

growing gracefully

Foss Home and Village

Spring 2018



“Watch Me”

At 30, Jacob found himself at Foss...for six months. Jacob has type 1 diabetes, and found it challenging to balance the disease, while being a young adult. Up until March 2017, Jacob was selling insurance and leading a normal, active life. Then came the blister, which turned into a foot infection. Over the next seven months, Jacob had an undetected compression fracture in his back, some internal bleeding, a stomach infection, a second back fracture and other complex conditions.

At this point, Jacob was in a wheelchair and had no feeling in his right leg. There were physicians and healthcare providers that told Jacob he might not walk again. At one point, he felt that he was transferred to Foss because there was nothing else anyone could do. Every time he was given bad news or a negative prognosis, all he said was “Watch me. I’ll walk again.”

Due to Jacob’s condition, he was unable to attend rehab during the first few weeks at Foss. Even though he could not exercise in the traditional way, he wanted to push himself, so he sang. Singing exercised his lungs and core, he was determined to move forward.



Jacob became known as the singing resident. He wasn’t going to let his situation break his spirit, so he exercised his brain too. There was a patient in TCU that did not speak English well, so Jacob got on Youtube and taught himself some simple Spanish phrases so he could communicate with her.

When Jacob was able to begin physical therapy, it was slow and demanding. Through all the pain filled days and nights, his determination never faltered. He knew he had to work hard, and he did, consistently saying “Watch me, I’ll walk again.”

“Watch me.”

As therapy progressed, he continued to push himself, asking when he could try stairs. The therapist said, “How about now?” So, one monumental day in March, his wheel chair was retired. He became even more committed to making a full recovery. In April, six months after he arrived, Jacob walked out of Foss. He discharged from Foss on a Monday and started a new job on Tuesday.

Jacob says, the best part about this past year is that, “Now I only use a cane 20% of the time. I still work hard toward a full recovery and feeling that ‘good pain’ you feel when you can exercise and rejuvenate your body. I feel alive.” He knows it is a continuous journey, and that Foss will be a part of it.

Foss, its staff and therapists, were the foundation for Jacob’s healing, but the real work was done by him. He knew he was going to walk again, he just needed to show everyone else.

Story continued on page 2

Letter From Rick *Rick Henry, President & CEO*

What comes to mind when you think about aging? What does it mean to grow old? How do you want to age? For many people, growing older is associated with physical changes. However, that is only one piece of the complex aging puzzle. To age successfully, we must take into account physical, mental and social well-being. According to aging research, the three components that define prosperous aging are:

- Avoiding or managing disease and disability
- Maintaining or sustaining cognitive and physical function
- Active engagement with life

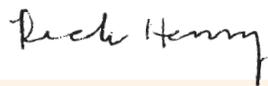
Medical professionals often credit physical exercise, cognitive stimulation and social support as the keys to healthy aging. As we age, it is critical to purposefully incorporate these elements into our lives. Taking the time to think about how you want to age is often the first step to ensuring a successful aging process for yourself.

For almost 90 years, Foss has provided quality care and innovate services for older adults. Today we are facing a new and rapidly changing healthcare environment. Evolving consumer expectations, challenges with funding and increased regulatory requirements are all shifting the way health care is provided.

Foss continues to look for new ways to serve the community and we need your help in this exploration process. What expectation do you have for future aging services? How and where do you want to age? What types of services and support are needed in the community? What is your plan for successful aging and what role could Foss play in supporting you? Foss needs your insight and would like to hear your thoughts about aging.

If you are interested in being part of a focus group to discuss these issues, we would like to hear from you. Please contact Kim Hardwick at khardwick@fosscaare.org or 206-834-2581 for more information. We look forward to hearing from you.

Rick Henry
President & CEO



“Watch Me” (continued)

Jacob understands it was more than the physical healing that was important. He said, “This has been the most humbling experience, and I will be a better person having gone through it. I will make more proactive choices in helping others to heal, and help with the emotional healing.” Next month he will continue his healing journey and begin volunteering at Foss, focusing on one-on-one visits. Jacob knows firsthand how the visits affected him. The volunteers are just another part of the holistic care that is Foss.

“There was not a single staff member that was not encouraging.”

Foss staff, residents and the resident’s families have become Jacobs’s extended family. “When they see you at your worst, you want them to see you at your best. I am living life now. I couldn’t have done it without the Foss staff.”

Join us for a fun summer event!!! Foss' first annual mini golf tournament.



Recruit a foursome, reserve your space and practice your putting skills!
\$25 per person/\$100 per foursome.
Couples or singles are welcome, you will be paired with other golfers.

Snacks provided. Beer and wine available for purchase through the golf course café.
Fun activities at each hole, prizes awarded and a few auction items to bid on.
This is a fundraising event.

Sponsor a hole:
\$100.00.
Call for details

Interbay Golf Center
2501 15th Ave. W
Seattle 98119
Thursday, July 12th
6pm- 8pm

Pre-registration is required
Kim Hardwick:
206-834-2581 or
khardwick@fosscare.org

'One person can make a Difference'

Please be that difference. 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.

Heartfelt Gratitude to Donors

Gifts given from 1/11/18-5/19/18

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

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9th Annual Farmers Market

Saturday, August 25th 10am-3pm



9th Annual Foss Farmers Market is coming!

Easy Company will once again provide the entertainment, along with the fresh produce, BBQ and arts and craft booths.

Vendor applications are being accepted for the market. They are available at the front desk or online at [www.fosscare.org/Get involved/Events](http://www.fosscare.org/Get%20involved/Events). Mark your calendar!!

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Save the Dates

Golf tournament - Thursday, July 12th
Farmers Market - Saturday, August 25th



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Visit our website:
www.fosscares.org

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

Thank you to everyone that attended our Spring Brunch.

Special thanks to Dr. Tro for speaking about the unique and amazing Foss Dental Clinic. Between our generous donors, and some fun auction items, we raised funds to enhance the clinic equipment and supplies. We will continue to expand this service, and reach more seniors in need of dental services.

Thank you to our donors, attendees, board members, sponsors, Foss staff and our amazing Foss Culinary team; Laura and Sue!!

