



September 2019

# Foundation House Times

*A not-for-profit retirement community.*

## A YEAR OF MULTICULTURAL APPRECIATION: GERMANY

The history of Germans in the Pacific Northwest dates to the 1890s, where a wave of German immigrants from the Volga and Black Sea regions of Russia sought out new lands and opportunities in the United States. At first, German immigrants managed to integrate quite well into early American society and were pioneers in the early development of Washington state. Their contributions and perspectives left an enduring impact on the community and local industries, primarily: logging, farming, brewing, trading, railroads, and journalism. However, after World War I, racial tensions rose because of Germany's perceived role in the war and sowed distrust of Germans abroad. Some Germans felt pressured to assimilate and put aside their German traditions, language, and culture in order to prove their loyalty. Over the coming years, these tensions seemed to naturally dissipate, and the next waves of German immigrants were fortunate to have more positive immigration experiences.

Inge was born in 1929 and raised in Berlin, the capital and largest city of Germany. When Adolf Hitler came to power in 1933, it triggered an exodus of many German scientists and artists who immigrated to the U.S. to flee persecution. When World War II began in Europe, life changed for Inge and her family, as they were forced to adapt to a world where they dealt with the everyday realities of war. Inge shared her experiences through regular air raids and bombings, the Russian occupation of Berlin (where she once had a gun held to her chest by a Russian soldier), the loss of family and friends, and the struggle for resources. When I asked her how they got through the experience, she pointed to the sheer resiliency of the human spirit, saying they, like most folks, simply went on and made the best of their situation. As things were scarce, folks began to find new, creative ways to provide small comforts—making sweaters knitted out of deconstructed burlap sacks, a pair of shoes Inge had made comprised entirely of wood, adult coats repurposed for children, etc. Inge said her mother and sister would even jump onboard trains to get access to farms in the country where they traded purses, sewing, household goods, silverware, and valuables for food.

After World War II there was one more wave of immigration, folks leaving a devastated and battle-worn Germany, including Inge's husband Wolfgang's family and eventually, Inge herself. When they got married, Inge decided to move to the U.S., where Wolfgang had been living, and soon after left Germany for the U.S. by ship (over New Year's, 1954)—arriving several days later in New York. From New York, they came straight over to Seattle via Greyhound Bus. Despite her long journey, Inge says that she immediately liked it here and never really looked back. After leaving Germany, she taught herself to cook German food using a combination of books and local German friends for guidance. In Berlin, she had never really had the opportunity to learn and create these dishes: streusel cakes, cabbage rolls, and rouladen. Mmm.... She said she often visited home to touch base with these comforts, and her family.

Thank you for sharing your experience with us Inge! We are lucky to have you here at Foundation House as a part of our community.

## ANONYMOUS

"Read books because reality is overrated" was emblazoned on a tee shirt I saw while strolling along Third Avenue. I know mice don't stroll but sometimes I think I'm human. I agree with the motto and want to share it.

Our faithful volunteer librarian Faye L. reminds us that our FH library has no budget and depends on resident contributions of books. Please continue donating them.

Thanks!

Tot ziens!



## ANNOUNCEMENTS

### Doctor Rides

Please note that on Wednesday, September 18th, hours will be limited to 8:00 am-12:00 pm. If you have any questions about this, please contact Activities at x106. Thank you for your understanding.

### Book Club

The Book Club book for this month is *Clock Dance* by Anne Tyler. If you were not able to pick up your copy at the Mobile Library, please feel free to pick one up at the Activities office on the basement (P) level.

### Drop in Bridge

Are you interested in playing drop in bridge on Saturdays at 12:30 pm? If you are, please join this drop in group in the Card Room on Saturday, August 31st at 12:30 pm.

### Giving Winner

The Giving Winner this month is End of Life Washington. They guide people in planning for the final days of their lives through counseling, support services, community awareness, and advocacy. Thanks for all the amazing work you do for our community!

### September Birthdays



#### Residents

John S.	9/5
Peggy P.	9/13
Dorothy S.	9/19
Bunny H.	9/23
Peggy L.	9/26

#### Employees

Tirhass G.	9/25
Shayna W.	9/30

### SEPTEMBER MOVIES (see calendar for dates)

**Stranger Than Fiction (Rated PG-13, 113 min,):** An I.R.S. auditor suddenly finds himself the subject of narration only he can hear: narration that begins to affect his entire life, from his work, to his love-interest, to his death.

**Pavarotti (Rated PG-13, 114 min):** Directed by Ron Howard, this documentary looks at the life and career of opera legend, Luciano Pavarotti.

## SEPTEMBER OUTINGS



### Steve's Picnics

#### All Residents

Tuesday, September 10th at 11:30 am—meet in the Lobby, bus leaves for Carkeek Park. Please sign up at the Activity Table.

