



growing gracefully

Foss Home and Village

Winter 2020

Washington State Medicaid Funding

In 2019, we had the privilege of celebrating 90 years of service to older adults and in turn enhancing thousands of lives. Everyone that engages with Foss becomes part of our Foss Family. This includes residents, their friends and families, our amazing staff, volunteers and our community partners. Family is about being there for each other to celebrate happy times, like our 90th anniversary, and to band together in times of hardship

We need our Foss Family to come together and speak out on behalf of long term senior care in Washington State.

Since 2017, 20 Washington nursing homes have closed which represents 10% of the nursing homes in our state. Nearly 70% of the residents in skilled nursing facilities rely on the State Medicaid program, yet rates are inadequate and forcing facilities to close.

In general, Washington pays \$216 per-patient per-day in Medicaid reimbursements to skilled nursing facilities. By contrast, Oregon pays \$326 per-patient per-day and Idaho pays \$266.

Washington currently has one of the highest Medicaid shortfalls in the country.

When a nursing home closes, residents with complex health issues and limited financial resources have very few options. Many times they are forced to relocate out of their area which impacts a family's ability to provide much needed support. A relocation at this most vulnerable time in a person's life can be devastating.

We must make additional funding for long term care seniors a priority. There are measures before the Washington State Legislature in this session to address this crisis. LeadingAge Washington, our not-for-profit state association and advocacy group, is speaking out and meeting with our state leaders.

What you can do

- Connect with the Washington Health Action Network at <https://www.wahealthactionnetwork.com>
- Like and follow the Washington Health Action Network Facebook page
- Contact your State Representative and tell them to resolve this crisis
- **Speak out and tell others to lend their voices to this important effort**

Our seniors paid their way, and built our schools, roads, libraries and communities. It's time for us to ask the Legislature to step up and support our seniors in their most vulnerable times.

Even with limited resources and shrinking reimbursement rates, Foss continues to serve and enhance quality of life. Fulfilling our mission: Transforming Lives with Dignity and Grace remains our top priority. Thank you for your continued support and dedication to the Foss community.

By Rick Henry

Heartfelt Gratitude to Donors

Gifts given from 9/06/19-1/23/20

Gifts can be made payable to:
Foss Home and Village

Ray Akagi
Carol and Harold Alley
Mona and Robert Ayer
Norma Beerweiler
David Bobroff
Susan and Brian Burchfield
Suzie Burke
Gerald and Paula Cabunoc
Peter and Merrily Chick
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Town & Country Markets
Carol Vangelos
Patricia Warren
Diane Weston and Wayne
Kemish
JoAnne and Jerry Wiesner
Gary and Nancy Willis
Wooden Cross Lutheran Church

IN MEMORY OF...

Fred Anderson
Steve Anderson
Karen and Barry Solem
Frances M Bean
Russell Bean
Rose Benton
Anonymous
Ted Foster
John Shotwell
Marilyn Johnson
Kristy and Brian Anderson
Laurie and Ken Clary
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Kathy and Greg Bates
Agnes Snyder
Lois Snyder
Jean Strand
Jan Strand and Peter Hemmen
Texas Thompson
Donna and Ben Lipsky

IN HONOR OF...

W. Adkins
Coya Eubank-Kirby
Dorothy Burgess
Elizabeth Hull and Jeffrey
Ambers
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Coya Eubank-Kirby
S. Devaney
Coya Eubank-Kirby
Rick Henry
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Coya Eubank-Kirby
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Elizabeth Hull and Jeffrey
Ambers
M. Renvoize
Coya Eubank-Kirby
Tony Soder
Gayle and Stephen Amorosi

Thanks to you, Foss residents have a new bus, and the Foss Dental Clinic has expanded dental care



Last Fall, Foss purchased a new bus to replace the 23 year old one that was being used (when it wasn't in the shop). This bus comes with new safety features and a number of customized options. There are many new adventures in store for our residents. Thank you for your generosity and the Vinod Raj Paul Endowment Fund for their grant award.

With generous gifts from our Friends of Foss, and the purchase of more equipment and instruments, the Foss Dental Clinic is expanding care to more and more seniors.

We have also added more insurance providers.

Please visit the website for more details. <http://www.fosscares.org/the-foss-difference/dental-program/>

We would like to especially thank CarePartners and Heritage Bank for their support last year.

CarePartners

CarePartners is a locally owned and operated management company established in 1998. We proudly serve western Washington with 11 communities from Lacey to Marysville and our new Spokane Community. We are proud to offer our exclusive “Bonded Pairs Program”. By having specialized dementia communities to take care of those with dementia in all of its different forms, and care that provides help with daily activities, such as bathing, dressing and medication reminders, our Bonded Pairs Programs means not being separated from your spouse or significant other because of varying care needs. We focus on wellness and keeping residents as independent as possible by providing a tailored plan of assistance. Our residents enjoy beautifully appointed living spaces, delicious meals, engaging social activities, transportation, and personalized assistance and care.

