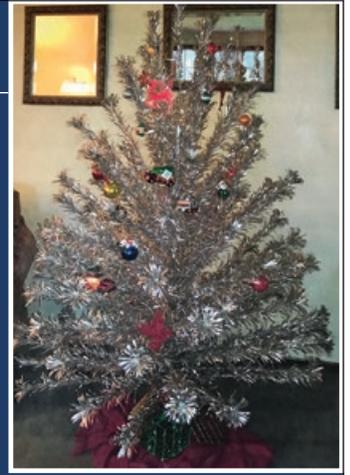
**I have come to realize what residents go through when they move into a small studio apartment at Northaven. It isn't just giving up things. It is a loss of memories. It requires learning to live with less. I never considered that until I found myself having to travel down that road.**

I have an aluminum Christmas tree from 1960. It was hard to let it go but, being a hoarder, I have several other trees. It had to go. I put it on Craig's List and got many offers. After talking with a lady in Gig Harbor I decided she was the right person for my tree. She became very emotional and I let it go. A few days later an email arrived with a picture of the tree decorated in the family's old ornaments and trimmed

beautifully. The best I had ever seen it. She confided in me she had lost her son over a year ago and couldn't decorate or celebrate holidays since. When she saw my tree she knew it was time to celebrate his life with a tree from the year he was born and begin to live again. It was the right time. I have framed the picture of her tree and keep it by me when I am sorting through things that must go. When I get stuck on parting with something I look at that picture and think of that woman. My old tree has given her new life.

I have come to learn in a very powerful way that it is relationships not things that matter.

—JoAnn Shoemaker, Director, Board of Trustees



## RESIDENT PROFILE

## MEET ED & GRETA MARKS

"All eyes aloft. Look far above your heads. On a towering structure of steel you will see the great..." The line still rolls off **Ed Mark's** tongue with the perfect inflection of the Happy Land Carnival circus announcer he once was. And jokes and stories follow as he always needed a joke for a customer for the years he worked as a salesman working for companies like Keebler.

Not to be outdone, **Greta**—daughter of Seattle musician Gretchen Smith—sang in her band. She also worked 21 years as a credit manager for the Bon Marché at Northgate, until she was replaced by computers.

Ed and Greta moved to Northaven four years ago. Greta had a heart attack just months after moving in, and she recalls how much help Rosa (from our housekeeping department) was during that time.

Greta has two children, and Ed has three from long previous marriages. One of Greta's daughters works for Dr. Sage, the dentist across the street, who donates a day a year to the Medical Teams International mobile dental van when it comes to Northaven.

They have been married 47 years and, with Greta's diabetes and macular degeneration and Ed's Parkinson's, "We take care of each other now," they chime in together. And they always have a ready smile.

Greta is a Seattle native, and Ed was born in Eldorado, Kansas and went to high school in Toledo, Ohio, where he was a cadet in the Nazareth Hall Military School Academy.

Greta, 89, says she "found a younger man the second time" in Ed, 84.

Ed cooks their breakfast every day. "I make the best waffles there are."



Greta cooks lunch, and both are proud of their culinary skills, having taken cooking classes early in their marriage. "It was always a great date night." They take their evening meal in the Northaven dining room with a group of people who have become good friends.

"Alex (our bus and medical van driver) takes us to all our doctor appointments. Rosa does our laundry. We have never seen such caring people, and it starts with Darlene, Northaven's executive director.

## KISMET

After studying English and art in college, **Kathleen Green** spent over 23 years at Microsoft as senior photo editor/creative lead, but she missed the energy and passion she once had. She quit her job over a year ago and started creating art again. "I now had the 'art piece,' but still needed the 'giving back' part.

Her father had spent his last two years living in an assisted living home.

Kathleen loved spending time with him and got to know the other residents. She was struck by how easy it was for her to engage with them. When **Mary Quarterman**—our director of assisted living and Kathleen's neighbor—learned all this, she invited her to visit Northaven.

"Kismet!" Kathleen says with characteristic enthusiasm. At once she knew this was where she could create art, help others create art and give back.

