



Foundation House Times

December 2018

FOUNDATION HOUSE AT NORTHGATE

Holidays Around The World

There are many different cultures and religions around the world and people celebrate the holidays in different ways. We thought it would be nice to reach out and learn about the different traditions of our residents and staff members.



**Meli
Mexico**

In Mexico, Meli and her family begin celebrating nine days before Christmas! They have something called a *posada* which is a reenactment of the Census pilgrimage to Bethlehem by Mary and Joseph in search of a room. Each family holds a posada party each evening in their homes with lots of food, singing, praying and fireworks leading up to Christmas Eve. A statue of baby Jesus is set underneath a tree and his clothes are changed every day. Finally, on Christmas Eve they have the biggest party of them all inviting all their friends and family and reenacting the nativity scene.

Hanukkah is a Jewish holiday commemorating the rededication of the Second Temple in Jerusalem. The Jewish calendar doesn't coincide with the Gregorian calendar and so Hanukkah begins on a different day each year. This year it begins on December 2nd and it lasts for eight days. Hanukkah, also called the Festival of Lights, is observed by lighting a candelabrum called a menorah with nine branches. One of the branches is placed above or below the rest and its candle is used to light the other eight. One branch of the menorah is lit each day of Hanukkah. Traditional food such as latkes, which are made with chicken fat and good for the palette (but not the heart) are given out as well as sweets and other candy. On the last day of Hanukkah gifts are exchanged and gelt, or money, is given to children.



**Bernie
Hanukkah**



**Tsigie
Ethiopia**

Ethiopia follows the ancient Julian calendar so Ethiopians celebrate Christmas on January 7th. Per tradition, people fast for one month before Christmas. The evening of January 6th, the day before Christmas, everyone goes to church and prays all night until about 4:00 in the morning. Afterward, they head back home to get a few hours of sleep and then have a big party, celebrating with friends, family and food!

In Germany, Christmas is celebrated over a few days. On Christmas Eve, all the stores close early and remain closed on the 25th and 26th. The tree is put up on Christmas Eve and not a day earlier. Each person receives a Christmas plate with nuts, chocolate, cookies and an orange or an apple which is theirs to eat whenever they want. Inge admits that her father would keep his for days and she would sneak in and eat from his plate!

On Christmas day, Santa arrives and all the children tell him why they were good this year and recite a poem before they get to open their gifts. One of the things Inge misses most about Christmas in Germany is the goose dinner they have Christmas night. Christmas day and the day after are typically spent with family and friends.

Decorations are taken down the first or second day of January. The adults will hide chocolate in the tree before it is taken down. The children are then tasked with taking down the ornaments, searching for the chocolate that is theirs to keep. Sounds like a great way to get the children to clean up!



**Inge
Germany**

Announcements

Elf On A Shelf

December 17th - 21st

Attention, everyone - we need your help! There is an elf stirring up trouble around Foundation House. Keep an eye out, we have received reports she is planning on being in town the week of December 17th - 21st! She could be anywhere around the North and South building lobbies, halls, and shared spaces (the kitchen and staff-designated areas are out of bounds). Let us know if you see her and if it leads to her capture, we will hand over a modest (but exciting) finder's fee. Happy hunting.

Holiday Party

Tuesday, December 18th at 2:00 pm

We are celebrating the holidays together as a community with music, games, and prizes! Come wearing your holiday best. See you there!

Jingle Bellers Caroling

Tuesday, December 18th at 12:25 pm

Let's spread some holiday cheer around our community - where it matters most! Volunteer to sing Christmas carols on the second floor for our Assisted Living residents. Meet at 12:25 in the south lobby.

Gift Wrapping

**Thursday, December 20th
10:30 am - 12:00 pm**

Tis the season for giving... and presents! We are going to be offering gift wrapping this season for your small to medium sized gifts. The cost per gift is \$1 and proceeds from this Mary's Place.

White Elephant Gift Exchange

Thursday, December 20th at 3:00 pm

We will be doing an old-fashioned White Elephant gift exchange this year. If you would like to participate, please bring a wrapped present down to the Activity Room (\$10 limit). Each person will be given an opportunity to choose a gift, or to steal one from someone else!

