Foss Home and Village Spring 2019

Rhododendron planted when Foss moved to current location.

Foss – Then and Now

There is an old saying, "The More Things Change, The More They Remain the Same".
This statement was never truer than when reflecting on Foss' history. Since 1929 much has changed, such as the physical location and certain systems and techniques. But for all the changes, many things have remained consistent, like the caring staff, compassionate partnerships and the commitment to offer seniors a place to call home.
The most obvious change over the past 90 years was the 1957 move from the original L.C. Foss Sunset Home to the current Foss Home and Village location. The current Foss location has changed over the years too, with the 1970s expansion and the addition of the assisted living Village. During the building evolutions, there were other changes as well, for example in physical and occupational therapy, and technology that brought more accuracy and efficiency to Foss.

All these expansions, additions and changes were made to continue providing comprehensive, compassionate care.

Some key changes over the years:

Then: A matron oversaw life at L. C. Foss Sunset Home with 16 staff members.
Now: Foss has a caring leadership team and over 300 employees.

Then: Primary partnerships were with local church congregations.
Now: Partnerships have expanded to include other senior care providers, educational organizations and local businesses.

Then: Physical therapy concentrated on big muscle strength.
Now: Emphasis is on balance, muscle equality and function.

Then: Occupational therapy focused on crafts; woodworking, finger painting and basket weaving.
Now: Self Care; Activities of Daily Living, homemaking, cooking, cognitive function.

Then: Processes including administrative tasks, resident documentation and activities were completely person driven, as technology didn't exist.
Now: Most processes are technology driven, such as all administrative tasks, electronic charting to document resident records and an activity computer program called It's Never2Late which helps older adults understand today's technology.

Through all the changes, it is still about the people.

Then: (1929) Three people were born.
Now: They live at Foss.

Then: (1961) 61 residents called Foss home.
Now: Approximately 180 residents call Foss home.

Then: (1970s) Richard Holt was a Board Member.
Now: He is a Foss resident.

1970 Addition Cornerstone

1996 assisted living Village addition

When Foss turns 100, then 125, it will be exciting to see how "The More Things Change, The More They Remain the Same" will still hold true. The legacy and purpose of L. C. Foss and Foss Home and Village will always be caring for seniors and Transforming Lives with Dignity and Grace.

Letter From Rick

Rick Henry, President & CEO

This is a very exciting time in the history of Foss Home and Village. Our 90th year brings with it an opportunity to celebrate and honor not only what has come before, but what is still to come. It is this amazing legacy and longevity that allows us to ask with pride:

- Did you know that Foss's longest serving staff member has been here 40 years?
- Did you know that Foss has had the privilege to serve multiple generations of the same family?
- Did you know that Foss has volunteers who have been engaged with us for 28 years?
- Did you know that Foss has had volunteers who have become board members, then donors and then residents?

As part of our year-long legacy celebration, on October 12, 2019, we are hosting a dinner gala to honor and recognize Foss staff, volunteers, families and donors. This milestone event will be a great opportunity to catch up with the wonderful people, both present and past who have become part of the vast network known as the Foss Family. (See page 5 for more details.)

Also, in observance of our legacy, Foss is offering the opportunity to purchase engraved bricks to honor or memorialize a loved one. These bricks will form the cornerstone of a Healing Garden, a place designed for residents, families and staff to relax and reflect. What a special way to leave a legacy, honor a loved one or recognize a memorable event such as a birth, anniversary or notable accomplishment.

More information on page 5 and at
http://www.fosscare.org/engraved-brick-project/

Sample Engraved Legacy Brick

Whether it be for past service, present engagement or building the vision for our future, it is with deepest appreciation that I like to thank you all.

Rick Henry
President & CEO

Leave a Legacy

Remember when you make a gift to Foss, you give through Foss to our residents. We all thank you.

www.fosscare.org

Quality care and services, business referrals and employment opportunities are not a condition of donations received.