#### Assisted Living Residents

Tuesday, September 17th at 12:00 pm—meet in the Dining Room.

### Trip to Alderwood Mall

**Wednesday, September 4th at 10:30 am**



With the renovations at Northgate Mall (and most stores now closed), we are going to start looking to other local options for your retail needs. Starting with Alderwood Mall in Lynnwood! We'll drop you off at the mall around 11:00 am (in 1 of 3 designated spots: Macy's, Nordstrom, or the NE corner of the mall by Gene Juarez Salons) and will pick you up at 1:00 pm. I am told this is a larger mall, so please feel free to bring your walker and cell phone. **Cost: Free.**

### Center for Wooden Boats and Lunch

**Friday, September 13th at 10:00 am**



The Center for Wooden Boats, in South Lake Union, is a non-profit dedicated to promoting NW maritime heritage through building, maintaining, and using historic small craft. We are going to check out their museum and fleet. The museum is ADA accessible, but be aware the dock is naturally slightly uneven (feel free to bring your walker). We will have German food for lunch at Feierabend, nearby on Yale. Keep in mind their seating is primarily benches and stools, but you can use your walker if that is more comfortable. **Cost: your lunch.**

### Track the Changes at Northgate Mall

**Friday, September 6th at 1:30 pm**



The Northgate neighborhood is rapidly changing with the LINK extension now running up and across 1st Ave NE, and with the redevelopment of Northgate Mall. We will take our bus out for a casual drive of the Northgate neighborhood, starting with the mall and then exploring some of the local LINK construction and staging sites. We will not be getting off the bus during this trip. **Cost: Free.**

### Benaroya Hall Tour

**Wednesday, September 18th at 12:30 pm**



Benaroya Hall, located in downtown Seattle, houses two performance halls that host more than 700 public and private events each year. We're going on a docent led tour of Benaroya Hall, which is free of cost and ADA accessible. Please feel free to bring your walkers! There is no meal with this outing. **Cost: Free.**

## SEPTEMBER OUTINGS (cont.)

### Day Out on Whidbey Island Tuesday, September 24th at 9:00 am



This is an exciting opportunity for all of us to take a trip out to Whidbey Island, located about 30 miles north of Seattle. We will be taking the ferry from Mukilteo to Clinton, and then driving out to the nearby town of Langley. There we will drop you off to explore the main drag with a map of the nearby area and a list of some exciting local attractions. We will be having lunch together at 12:00 pm, so please plan accordingly. Please feel free to bring walkers and cell phones. **Cost: \$10 and your lunch.**

### Taproot Theatre: Necessary Sacrifices Wednesday, October 9th at 1:30 pm

This play explores the two documented encounters between Frederick Douglass and Abraham Lincoln during the summers of 1863 and 1864. **RSVP and \$ to Activities by Friday, September 20th. If you have preference for a wheelchair seat, please let us know. Cost: \$16.**

## PERFORMANCES, CLASSES & PRESENTATIONS

### Music w/ Pete Renhard Wednesday, September 4th at 2:30 pm

Pete is a local folk singer who specializes in playing 50-70's/golden oldies music from artists such as Elvis, Buddy Holly, & Peter, Paul, and Mary. He encourages folks to have fun and sing along with him. Join us in the Activity Room.

### Music w/ Tarisai Thursday, September 19th at 2:00 pm

Esther's (in Housekeeping) son Tarisai taught himself piano from an early age and loves to play all kinds of music. He just graduated from high school and will be here at Foundation House sharing his talents with us. Join us in the Activity Room.

### Sound of Music Choir Mondays, beginning September 23rd at 2:30 pm

The winter choir season begins on Monday, September 23rd at 2:30 pm in the Activity Room. We will meet for 12 weeks, ending the season with a holiday performance on Saturday, December 14th at 11:00 am (with a final rehearsal at 10:00 am). No previous choir or singing experience required. Please feel free to join us in the Activity Room.



### Time Abroad in Germany w/ Matt Quarterman Wednesday, September 25th at 2:00 pm

Matt Quarterman, Jenica's husband, will be with us to talk about his experiences abroad in Germany and to share his impressions of German culture, society, language, etc. This will be a very informal discussion, please feel free to join us for the German-themed Social Hour we will be having afterwards! The conversation will take place in the Activity Room.

### Classic Hollywood Cabaret Wednesday, September 11th at 2:00 pm

This glamorous musical showcase celebrates Hollywood's classic musical films! You'll hear songs from our featured musical, including, "Good Morning!" Grab your umbrellas and roll out the red carpet as our performers will tell you There's No Business Like Show Business.