Current Events

Due to the Holiday Party, Current Events has been rescheduled to **Wednesday, December 19th at 5:00 pm.**

Let's Talk

Friday, December 7th at 2:00 pm

* Please see note about Let's Talk (above)
Get together with fellow residents to discuss current, local news and politics relevant to you. Everyone is welcome to join the conversation in the private dining room at **2:00 pm.**



**One Warm Coat Drive
December 3rd - 21st
8:00 am - 6:00 pm**

Here is your opportunity to make sure that nobody goes without such a basic necessity as a coat this winter! FHN is once again collecting clean, gently used coats and jackets as part of the One Warm Coat community service project with St. Vincent de Paul. Basic toiletries are also very welcome. Please spread the word to your churches, organizations, friends and family and drop coats in the collection boxes throughout our community.

Let's Talk

The Let's Talk group on **Tuesday, December 25th** will be canceled due to the Christmas holiday. The schedule will return to normal in January.

Stream of Dreams Craft

Friday, December 28th at 10:30am

Help us redecorate our activity room! Stream of Dreams is an award winning environmental education program committed to helping communities discover their local watershed. We'll have *Dream-fish* to decorate and then we'll put them up on our walls to represent hope for a future with healthy watersheds.

Free Lunch Canceled

There will be no Free Lunch this month due to the Christmas holiday. Thanks for your understanding!

Preparing for the Holidays

Keep in mind that Activities will be closed through the Christmas holiday. Please plan for all of your food and holiday needs ahead of time. There will be two outings the week before Christmas to help with this - Fred Meyer and an extra Errands/Mall Trip. Check your calendars for dates and times.

Sign-Up Sheets

If you are planning on going on an outing, please be sure to sign up ahead of time! If you have signed up for an outing and cannot go, please cross your name off the list as soon as possible. This is a huge help and prevents any added confusion on the day of. Thanks!

Foot Care

Wednesday, December 5th

1:00 pm - 4:00 pm

Thursday, December 6th

9:00 am - 12:00 pm

Sign up for that monthly foot care located on the second floor (south building) with Janice Burnell, RN. \$25.00 cash or check.

December Birthdays



Residents

Sue U.	12/6
Pat F.	12/7
Mary B.	12/8
Edee H.	12/12
Carolyn S.	12/14
Margaret Y.	12/23

Employees

Tsige M.	12/1
Meskerem T.	12/3
Estela M.	12/8
Jenica Q.	12/21
Mariela P.	12/21
Vicente P.	12/24
Carlos C.	12/24

Holiday Staff Fund

We are continuing on our holiday tradition of honoring all our staff and employees here by asking those of you who would like to participate for your kindness and generosity. Since we don't allow tipping throughout the year, this is your way to give back to the staff that serve and care for you every day. Any amount is appreciated. **Please leave contributions at the Front Desk by Friday, December 7th** and direct questions to Pam (x102).

Keep an eye out for exciting raffles at the Front Desk! \$2/ticket

Giving Winner

Last month's giving winner of \$100 was NEST or North East Seattle Together entered by Lynn C. who embraces the 'village' model of aging in place. NEST is a grassroots, volunteer run organization whose vision is to live in a community where no one has to grow older alone.

December Events

Musical Performances

Musical Performance with Garfield High School Seniors Sunday, December 2nd at 2:00 pm



Mari and Allison are seniors at Garfield High School and they love music! They have performed at retirement communities around Seattle and their repertoire consists of classical and contemporary music. Check them out in the Activity Room at 2:00 pm!

Musical Performance with Sid Law Tuesday, December 4th at 1:00pm



Covering a century of music from the 1920's to the present, Sid Law has taken the art of the one man band off the streets and into a wide variety of venues. Equally at home in any style, Sid sparkles with beautiful original arrangements from the Great American Songbook, country, or rock and pop, as well as enchanting audiences with improvised soundscaping flourishes. An elegant presentation perfect for any formal or casual occasion.

Musical Performance with Jerry Zimmerman Wednesday, December 5th at 3:00 pm

Jerry will be opening up the holiday season for us with a concert in the lobby. Come and enjoy the sweet melodies of our grand piano and the comfort of some holiday classics.

The Sound of Music Choir Concerts Friday, December 7th at 3:00 pm Saturday, December 8th at 11:00 am

Come support the residents who have been working hard these last couple of months to prepare for our annual winter concert. Feel free to attend either performance and please invite your family and friends! There will be coffee and cookies served afterwards. **Choir members, please show up an hour before each concert for rehearsal and be sure to wear black pants and a festive top for the concerts!**

Musical Performance with Angie Louise Wednesday, December 12th at 2:00 pm



Angie Louise is back and continues to specialize in music standards from the 1920's, 1930's and 1940's. Join us in the Activity Room at 2:00 pm.