Board of Directors

Chairperson
Julie Yari

Vice Chair
Jeff West

Treasurer
Pat Updegraff

Secretary
Larraine King

Members
Marta Acedo
Kris Chick
Lynne Dasher
John Gienapp
Bev Roach
Judy Wildes

Ex-Officio President
Rick Henry

Outreach Board

Chairperson
Judith Wildes

Members
Kelda Fairleigh
Don Gibbons
Larraine King
Joanne Lynn
Dottie Nelson
Shelly Parks
Melissa Preston
Bev Roach
Lisa Satin
Terri Wilson

Heartfelt Gratitude to Donors

Gifts given from 2/15/19-5/25/19

Gifts can be made payable to:
Foss Home and Village

Aegis of Shoreline
Kathy and Greg Bates
Paula and Gerald Cabunoc
William Engler
Evergreen Washelli
Food Services of America
Christie Francis McClure
Donald and Hadley Gibbons
Heritage Bank
Mary Hinderliter and Eric Zoeckler
Sylvia and John Hustad
Kline Galland Home
Andrew King
Ann Lockhart
Signe and Ralph Lyshol
Lane Powell PC
Medical Technologies International
Robyn Middleton and Ray Gooch
Dottie Nelson
William Ogden
Optum
Ottersen Pharmaceutical Services
Janice and Mark Quam
Propel Insurance
Gregory Schulte
Judy and Dan Selmann
Stan Shepherd and Kathryn Anderson
Town & Country Markets, Inc
Unity Electric
Diane Weston and Wayne Kemmish

IN MEMORY OF...

Rose Benton
Anonymous
Al Chase
Sharon Buck
Edmond Cussac
Marcia and Del Fisher
James Eastwood
James and Becky Eastwood
Marillyn Johnson
Roy Johnson
Tillie Lambrecht
Deborah and Bill Lawton
Kari Olson and Steven Wilkinson
Ruth E Nelson
Charlotte Nelson
Georgina Picardo
Carol Vangelos
Charlene Taylor
Dick and Irene Vitulli
John N. Terrey
Elizabeth and John Terrey

IN HONOR OF...

Tony Soder
Gayle and Stephen Amorosi

A few changes over the past 90 years:

Price of a loaf of bread: **Then; .10 Now; 2.20**

A gallon of gas: **Then; .29 Now; 3.60**

House: **Then; $5,000 Now: $720,000**

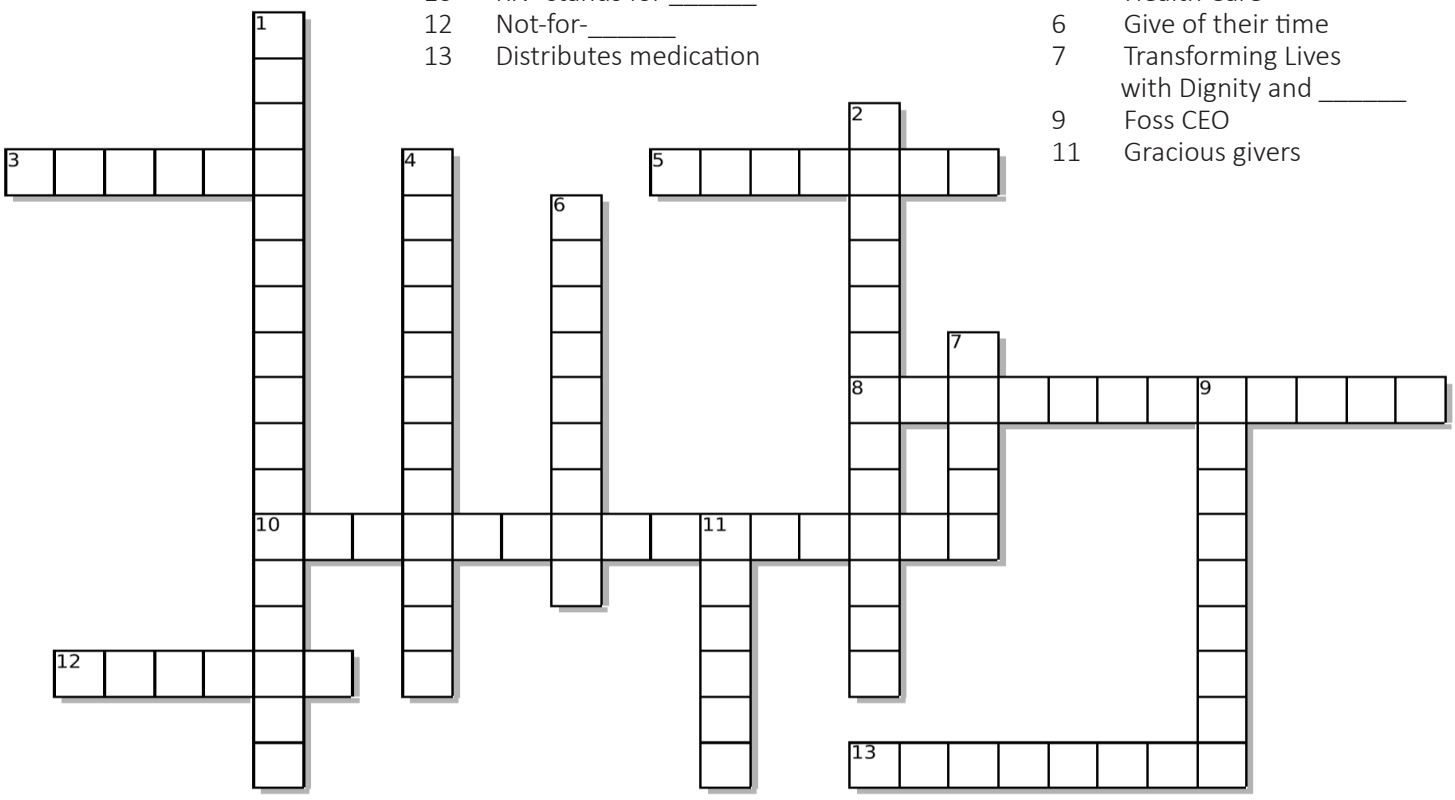
Population of Seattle: **Then; 366,000 Now: 3.87 million**

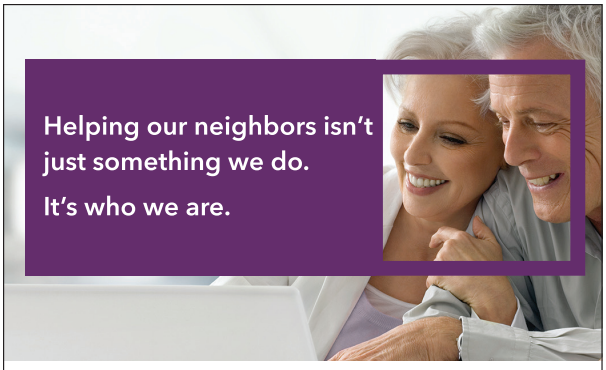
ACROSS

3 Founder of Foss
5 Foss Assisted Living
8 Event in March
10 RN- stands for _____
12 Not-for-_____
13 Distributes medication

DOWN

1 Works in Foss gym
2 Foss summer festival
4 Place to receive Oral Health Care
6 Give of their time
7 Transforming Lives with Dignity and _____
9 Foss CEO
11 Gracious givers





Heritage Bank believes in the possibilities for each and every person–and the power of community to improve the lives of those around us.

Stop in today or visit us online to see how we can assist you.

Heritage
BANK

More than a community bank.
A community of banks.

Downtown Seattle | 1420 5th Avenue Suite 3600 | 206.282.4000

HeritageBankNW.com | 800.455.6126 | Member FDIC

To love someone
…is to learn their song and sing it to them when they have forgotten.

The COTTAGES at Marysville
A Unique Memory Care Community
1216 Grove St., Marysville
(360) 436-6028
www.cottagesatmarysville.com

The COTTAGES at Mill Creek
A Unique Memory Care Community
13200-10th Dr. SE, Mill Creek
(425) 341-4356
www.thecottagesassistedliving.com

With a Little Help, Inc
Home Care with Heart
(206) 352-7399
Stay Independent With a Little Help!