### Oktoberfest Music w/ Bonnie Birch Monday, September 30th from 5:00-6:15 pm

Join us to celebrate the beginning of Oktoberfest in Germany as we have for many years—with Bonnie Birch and her Bavarian trio. Together they play the accordion, guitar, and tuba, providing a unique musical experience of traditional German folk entertainment. Join us in the Lobby.

### Travel Virtually to Berlin and Hamburg Friday, September 20th at 10:30 am

Join us and Rick Steves in the Activity Room as we make our way through Berlin and Hamburg, two of Germany's major and most influential cities.

### CVS Flu Shot Clinic Friday, September 27th from 10:30 am-1:30 pm

CVS is hosting our flu shot clinic this year, down in the Activity Room. They will have the higher dosage "senior vaccine" available, if you would like. Just in case, please come down to the clinic with your insurance information ready. CVS accepts most major pharmacy benefit plans and some medical plans along with Medicare Part B. Those interested are encouraged to contact their health plan to learn if the vaccination is covered. Otherwise, of course, you may pay out of pocket.

**Check out the changes to the Foundation House at Northgate website!**

[www.foundationhousetng.com](http://www.foundationhousetng.com)



**Or, find us on Facebook**  
[facebook.com/FoundationHouseNG](https://facebook.com/FoundationHouseNG)

## FHN 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

## MEET THE NEW RESIDENT: BEVERLY AND MICHAEL D.

*Written by: Alice B.*

Many of us here at FH have read the book, "Boys in the Boat". We, right here, have a close second: Mike Dell rowed for the UW from 1954 through 1958 under Al Ulbrickson, and Mike remembers training that took him and his mates from one end of Lake Washington, 20 or more miles, all the way to the south end of the lake. Ulbrickson cajoled the boys with "If you think that was bad, wait 'til you see tomorrow"!

Ulbrickson was a tough coach, but a fair one, and respected, too. In class, Mike learned to take good notes while he was at UW, had a reputation for detail and a sharpness of thought that other students respected. Thus, one of the pre-med students, wanted some good notes in her embryology class. Beverly met Mike through the necessary scrutinizing of his research. This collusion led to, eventually, four fine children, one of whom lives in Portland, Oregon, three others here in Seattle.

Beverly became a speech and hearing therapist AND a teacher to the deaf, and grew to like that work immensely. She herself went to school in Sunnyside, east of our mountains, but they together brought up their own family in Ephrata.

Mike is Seattle-born, living his young life in West Seattle. If there are fishermen in this audience, Mike would enjoy conversations with them. He became a Fisheries' Research Biologist for the Grant County Public Utility District in 1973. His territory took him to Alaska frequently, as well as all the way down to the Columbia River. He's tagged thousands of fish AND, with a small blush, told me that he was the fastest tagger in the whole department.

Interesting people. Say hello to them!

Welcome to FHN, Beverly and Michael!