Classes & Presentations

St. Petersburg, Russia Presentation w/ Kenneth Rayman Thursday, December 13th at 1:00 pm

Kenneth is a lifetime learner who has taken a keen interest in travelling so that he can familiarize himself with a country and its history. He would like to share his experiences in St. Petersburg with us and help give a sociopolitical perspective on a country that has been shrouded in political propaganda and misconceptions. Come and hear him speak and illuminate this 300 year old city's deep cultural identity and persona.

Diabetes Presentation w/ Mary Janci Friday, January 11th at 11:00 am

Mary Moyer Janci is a nurse practitioner who specializes in diabetes clinical care at hospitals and outpatient clinics and is an educator and researcher. She has published articles in professional journals and magazines. She lectures at national and regional conferences, academic universities including University of Washington and served as chair for 2010 Washington Association Diabetes Education Conference. Come learn what she has to share on one of the most common diseases in America.

Outings

Wild Lights at Woodland Park Zoo Tuesday, December 11th at 5:00 pm



Seattle's wildest holiday lights festival returns with sparkling lights, faux snowball fights, animal encounters, hot chocolate and family delights. Experience brand new wild and wonderful light displays that will be featured throughout the zoo. Cost is \$12. Sign ups and \$ to Activities by Friday, December 7th.

Nordic Heritage Museum Friday, December 14th at 9:40 am



Earlier this year we went on a free tour of the Nordic Heritage Museum, thanks to an anonymous sponsor. Shortly after the last trip, we were informed that the same sponsor has offered our residents another free tour. If you were unable to make it earlier this year, or if you'd like to explore the museum again, join us!

Holiday Light Tour Monday, December 17th at 6:00 pm

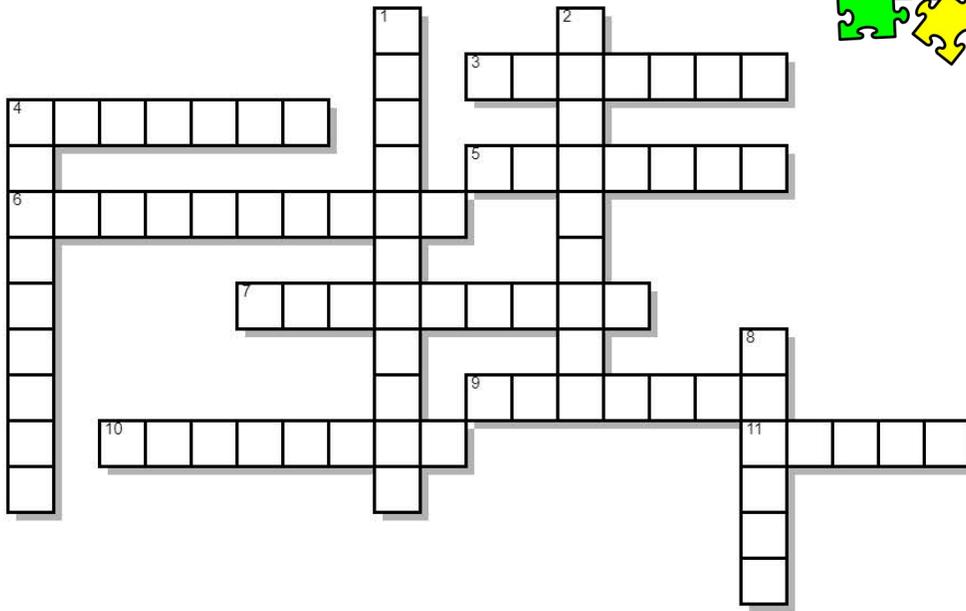


We are continuing our yearly tradition of driving and appreciating Seattle's neighborhood Christmas light displays. We will provide cookies and holiday music for a magical experience!

Amazon Spheres in January!

We're breaking open the new year with a trip to the Amazon Spheres. The Spheres are open for touring two Saturdays a month. Amazon announces tour availability the beginning of the month, so dates will be provided at that time. The Spheres are a response to the modern workspace which is so often austere and divorced from nature. At the Spheres, lives more than 40,000 plants from over 30 countries. This outing is free and requires an RSVP by Friday, December 14th - this is a **hard deadline**. Please sign up at the Activity Table.

Puzzle Corner



Across

- 3 African holiday that is Swahili for "first"
 4 The seven-lamp ancient Hebrew lampstand made of pure gold
 5 Red nose reindeer
 6 Delivers gifts to children on Christmas Eve
 7 Holiday celebrated December 26th
 9 A small four-sided spinning top with Hebrew letter on each side
 10 Jewish holiday in December

Down

- 1 Holiday celebrated in Sweden where girls dress up in white gowns
 2 Red and white sweet found most often during Christmas time
 4 Stand underneath and receive a kiss!
 8 Santa's ride

Anony Mouse

Greetings!