"There is a link between the brain and art, and wonderful things can happen when one is engaged and creating. Studies are showing art reduces stress and anxiety, improves the mood, and so helps residents with dementia," says Kathleen. "I'm excited to bring creating art to Northaven. With a little music, paint, clay, paper, and lively chatter, we may rock the house! I love seeing our residents sparkle as they work with their hands, share a laugh, share a memory, and tap their toes to the music."

Kathleen lives in Ballard with her husband and teenage daughter, their Schnoodle dog Murray, and aloof cat Sadie.



# HEARTS of NORTHAVEN GALA

## SAVE THIS DATE!

**8TH ANNUAL HEARTS OF NORTHAVEN GALA**  
**FRIDAY, SEPTEMBER 29, 6:30-10 PM**  
**Lake City Presbyterian Church Event**  
**Center, 3841 NE 123rd Street, Seattle**

Northaven has held a block of rooms at the new Northgate Hampton Inn & Suites for the night of the gala. The rate is \$169. The Northaven bus will pick you up at the Inn and bring you back after the gala.

You will be able to make the reservation when you register for the gala.



## RALLY FOR A GOOD CAUSE IN OLYMPIA

Northaven Trustee **Sarajane Siegfriedt** and Director of Philanthropy **Bill Dorn** attended an early February rally at the state Capitol, sponsored by the Washington Low Income Housing Alliance in support of funding for low-income housing.

## SUPPORT NORTHAVEN WHEN YOU SHOP

### FRED MEYER COMMUNITY REWARDS!

# FredMeyer®

**You need to re-link your Fred Meyer Rewards Card to Northaven.**

Go to [www.fredmeyer.com](http://www.fredmeyer.com); click on REWARDS, then COMMUNITY REWARDS and re-link your card to **Northaven Foundation #93884**. Every time you use your Fred Meyer Rewards Card, Northaven will receive a small percentage of your purchase. *It doesn't add to your bill, and it doesn't take away from your personal rewards.*

### AMAZON SMILE



When you order from Amazon through the **Amazon Smile** program, ½% of your eligible purchase will be donated to Northaven. Search for and select either **Northaven Development** (Northaven Assisted Living) or **Northaven, Inc.** (Northaven Independent Living).

### BARTELL DRUG

## BARTELL DRUGS®

Go to [www.bartelldrugs.com](http://www.bartelldrugs.com); click on COMMUNITY and the **B Caring Program**, and register your B Card to **Northaven Foundation #500042899**. You can ask any Bartell employee associate for a card, and they can help you register your card in the store. Bring the above number with you. A percentage of eligible purchases will go to Northaven Foundation. You can also register your card to earn dollars for Northaven when you dine at select Seattle area restaurants.

### HELP WITH AN ITUNES GIFT CARD



Northaven Assisted Living has begun **Music and Memory**. Residents have a personalized iPod Shuffle and listen to a personalized play list they create with staff help. Residents who are withdrawn, depressed or anxious are transformed by the music. **You can help by sending an iTunes gift card to the Foundation.**

### 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."*

SENIOR LIVING WITH A HEART  
**NORTHAVEN**

### BOARD OF TRUSTEES

Roger M Edmark, President  
Theresa Peloso, Vice-President  
Eric E Seeb, Treasurer  
Karen Themelis, Secretary  
Kent Gregory  
Magda S Hanna  
Jeanne H Hayden  
JoAnn Shoemaker  
Sarajane Siegfried  
Colette Wilson

### Board Interns

Mary Dennis  
Justin Meith

### BOARD OF DIRECTORS

Jana Helmuth, Chair  
Luke Hillier, Treasurer  
Sarah Fisher  
Jerrod Vinson  
Darlene Storti

### NEWSLETTER PRODUCTION

**Bill Dorn**, editor  
**Kimberley Lambert**, layout and design  
**Pam Abas**, mail crew coordinator and proofreader  
**Northaven Residents**, mail crew

### VISIT US ONLINE

#### Website:

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

#### Blog:

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

 Find us on Facebook

### WE'RE UPDATING OUR MAIL LIST.

We understand that people move on! If we have not heard from you in the past three years, your name will be removed from our mail list. If you haven't been in contact with us but you do wish to continue receiving mailings, please email [bdorn@northavenseniorkiving.org](mailto:bdorn@northavenseniorkiving.org).