

growing gracefully

Foss Home and Village

Fall 2016

Foss



Post-Acute Rehab Assisted Living
Long-Term Care Memory Support

Thank you Maxine and Dawnell

There are many ways, that many people, have supported Foss over the years. These special people have given of their time, their financial resources and their talents. The similar trait they all have is a heartfelt passion for Foss residents and staff.

Two extraordinary women, Maxine Dorman, a 20 year volunteer and Dawnell Lamb, a former board member, volunteer and generous donor both began their long term relationship with Foss through their mothers.

Having been introduced to Foss through friends, when Maxine's mom fell and broke her arm in 1996, Foss was the destination of choice. This is when Maxine, along with her daughter Nancy, began volunteering at Foss. They came twice a month and facilitated the Wednesday "Geronimo" card game. Maxine and Nancy continued these visits for twenty years, which is an amazing commitment.

What was it about Foss that had Maxine and Nancy coming back every other Wednesday? Nancy says it is both the staff and the residents. The longevity of the staff really allows you to get to know them, and there is a real attachment formed with the residents.

Clearly, twenty years of volunteering takes a giving heart. In addition to the years of Foss game playing, Maxine went to Issaquah every week and volunteered at an elementary school.

Sadly, Maxine passed away this past June. She was a devoted wife, mother, grandmother, great grandmother, friend and committed volunteer.



Thank you Maxine, and Nancy, for your 20 years of heartfelt service.

Ella Dean, Dawnell's mother, introduced her to Foss through the Auxiliary. From there, Dawnell served on the board, volunteered and has been a generous financial donor for over 30 years.

One particular interest of Dawnell's was the Foss Dental Program, and she was able to honor her parents through her contributions to the clinic. Her mother was the founder of the Washington State Dental Auxiliary, and her father, Dr. O. T. Dean was a dentist, who after retirement consulted with the University of Washington. Another example of Dawnell's generosity extended to the Foss Music and Memory program, which provides iPods and music to residents with memory loss.

When asked, "What is it about Foss that warrants such commitment and passion?" The state of the art rehab program is mentioned, but the overwhelming reason comes back to the staff; the quality of the employees, how they genuinely care for the residents and how the mission, "Transforming Lives with Dignity and Grace" really means something to them.



Thank you Dawnell, for your years of service, support, passion for Foss, and how you have lived the Foss mission.

Letter From David

David Crouch, President & CEO



There are so many ways that technology has enhanced our lives; instant communication, educational opportunities, safety feature installations in our homes and businesses....and the list goes on. It would be rare to go through a day without technology having its impact.

Within the Foss community, technology has its place as well.

We have an electronic charting system so staff can chart residents' progress. This allows immediate updates where staff in other areas can access that information.

Foss recently installed an electronic swiper card entry system. All Foss employees have a card that allows them access to entry doors which are otherwise locked to keep our residents and staff safe.

The rehab gym has equipment that relies on computer programs to track a resident's progress. Staff has current and accurate information to create a plan in preparation for a successful discharge.

As much as technology assists with day to day operations at Foss, the key component to our resident's safety, comfort and success is the relationship that is created with the staff. The devices, the machines and the computer programs are here to stay, and we are better for them. But nothing will replace a kind word, a comforting hand to hold or an engaging smile when a vulnerable senior is facing a health crisis.

Foss is fortunate to have an excellent staff, which day after day, provides what technology can't; conversation when a resident needs encouragement, a supporting arm when a resident takes their first steps after a hip replacement or a shared laugh when attending an activity. These gestures balance out the advances that technology makes in our lives. Let's never lose the need for a smile, reassuring words, or the gratitude we have for all of our caregivers.

Thank you all for your continued support.

A handwritten signature in blue ink that reads "David A. Crouch".

NEW SEATED BATHING SPAS

We are very grateful to The Greater Tacoma Community Foundation through the Vinod K. Rajpaul Endowment Fund for grant funds to purchase two new Seated Bathing Spas for Foss residents. This project provides an enhanced bathing experience for Foss residents.



These tubs provide:

- Rapid Fill, entire tub fills in less than 2 minutes.
- Four jet whirlpool hydrotherapy. Especially beneficial for residents with circulatory issues.
- Transfer system to safely assist residents into the tub. The resident is transferred into the Level Glide chair and wheeled into the bathing area. This alleviates the need for overhead lifts.
- Integrated scale allows resident weight to be recorded during bath preparation. All the features you need to accurately and safely weigh residents.
- Remedy® Ultraviolet Light Water Purification System.

Foss residents will soon be using our new spa systems.

3 new, and easy ways, to donate to Foss! And all you have to do is shop!

Go to: <http://smile.amazon.com/>

Sign into your Amazon Account

On the right of the screen, you will be asked to Select a Charity

At the bottom of this window, you pick your charitable organization

Type in Foss Home and Village; then click 'search'

Foss Home and Village will come up as the search result

Click 'Select'

The next window has a box that needs to be selected:

'Yes, I understand that I must always start at Smile.amazon.com to support Foss Home and Village'

Click this box

Then click to start shopping!