- Shopping & Meal Prep
- Light Housekeeping
- Bathing, Dressing & Personal Care
- Errands & Transportation
- Dementia & Parkinson's Care
- Medication Reminders
- Hourly, overnight & 24 hr
- Respite Care
- Resources for Support
- Free Consultation

Locally Owned & Operated Since 1999!

KLINE GALLAND
COMMUNITY
BASED SERVICES

CONSONUS
HEALTHCARE

Kelley Imaging
Propel Insurance
Lane Powell
Food Services of America

evergreen
WASHELLI
SEATTLE BRIER BOTHELL
11111 Aurora Ave. N., Seattle, WA 98133 - (206) 362-5200
washelli.com

OPTUM Care™

ASSISTED LIVING & MEMORY CARE
Aegis Living

UNITY ELECTRIC
CONTRACTORS & ENGINEERS

Now Hiring Electricians
All Levels

www.unityelectric.com

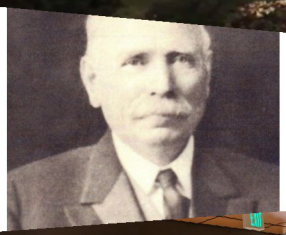
Fresh Markets for People Who Love Food

TOWN & COUNTRY MARKETS
Bainbridge Island
Lakemont
Ballard

CENTRAL MARKET
Mill Creek
Shoreline
Poulsbo

L. C. Foss Sunset Home

Legacy Event 10/12/19



This event will honor and recognize staff, volunteers, families, donors and community partners that are part of the Foss Legacy. There will be displays from Foss past and present, a buffet dinner and an inspirational speaker.

Saturday, October 12, 2019 5pm-7-pm ~~ Nile Country Club/Mountlake Terrace

Speaker: Erik Lindbergh (Charles Lindbergh's grandson) Will talk about Legacy

Invitations will be sent. Contact Kim Hardwick if you have questions.

Healing Garden Engraved Brick Project

Foss is designing a Healing Garden for residents, families and staff to enjoy and find some quiet serenity. Part of the Garden will be an installation of engraved bricks. A brick is a special way to honor a loved one, recognize a special event and leave a legacy. You can recognize a loved one that has passed, a wedding anniversary or a special person's accomplishments.

<u>There are 2 sizes available</u>:

8 x 4 which allows 3 lines/20 characters per line for $90.00

8 x 8 which allows 6 lines/20 characters per line for $180.00

Leave a legacy for yourself, family member or words of wisdom for those that visit Foss in the future. Pick up an order form at the Foss front desk or order on line.

If you have any questions, contact Kim Hardwick 206-834-2581 or khardwick@fosscare.org.

<u>https://www.brickmarkers.com/donors/foss/</u>

Transforming Lives with Dignity and Grace

Foss Home and Village
Living With Dignity

13023 Greenwood Ave. N.
Seattle, WA 98133-7397
206-364-1300

Nonprofit Org
US Postage
PAID
Seattle, WA
Permit #6806

Like us on Facebook
Facebook.com/FossHomeAndVillage

Visit our website and explore what Foss has to offer :
www.fosscare.org

Crossword Puzzle Answers

ACROSS		DOWN	
3	LC Foss	1	Physical Therapist
5	Village	2	Farmers Market
8	Spring Brunch	4	Dental Clinic
10	Registered Nurse	6	Volunteer
12	Profit	7	Grace
13	Pharmacy	9	Rick Henry
		11	Donors

Growing Gracefully is a publication of Foss Home and Village, a not-for-profit organization which promotes living with dignity for older adults. For information about our services please call (206) 364-1300 or see our website at www.fosscare.org. Questions, comments and suggestions for this newsletter can be directed to Foss Outreach at khardwick@fosscare.org or (206) 834-2581.

2nd annual

Foss' mini-golf tournament

Recruit a foursome, reserve your group and practice your putting skills!

Thursday, July 11th 6pm-8pm

Interbay Golf Center

2501 15th Ave. W/Seattle 98119

$30 per person/$120 per foursome.

Pre-registration is required

Kim Hardwick: 206-834-2581 or khardwick@fosscare.org