I peeked around the corner of the FH library and discovered that the holiday season is here. Now I'm thinking about gifts for my mouse friends and for the FH library. Books! Doesn't everyone enjoy giving and receiving books? How about a gift certificate from Barnes and Noble or better yet one from Third Place Books where they have new and used books? The Lifetime Learning Center has its annual book sale December 8th, 10:00 am to 2:00 pm, at the Lake City Presbyterian Church with great books, great prices, and a bake sale too! Your favorite bookstore, wherever it is located, is another source too.

I'm off to buy books. If they don't fit in my Mousemobile, maybe Shayna or Jenica will pick them up during errands time. :)
 Holiday Blessings and Happy New Year!
 Ta ta!



Staff

Executive Director
 Pamela Williams

Personal Care Director
 Patricia Sharp

Director of Dietary Services
 Steve George

Director of Maintenance
 Matt Morgan

Community Relations Director
 Lynn Creasy

Activity Director
 Shayna Wong



Foundation House Hair Salon

FHN's hair salon serves residents, their families, and friends. Our wonderful stylist is Carolee Sepe. Please call (206) 200-6491 to make an appointment. Check with the Front Desk or see the hours posted outside the salon for her schedule.



Need a Ride?

If you schedule your doctor's appointments on a Wednesday or Thursday and it is in the area between the ship canal and 185th in Shoreline, bring your appointment information and fill out a ride request slip at the Front Desk. Call/stop by the Front Desk for more information.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>2 Hanukkah Begins</p> <p>1:00 Hand & Foot (CR) 2:00 HS Students Christmas Sing-A-Long (AR) 6:30 Movie (The Holiday) (AR)</p>	<p>3 9:15 Mobile Library (L) 9:30 Exercise (AR) 10:00 Coffee Social (AR) 10:30 Safeway (L) 11:00 QFC (L) 1:00 Errands/Mall Trip (L) 2:30 Choir (AR) 6:30 Movie (The Holiday) (AR)</p>	<p>4 9:30 Casino (Angel of the Winds) (L) 9:30 Exercise (AR) 10:00 Coffee Social (AR) 10:30 Mormonism w/ David Smith (AR) 1:00 Musical Performance w/ Sid Law (AR) 3:00 Current Events (AR)</p>	<p>5 Doctor Day 1:00 - 4:00 Foot Care (2F) 9:30 Exercise (AR) 10:00 Coffee Social (AR) 10:30 Van Ride (L) 12:30 Scrabble (CR) 3:00 Musical Performance w/ Jerry Zimmerman (L)</p>	<p>6 Doctor Day 9:00 - 12:00 Foot Care (2F) 9:30 Exercise (AR) 10:00 Coffee Social (AR) 10:00 Catholic Mass (DR) 10:30 Trip to Bartell's (L) 1:00 Trivia (AR) 3:00 Bingo (AR) 6:30 Movie Club (AR)</p>	<p>7 9:30 Exercise (AR) 10:00 Coffee Social (AR) 10:30 Pokeno (AR) 1:00 Talk to the Chef (DR) 2:00 Let's Talk (PD) 2:00 Choir Rehearsal (AR) 3:00 Sound of Music Choir Concert (AR)</p>	<p>1 10:00 Exercise (video) (AR) 10:30 Coffee Social (L)</p> <hr/> <p>8 10:00 Choir Rehearsal (AR) 11:00 Sound of Music Choir Concert (AR)</p>
