A Day at Foss Village

Twenty years ago, Foss Home became Foss Home and Village by adding six assisted living cottages to the campus. This expanded the services and care options that Foss could offer the local community. The cottage style, each with 10 apartments, a kitchen and dining room with small sitting area, was a relatively new concept. The cottages allow seniors to move from their home, directly to another home-like setting.

A day in the life of a Foss Village resident goes something like this...

I wake to bright sunlight streaming through my window and the smell of fresh coffee. I walk the short distance to my dining room and join my friends, where I am cheerfully greeted and asked what I would like for breakfast. I choose scrambled eggs and bacon, a side of whole wheat toast and of course my morning coffee which is brought to me just the way I like it, with a touch of cream.

During breakfast I review the events for today and decide to start with 30 minutes of exercise—I always feel so good afterwards. A trip to Walgreens is on the schedule, but since Heidi picked up what I needed yesterday, I decide to stay home and sit on our patio admiring the lovely blooming rhododendrons. I wave hello to my neighbor walking her cute little dog. I am happy that I can enjoy beautifully landscaped grounds, but do not have to tend to them. I can, however, still indulge my green thumb by planting the boxes on our patio.

After a delicious lunch with my nine other “cottage mates”, and before heading off to art class, I double-check what time Heidi will be picking me up in the morning for my doctor’s appointment. I’m so glad someone else has to fight the traffic and I can just relax and enjoy the scenery.

After a lively discussion at dinner, I take a leisurely stroll around the square and stop to chat with others doing the same. A neighbor reminds me that tomorrow there will be special entertainment, and she agrees to save me a place. I finish my stroll and before heading in for the night, pause to admire the beautiful red and orange sunset lighting up my tranquil neighborhood. I’m so glad my daughter found Foss Village!

Please join us on July 21, 2016 as we celebrate the Village’s 20th anniversary. Watch for more details, mark your calendar, and come to see what we have to offer.
Not-for-profit. What does that really mean? What is that not-for-profit difference?

Foss Home and Village, a not-for-profit, 501(c)3, exists to fulfill our mission of “Transforming Lives with Dignity and Grace”.

No one owns a not-for-profit organization in the way that shareholders own a for-profit corporation. Foss is overseen by a board of directors whose members volunteer their time and talents to ensure quality services. With no expectation of financial gain, our board members are committed to making sure we remain true to our mission, respond to local needs, plan effectively for the future and manage financial resources effectively.

Not-for-profits use funds to help support their mission. The main focus of Foss is not to create revenue, but to create better options for the people we serve. Our goal is setting high standards for quality today and staying focused on constant improvement for the future. Foss’ true bottom line is not an annual profit/loss statement, it is resident satisfaction.

Like many not-for-profits, Foss offers residents the assurance of knowing they can have lifelong access to living arrangements and services should they outlive their financial resources through no fault of their own.

As part of our not-for-profit mission, Foss recognizes that staff satisfaction and commitment are related to sufficient numbers of staff, fair wages and benefits, work flexibility when needed, continuing education/growth opportunities and an environment of respect.

_We at Foss, live our mission every day, to Transform Lives with Dignity and Grace. You can join us by visiting our website (www.fosscare.org), our Facebook page (https://www.facebook.com/FossHomeandVillage) or attending one of our 2016 events. Take a look at page 4 & 5 for more information on our events._

Thank you for your continued support.

We re-invest in our residents!

Warm Regards,

David Crouch
President & CEO

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**Take a look at pages 4-5 for more information on our events!**

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**To make a donation online:**
Visit www.fosscare.org; Get Involved; Make a Gift

Quality care and services, business referrals and employment opportunities are not a condition of donations received.
Heartfelt Gratitude to Donors
Gifts given from November 6, 2015 - February 8, 2016

Gifts can be made payable to: Foss Home and Village

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Upcoming 2016 Events

Instead of our annual Spring Brunch, we are offering a number of different events at various locations to give you an opportunity to “Discover the Foss Difference.”

DISCOVER THE FOSS DIFFERENCE – TOUR

Saturday April 2, 2016
Hosted by Bev Roach

Breakfast, Tour of Foss, Rehab Demonstration
9:30am-11:00am

Location: Foss Home and Village
See rehab through the eyes of a resident, with an inside look at Foss’ exceptional rehab clinic. Experience our Omni Virtual Rehabilitation program.

Please call 206-834-2581, or email: khardwick@fosscare.org, to reserve a place.

*Limited Space–Reservations Required.
All guests will be invited to make a gift to support our mission.

PAUL HOFFMAN

Saturday April 9, 2016
Check-in 9am

Breakfast will be served. The program begins at 9:30am

Location: Shoreline Community College

No one builds better bridges than God, who built the biggest one yet, spanning the distance from heaven to earth. By going the distance, God has made great love known for all people and for all creation. As children of God, we’re called to build bridges to one another. Every day the ministry of Foss answers that call by building a bridge between seniors in need of residential health care and long-term assisted living. Those bridges extend to our residents’ families as well as to the congregations whom we serve.

Pastor Paul Hoffman, called as a writer and teacher by the NWWA Synod, is a long-time friend of Foss and himself a bridge builder. He’ll be our speaker and help us see the important connections that all of us have the opportunity to make in the life of Foss, its residents, and the world around us. Paul is a nationally-known author and speaker. He’s looking forward to building a bridge to each of you on April 9.

Please call 206-834-2581, or email: khardwick@fosscare.org, to reserve a place.

*Limited Space, Reservations Required.
All guests will be invited to make a gift to support our mission.

“SPEAKING OF DYING” FILM SHOWING

Thursday April 14, 2016 6:30pm

Location: Shoreline Community College/Theater

*No Reservations Required.

Fear of dying is most often fear of the unknown. Because of this fear, far too many of us die in ways we would not wish to—often in ICU’s, in intolerable pain and unable to say a meaningful goodbye to our life and those we care about.

“Speaking of Dying”, the film, is meant to change this pattern by shining a bright light on death. In so doing, it offers us a pathway to a better ending. The film is one piece of a growing cultural awareness that all of us need to pay attention to our choices and wishes before there is a crisis.

The 30 minute documentary captures the voices and stories of people becoming comfortable speaking of dying. You will also meet medical professionals who speak candidly about the importance of planning and discussing your plans.
Discover the Foss Difference
Virtual Event!
An Opportunity to Partner with Foss

The Entire Month of April
Hosted by Foss Home and Village
Time: Any time, in April, that is convenient for you
Location: Your own home

For our generous supporters who are not able to attend an event in person, you can still support our mission. You will have an opportunity to meet the Jefferson Family and make a gift to support Foss’ residents and programs.

Please attend, anytime in April, by going to www.fosscare.org for more details.

Thank you for your support!

Wine and Appetizers

Saturday, May 14, 2016
Hosted by Gwen Kelts
Time: 3:00pm
Location: At Gwen’s Eastside Home

Enjoy wine and appetizers while hearing a Foss family story.

Please call 206-834-2581, or email: khardwick@fosscare.org, to reserve a place.

*Limited Space–Reservations Required.

All guests will be invited to make a gift to support our mission.

THANK YOU TO OUR COMMUNITY PARTNERS:

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Optum • Otterson’s Pharmacy

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.
Save the Dates!

Thursday, July 21, 2016
The Village 20th Anniversary Celebration
Saturday, August 27, 2016
Farmers Market

Like us on Facebook
Facebook.com/FossHomeAndVillage

Visit our website:
www.fosscare.org

See inside for Upcoming Spring Events!

Downtown Seattle
1420 5th Avenue
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206.282.4000

We are proud to support Foss Home and Village.

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