

growing gracefully

Foss Home and Village

Fall 2020



Moving to Foss

In June, Crista (a nearby senior living campus) announced the closure of their rehab and nursing home. “It has been CRISTA’s experience that financing and operating a viable skilled nursing care center has become increasingly challenging for all providers”, said Glen Melin, CRISTA’s Vice President for Senior Living, in the June 17th statement on their website.

Mr. Melin stated, “Our immediate efforts are focused on supporting our nursing home residents, their families and the staff members impacted by the closure.”



Moving under the best of conditions is stressful, so Foss worked with Crista to arrange the move of many of their nursing home residents.

One of those residents, Katrina, had lived at Crista for two years. She grew up in the north end, went to Ingraham High School and raised her family in Edmonds. Being able to stay in the area, where her family is, was very important to her.

After getting the news about the Crista closure, she faced a decision of where to move. Her sister-in-law, who works at Crista, was quick to suggest Foss. Katrina knew of Foss, once visiting a friend in rehab and with having a relative at the Village, so she chose Foss. Her decision allowed her to stay in the north end where she grew up.

Katrina discovered that not only did many of the Crista residents move to Foss, some Crista staff members are now part of the Foss family too. It was a comfort to her knowing caregivers from her former home are still part of her life. Katrina is very positive about the events of the last couple of months. She said, ‘I’m comfortable, and the staff makes me feel like this is home.’ Welcome home Katrina!

Crista became one of the twenty-five skilled nursing communities that have closed since 2017. The reimbursement payments and increasing regulations make a challenging environment more difficult. This collaboration is hopefully only the beginning of local nursing homes working together to stay viable to care for our local seniors that benefit from this commitment and determination.

**Betty-Ann, another resident from Crista,
said, “Moving has been easier
because of the caring staff at Foss”.**

Letter From Rick *Rick Henry, President & CEO*

The COVID-19 pandemic continues to challenge us in unthinkable and unparalleled ways. At Foss, changes in process and procedures abound as new information floods us daily. Screening, temperature checks, testing, social distancing and the use of personal protective equipment have all become part of our regular routine. Virtual chats, window meetings and scheduled patio visits are the standard ways that we now connect to the community around us. It's hard to image that our world has changed so dramatically in such a short period of time.

I recognize how difficult all of this has been for our staff, residents and family members. However, with each passing day, I am continually inspired by the grace and dignity with which our Foss Family adapts to these monumental changes. More than ever before, our shared mission is the beating heart that strengthens our commitment to our residents. Though these difficult times may cast a shadow of darkness for many, I want you to know that there is a powerful light of love that continues to shine here at Foss.



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Thank you to Fluke Electronics Corporation for delivering 210 non-medical face shields to our Foss staff. A message from Fluke; "The work that you do every day inspires us all and we could not be more appreciative of everything you are doing". We are grateful for your delivery and assisting our local community. Thank you.



The Northwest Junior Pipe Band came to Foss, for the second time. They were so gracious as they did window and courtyard stops for our residents. Thank you so much!

Thank you for supporting our 11th annual Foss Farmers Market

While it did have a different format this year, there were 88 boxes of produce purchased and some wonderful fresh salads and roasted vegetables eaten.

As cars pulled up on Saturday August 29th, we delivered the boxes into the back seats or trunks. While we missed the smell of BBQ hotdogs, the sounds of Easy Company's music and the smiles of the residents, we got a great response from our customers.

Laura, our wonderful Culinary Director, chose well. Each box contained; a personal watermelon, bag of small gourmet potatoes, zucchini, gray squash, spring onions, kale, lettuce, peaches, apples, tomatoes, tricolor carrots and striped beets.

Mark your calendars for **August 28, 2021**...and we'll see you on the Village Green. In the meantime, if you would like a recipe for Carrot Top Pesto or Hatch Chili Mac and Cheese, visit our website. <http://www.fosscares.org/events/>

See you next year!



Thank you ECF!

We would like to thank the Employees Community Fund (ECF) of Boeing Puget Sound Chapter Grantmaking Committee for awarding Foss \$40,000 for the purchase of new resident beds.

Over the past 5 years, the ECF has awarded Foss grant funds for three separate projects:

2016 – New HVAC systems in the Village cottages

2018 – New carpet and flooring for the common areas in Memory Care

2020 – 24 new Hi-Lo resident beds and mattresses

We are so grateful that the ECF understands and appreciates the work we do.
Thank you for supporting these necessary projects!

**EMPLOYEES
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Dental Clinic Update

Dr. Tro and Marissa are still seeing Foss residents in the Dental Clinic. Because we are not yet welcoming visitors into the building, our community dental program is on hiatus, but we are looking forward to restarting when we can.

Thank you Dr. Tro and Marissa for taking such good care of our residents.



Holiday Celebrations at Foss

We have not yet finalized upcoming holiday plans for the residents, but they will be treated to an Oktoberfest feast celebration, a Thanksgiving turkey dinner and a special Christmas meal.



Shop for Foss



With the holidays just around the corner (Wow, hard to believe), please remember to register with Amazon, Fred Meyer and Bartell Drugs. Once you register, Foss gets a small percentage of your purchases as a charitable donation. It's easy. Visit our website for instructions. <http://www.fosscare.org/get-involved/donate-by-shopping/>. If you have any questions on how to sign up, or need assistance, please contact Kim Hardwick at 206-834-2581 or khardwick@fosscare.org.



Thank you to our volunteers for dropping off flowers for our residents. We appreciate your generosity and can't wait to have you all back in the building.

Thank you: Loralee, Shelia B, Betsy, Shelia M, Kris, Mary, Ann, Dan, Leah, Thea, Hailey, Karen, and Bev.



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