Heritage Bank

Heritage Bank was founded in 1927 with the belief that when banks and neighbors work together, great communities grow stronger. Heritage has remained true to this vision—and close to our roots—offering financial solutions that put our customers and local businesses first. Perhaps that’s why our company has grown from a single location to a robust network of branches throughout the Pacific Northwest. Along the way, we’ve joined forces with Whidbey Island Bank and Central Valley Bank to further our goals of local service, community building and strength.

Today, 90 years later, Heritage stands for more than a community bank. We are a community of banks, working together to serve the unique needs of each and every customer.

(from Heritage’s website: <https://www.heritagebanknw.com/home/about/company-story>)

Thank you to our community partners



CONSONUS
HEALTHCARE



Heritage
BANK



KLINE GALLAND
COMMUNITY
BASED SERVICES



Lane Powell

Town & Country Markets

Upcoming Foss Events



Farmers Market

Saturday August 29th 10am-3pm

Foss is hosting its 11th annual Farmers Market, one of our most anticipated events of the year.

We have live music, tasty BBQ, fresh produce for sale and a variety of artisan vendors.

Healing Garden and Engraved Brick Unveiling – Fall of 2020



To acknowledge the 90 year legacy of Foss, we are creating a Healing Garden for residents, families and staff to enjoy. Part of the Garden will be an installation of engraved bricks, which many have ordered to memorialize a loved one or share words of wisdom.

More information to come



Christmas Ship Event

December, 2020

We will once again celebrate the holidays at the Edmonds Yacht club in December. There is going to be a really fun theme, fun activities, food and the fabulous Foss gift shop for last minute shopping.

More information to come

Changes with the Growing Gracefully newsletter

We are very grateful to all of our donors and supporters; those that give once a year and those that give monthly. We have decided (with the January 2021 newsletter) to honor our donors once a year, instead of in each issue of the Foss newsletter. This will give us the opportunity to use the first newsletter of each year to recognize and honor our previous years' donors and give a more in-depth recap of the impact of your gifts. Donors will be recognized, in an on-going basis, on Foss' Facebook page and our lobby board. Please know how much we appreciate your continued support.

In October, 2019 we came together with staff, volunteers, donors and other Friends of Foss to celebrate 90 years of the Foss legacy. Guests were treated to a motivating presentation by Erik Lindbergh, a delicious dinner and a room of historical displays. We would like to thank all those who came and to our event supporters: Dawnell Lamb and AIG retirement Services.



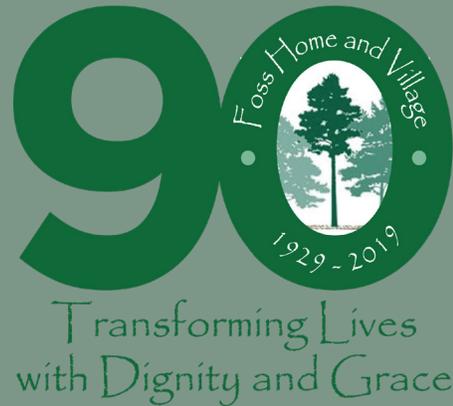
Please view the Foss Legacy Video on the Foss website.

Legacy thoughts from Foss staff

Laura, 30 years
Legacy means continuing something good that somebody started a long time ago.

Cary, 39 years
Working at Foss means family to me, it's a feeling of trust and togetherness and stability.

Tim, 33 years
Legacy means not only what you did, but how you made people feel. More important to me is how I make people feel.



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 Like us on Facebook

[Facebook.com/FossHomeAndVillage](https://www.facebook.com/FossHomeAndVillage)

Visit our website:
www.fosscare.org

Please visit our website and explore what Foss has to offer.

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.



Through a grant, Foss was a recipient of two Eldergrow indoor gardening programs. Eldergrow offers residents a therapeutic connection to nature through gardening activities. The Eldergrow Educators come to Foss and engage the residents in creative and meaningful gardening sessions.

The Eldergrow gardens are self-contained and mobile. The residents learn to care for the plants, cultivate them and engage with nature.

Last September, Foss residents had the pleasure of partnering with some students from Broadview-Thomson. Silver Kite, an organization that facilitates intergenerational activities, led the program. Over the course of three sessions, Payton, the Silver Kite program manager, led the residents and students in different activities. The first week the group made stained glass kites, then a vision board and the final week the resident/student partners made a gratitude banner. This project had paper hand prints with statements of gratitude. Thank you so much Broadview-Thomson and Silver Kite. This was a very meaningful and fun activity.

