

# growing gracefully

Foss Home and Village

Spring 2022



(above)  
Laura's great grandparents—  
Amanda and Adolph Lovas  
2nd from the left—Their  
daughter/Laura's  
grandmother,  
Lorraine Molzahn  
Far right —Laura's mother,  
Debbie Breazeale, holding  
Kristy, Laura's older sister

## Laura Molzahn Exemplifies the Foss Family

One of the foundational words that describes Foss is 'family', made up of residents, resident families and staff. One long standing connection to Foss, is the family of Laura Molzahn. Laura's relationship with Foss started before she was born. Her great grandparents and great uncle lived at Foss, along with a number of other relatives and friends.

Laura's professional life with Foss started when she was about 16 years old. Her grandmother called her one day and said 'it is time to go to work at Foss'. Laura's older sister had received that same call, and years later, Laura's younger sister worked at Foss too.

She began work in the kitchen when she was 16 and in 2001 become the Culinary Director. Still making Foss her home away from home, Laura will be taking over as the Executive Director/Nursing Home Administrator once she has completed her required training.

Laura has been part of a legacy of memories, which she will continue to build on. Whether it was being instrumental in starting the Farmers Market, making sure all special occasions felt like a party or treating a resident to that favorite meal from their past, Laura is Foss.

When asked, 'What is it about Foss?', Laura paused...'It's hard to put into words...it's a feeling. Comforting, family, supportive, and caring, I know that is overused, but so true'.

Laura will bring her passion and longevity to her new role. Over the past 30 years, she has seen many changes and understands that the current challenges are opportunities that will bring about a strong future.



Far left: Karen, one of Laura's  
aunts.  
Karen, along with her two  
sisters, Deb and Sherianne,  
are frequent volunteers at  
Foss.

Far right: Deb, Laura's mother  
created the original art work  
for the first 10 years of the  
Foss Farmers Market. Two  
years ago, Laura's daughter  
Ava, took over.

## Two of Laura's first memories of Foss:

In about 5th grade when Laura went to Broadview Thompson, her class put on a play titled 'The Day the Mariners won the World Series', and went over to Foss to perform.

Kristi (Laura's older sister) and Laura took some of their grandma's chickens to Foss for pet visits. Laura was about 9 and she and Kristi walked around the halls of Foss, visiting resident rooms, with chickens on their shoulders.



# Exciting News to Share



William James once said “The greatest use of a life is to spend it on something that will outlast it.” This is truly the gift of working for an organization like Foss Home and Village. As I count down the final days until my retirement, I would like to share some exciting news about a new partnership for Foss. Foss and **eliseo** (formerly Tacoma Lutheran Retirement Community) have entered into an affiliation agreement.

This new partnership allows our non-profit organizations to expand our missions of serving seniors with dignity, grace and compassion. Both Foss, founded in 1928, and **eliseo**, founded in 1938, are affiliated with the Lutheran Church and share long histories of providing life enhancing service for older adults. As our two communities come together, we will form a joint board of directors composed of board members from each community. This partnership will allow both communities to combine resources, share costs, maximize efficiencies and continue to offer options and solutions for seniors and their families.

Upon my retirement, **eliseo** President and CEO Kevin McFeely will assume this leadership role for both of our communities. Laura Molzahn, a 34 year dedicated Foss employee, will be taking over as the Foss Executive Director/Nursing Home Administrator once she has completed her required training. Other than that, there will be no immediate changes and the Foss name will remain.

By having this partnership in place, I am confident that Foss will remain strong as it continues to live out its 93 year old mission of Transforming Lives with Dignity and Grace. What a blessing to have been part of the Foss Family and witness the true meaning of compassion, selflessness and dedication in daily deeds. It has truly been an honor and privilege to be a part of Foss and its life changing legacy.

Rick Henry  
President & CEO

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### IN HONOR OF...

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## A Heartfelt donation was made

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### IN MEMORY OF...

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## Technology has a Friend

A friend: a person one knows and has a bond of mutual affection. This past winter, Foss was 'gifted' a temporary, big-hearted friend named Angelica.

Angelica is affiliated with a local non-profit called Friend to Friend America (FTFA). Their mission: To end loneliness in the lives of seniors, one senior at a time. FTFA matches volunteers with seniors that live in nursing homes, assisted livings and adult family homes to foster in-person, one-on-one visits and ultimately friendships.

Because one-on-one visits by their volunteers was not possible over the past couple of years, Angelica and her Director, Lisa, created the Virtual Connections Project. The concept; assist seniors to establish connections using technology. In 2021, Lisa and Angelica received a grant to take this program to three local nursing homes, Foss being one of them.

While Angelica worked with Foss staff arranging virtual visits with family, it was more than that. Angelia got more Foss residents involved in our Music and Memory program, set up movies to stream on tablets and assisted with TVs and cell phones. Sometimes just updating the settings on a resident's tablet made a difference.

Residents often find these services therapeutic and a way to stay social. Having someone one-on-one to help with their calls and other types of virtual interaction, provides a way for residents to keep in touch, more than just watching TV.

Having Angelica was a wonderful extension to the work the Foss staff has done over the past couple of years and the families at Foss were extremely supportive.

Paula, Foss Social Worker: "Her program helped residents who were having challenges with technology; she helped some understand how to work the features of their smart phones. She organized many group Zoom visits with residents and their families. This allowed us to do more one-on-one visits with residents. The residents and their loved ones were grateful for her assistance."

Many seniors face isolation and limited socialization opportunities, and the past couple of years have been a challenging time for meaningful connections. With virtual options, a committed staff like Foss and organizations like Friend to Friend America, we can work together to enhance social bonds and bring people together.

### **Friend to Friend America:**

**<https://friendtofriendamerica.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.fosscare.org](http://www.fosscare.org). Questions or comments can be directed to Foss Outreach at [rcaple@fosscare.org](mailto:rcaple@fosscare.org) or (206) 834-2586.



**A smile is worth a thousand words! Margaret visiting with her son.**