<p>9</p> <p>1:00 Hand & Foot (CR) 1:30 Movie (Miracle on 34th Street) (AR)</p>	<p>10 Hanukkah Ends 9:30 Exercise (AR) 10:00 Coffee Social (AR) 10:30 Safeway (L) 11:00 QFC (L) 1:00 Errands/Mall Trip (L) 2:30 Manicures (2DR) 6:30 Movie (Miracle on 34th Street) (AR)</p>	<p>11 9:30 Exercise (video) (AR) 10:00 Coffee Social (AR) 10:30 Trivia (AR) 5:00 Wild Lights (L)</p>	<p>12 Doctor Day 9:30 Exercise (AR) 10:00 Coffee Social (AR) 11:00 Van Ride (L) 12:30 Scrabble (CR) 2:00 Musical Performance w/ Angie Louise (AR) 3:30 Social Hour (AR)</p>	<p>13 Doctor Day 9:30 Exercise (AR) 10:00 Coffee Social (AR) 10:00 Catholic Communion (PD) 10:30 Trip to Trader Joes (L) 11:00 Church Service (AR) 1:00 St. Petersburg, Russia w/ Kenneth Rayman (AR) 2:30 Pokeno (AR) 6:30 Movie Club (AR)</p>	<p>14 9:30 Exercise (AR) 10:00 Coffee Social (AR) 9:40 Nordic Heritage Museum Tour (FREE) (L) 1:00 Talk to the Chef (DR) 1:00 Trip to Dollar Tree (L) 2:30 Tea Party (2DR)</p>	<p>15 10:00 Exercise (video) (AR) 10:30 Coffee Social (L) 2:00 Bingo w/ Carolee (AR)</p>
<p>16 Las Posadas Begins 1:00 Hand & Foot (CR) 1:30 Movie (Love Actually) (AR)</p>	<p>17 9:30 Exercise (AR) 10:00 Coffee Social (AR) 10:30 Safeway (L) 11:00 QFC (L) 1:00 Errands/Mall Trip (L) 2:00 Movie (Love Actually) (AR) 6:00 Holiday Light Tour (L)</p>	<p>18 10:00 Coffee Social (L) 12:25 - 1:00 Jingle Bells Caroling (L) 2:00 Holiday Party (AR)</p>	<p>19 Doctor Day 9:30 Exercise (AR) 10:00 Meet the New Residents Coffee Social (AR) 11:00 Van Ride (L) 12:30 Scrabble (CR) 2:00 December Birthday Party w/ Richard Dean (AR) 3:30 Social Hour (AR) 5:00 Current Events (AR)</p>	<p>20 Doctor Day 9:30 Exercise (AR) 10:00 Coffee Social (AR) 10:00 Catholic Communion (PD) 10:30 - 12:00 Gift Wrapping (AR) 1:00 Trivia (AR) 2:00 Bible Study (PD) 3:00 White Elephant Gift Exchange (AR) 6:30 Movie Club (AR)</p>	<p>21 9:30 Exercise (AR) 10:00 Coffee Social (AR) 10:30 Trip to Fred Meyer (L) 1:00 Talk to the Chef (DR) 1:00 Errands/Mall Trip (L) 3:00 Pokeno (AR)</p>	<p>22 10:00 Exercise (video) (AR) 10:30 Coffee Social (L) 2:00 Ho-Ho-Bingo w/ Carolee (AR)</p>
<p>23</p> <p>1:00 Hand & Foot (CR) 1:30 Movie (It's A Wonderful Life) (AR)</p>	<p>24 Las Posadas Ends 9:30 Exercise (video) (AR) 10:30 Coffee Social (L) 6:30 Movie (It's A Wonderful Life) (AR)</p>	<p>25 Christmas Day Christmas Dinner 3:00 - 5:00 pm</p>	<p>26 Kwanzaa Begins <u>Please note: No doctors rides today!</u> 9:30 Exercise (video) (AR) 10:00 Coffee Social (L) 12:30 Scrabble (CR)</p>	<p>27 Doctor Day 9:30 Exercise (AR) 10:00 Coffee Social (AR) 10:00 Catholic Communion (PD) 10:30 Safeway (L) 11:00 QFC (L) 1:00 Van Ride (L) 6:30 Movie Club (AR)</p>	<p>28 9:30 Exercise (AR) 10:00 Coffee Social (AR) 10:30 Stream of Dreams Craft (AR) 1:00 Talk to the Chef (DR) 3:00 Bingo (AR)</p>	<p>29 10:00 Exercise (video) (AR) 10:30 Coffee Social (L)</p>

<p>30</p> <p>1:00 Hand & Foot (CR) 1:30 Movie (Moonlight) (AR)</p>	<p>31 New Year's Eve 9:30 Exercise (AR) 10:00 Coffee Social (AR) 10:30 Safeway (L) 11:00 QFC (L) 1:00 Errands/Mall Trip (L) 2:30 New Year's Bingo (AR) 6:30 Movie (Moonlight) (AR)</p>	<p>(AR) - Activity Room (L) - Lobby (DR) - Dining Room (PD) - Private Dining Room (CR) - Card Room (P) - Patio (2F) - 2nd Floor (2DR) - 2nd Floor Dining Room (2L) - 2nd Floor Lobby</p>
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December 2018

(This calendar is subject to change)