You must always start at the smile.amazon.com website



Pick up a 'B' Caring Card at your local Bartell Drugs

You can register the card on-line or by filling out the in store registration form

To register on line, go to: eScrip.com/Bcaringcard

Click on #2 – register on line

Fill out your name, address, etc.

Type in Foss Home and Village under the 'School or Non-profit'

Every time you use your 'B' Caring Card at Bartell Drugs, you will be donating to Foss.

You need a Fred Meyer Rewards card for this program. If you don't have a Rewards Card, you can get one at any Fred Meyer location.

Go to: www.fredmeyer.com/communityrewards

Are you a Fred Meyer customer? Click Re-enroll or link your rewards card now?

Sign in (if you have an account) or Create an Account

At the bottom of your account summary, click 'enroll'

Under Community Rewards enter the Foss account number – 83023

Once Foss Home and Village comes up – Click on Foss, then click 'enroll'

Now, every time you shop and use your Rewards Card, you are helping Foss earn a donation!

You still earn your Rewards Points, Fuel Points, and Rebates, just as you do today.



Thank you to all the organizations and individuals that donated to our Farmers Market Buy for a Cause program. Buy for a Cause sells donated gift cards/certificates and uses the proceeds to benefit our residents. We are grateful for the continued support.

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Anthony's Restaurants
Bartell Drugs
Brown Bear Car Wash
Canteen
Comedy Underground
Costco
EMP Museum
Essential Baking Company
Fresh Flours
Grand Central Bakery
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Landmark Theaters
Barb Mead
Medosweet Farms
Museum of Flight
Museum of Glass
Pagliacci
Papa Murphys
PCC Natural Markets
Peddler Brewing Co.
Petschl's Quality Meats

Razzis Pizzeria
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Sea Creatures
Seattle Art Museum
Seattle Mariners
Swanson's Nursery
Taproot Theater
West City Kitchen
Woodland Park

Heartfelt Gratitude to Donors

Gifts given from May 13, 2016 – September 7, 2016

*Gifts can be made payable to:
Foss Home and Village*

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Ray Akagi
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Lucy Currie

IN HONOR OF...
Linda Eastwood
James and Becky Eastwood
Isabel Hull
Elizabeth Hull and Jeffrey Ambers
Chris McClure
Wanda Freeman and Jim Cheney

“There ought to be a way
to combine “autumn” and
“morning” into one word,
the combination of the two
is special enough to be its
own entity.”

- Terri Guillemets

To make a donation online:

Visit www.fosscares.org; Get Involved; Make a Gift

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

Positive Aspects of Growing Older

A few tips:

- Do not act your age or at least what you think your current age should act like.
- Be positive in your conversations and your actions every day.
- Walk like a vibrant, healthy person.
- Stand up straight!
- Smile. Research shows people who smile more often are happier.
- Start walking not only for your health but to see the neighbors.
- Make this month the time to set up your annual physical and other health screenings.
- Find your inner artist.

Reproduced from Health Aging

<http://healthyaging.net/healthy-aging-month/10-tips-for-september-is-healthy-aging-month/>

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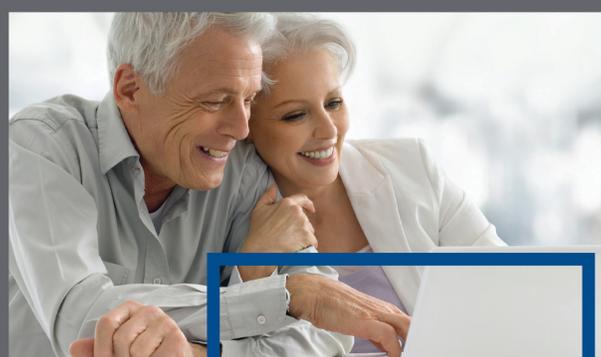
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The COTTAGES

at Marysville

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By bridging the needs of our communities with Heritage Bank resources, we improve the quality of life for our customers, partners and local citizens.



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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.fossca.org. Questions, comments and suggestions for this newsletter can be directed to Foss Outreach at khardwick@fossca.org or (206) 834-2581.

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Visit our website:
www.fosscare.org

2016 FOSS FARMERS MARKET

The 7th Annual Foss Farmers Market was a great success. On Saturday, August 27th the Village courtyard was turned into an authentic farmers market. There was fresh produce, flowers, bread and pies for purchase. We had many local artists selling their designs, while visitors ate yummy BBQ and listened to music. Easy Company entertained the market attendees and there was even a little dancing.

Thank you to all the volunteers that make this day run so smoothly. Thank you to the staff for their tireless efforts. Most importantly, thank you to all who attended. Your involvement in this fun event and your continued support is much appreciated.

See you next year!!