## 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
<b>1</b> 1:00 Hand & Foot (CR) 1:30 Movie (Clue) (AR)	<b>2</b> <u>Labor Day</u> 9:30 Exercise (video) (AR) 10:00 Coffee Social (L) 10:00 A/L Exercise (video) (2DR) 10:30 Movie (Stranger Than Fiction) (AR) 2:00 Rummikub (AR)	<b>3</b> 9:30 Exercise (AR) 10:00 Coffee Social (AR) 10:30 Trip to Safeway (L) 11:00 Trip to QFC (L) 1:00 Errands/Mall Trip (L) 3:00 Current Events w/ Jacob Bolotin (AR) 3:30 A/ L Manicures & Hand Care (2DR)	<b>4</b> <u>Doctor Day</u> 1:00-4:00 Foot Care (2F) 9:30 Exercise (AR) 10:00 Coffee Social (AR) 10:30 Trip to Alderwood Mall (L) 12:30 Scrabble (CR) 1:30 Pokeno (PD) 2:30 Music w/ Pete Renhard (AR) 3:30 Social Hour (AR)	<b>5</b> <u>Doctor Day</u> 9:00-12:00 Foot Care (2F) 9:30 Exercise (AR) 10:00 Coffee Social (AR) 10:00 Catholic Communion (DR) 10:30 Trip to Bartell's (L) 11:00 Quilting Group (CR) 1:00 Knitting Group (PD) 1:00 Ice Cream Social (P) 2:30-4:00 Park Walk (Hamlin Park) (L)	<b>6</b> 9:30 Exercise (AR) 9:30 Mahjong (CR) 10:00 Coffee Social (AR) 11:00 Resident Meeting (AR) 1:00 Talk to the Chef (DR) 1:00 A/L Resident Mtg. (2DR) 1:30 Explore the Changes at the Northgate Mall (L) 3:00 Trivia (AR)	<b>7</b> 10:00 Exercise (video) (AR) 10:00 A/L Exercise (video) (2DR) 10:30 Coffee Social (L) 11:00 Games Galore (AR) 12:30 Bingo w/ Carolee (AR)
<b>8</b> 1:00 Hand & Foot (CR) 1:30 Movie (The King and I) (AR)	<b>9</b> 9:30 Exercise (AR) 10:00 Coffee Social (AR) 10:30 Trip to Safeway (L) 11:00 Trip to QFC (L) 1:00 Errands/Mall Trip (L) 3:30 A/L Manicures & Hand Care (2DR) 6:30 Movie (The King and I) (AR)	<b>10</b> 9:30 Exercise (AR) 10:00 Coffee Social (AR) 10:30 Rummikub (AR) 11:30 Steve's Picnic at Carkeek Park (L) 2:00 Pokeno (AR) 3:00 Trivia (AR)	<b>11</b> <u>Doctor Day</u> 9:30 Exercise (AR) 10:00 Meet the New Residents Coffee Social (AR) 11:00 Van Ride (Mukilteo Lighthouse) (L) 12:30 Scrabble (CR) 2:00 Classic Hollywood Cabaret (AR) 3:30 Social Hour (AR)	<b>12</b> <u>Doctor Day</u> 9:30 Exercise (AR) 10:00 Coffee Social (AR) 10:00 Catholic Mass (DR) 10:30 Trip to Dollar Tree (L) 11:00 Quilting Group (CR) 1:00 Knitting Group (PD) 1:00 Ice Cream Social (P) 2:30 A/L Tea Time (2DR) 6:30 Movie Club (AR)	<b>13</b> 9:30 Exercise (AR) 9:30 Mahjong (CR) 10:00 Coffee Social (L) 10:00 Center for Wooden Boats and Lunch (L) 1:00 Talk to the Chef (DR) 2:00 Let's Talk (PD) 3:00 Bingo (AR)	<b>14</b> 10:00 Exercise (video) (AR) 10:00 A/L Exercise (video) (2DR) 10:30 Coffee Social (L) 11:00 Games Galore (AR)
<b>15</b> 1:00 Hand & Foot (CR) 1:30 Movie (The Birdcage) (AR)	<b>16</b> 9:30 Exercise (AR) 10:00 Coffee Social (AR) 10:30 Trip to Safeway (L) 11:00 Trip to QFC (L) 1:00 Themes in Philosophy w/ David Smith (AR) 2:00 Errands/Mall Trip (L) 3:30 A/L Manicures & Hand Care (2DR) 6:30 Movie (The Birdcage) (AR)	<b>17</b> 9:00 Casino (Angel of the Winds) (L) 9:30 Exercise (AR) 10:00 Coffee Social (AR) 10:30 Movie and Popcorn (Pavarotti) (AR) 12:00 A/L Picnic (DR) 1:30 Park Walk (Greenwood Park) (L) 3:00 Current Events w/ Jacob Bolotin (AR)	<b>18</b> <u>Please Note: Doctors 8:00-12:00 pm</u> 9:30 Exercise (AR) 10:00 Coffee Social (AR) 11:00 Church Service w/ Pastor Tom (AR) 11:00 Pokeno (PD) 12:30 Scrabble (CR) 12:30 Benaroya Hall Tour (L) 3:30 Social Hour (AR)	<b>19</b> <u>Doctor Day</u> 9:30 Exercise (AR) 10:00 Coffee Social (AR) 10:00 Catholic Communion (DR) 10:30 Trip to Trader Joe's (L) 11:00 Quilting Group (CR) 1:00 Knitting Group (PD) 1:00 Ice Cream Social (P) 2:00 Music w/ Tarisai (AR) 2:30 A/L Tea Time (2DR) 6:30 Movie Club (AR)	<b>20</b> 9:30 Exercise (AR) 9:30 Mahjong (CR) 10:00 Coffee Social (AR) 10:30 Travel Virtually to Germany (Berlin & Hamburg) (AR) 11:30 - 1:00 Free Lunch (DR) 1:00 Talk to the Chef (DR) 1:30 Trivia (AR) 3:00 Bingo (AR)	<b>21</b> 10:00 Exercise (video) (AR) 10:00 A/L Exercise (video) (2DR) 10:30 Coffee Social (L) 11:00 Games Galore (AR)
<b>22</b> 1:00 Hand & Foot (CR) 1:30 Movie (The Rainmaker) (AR)	<b>23</b> 9:30 Exercise (AR) 10:00 Coffee Social (AR) 10:30 Trip to Safeway (L) 11:00 Trip to QFC (L) 1:00 Errands/Mall Trip (L) 2:30 Choir (AR) 3:30 A/L Manicures & Hand Care (2DR) 6:30 Movie (The Rainmaker) (AR)	<b>24</b> 9:00 Day Out on Whidbey Island (L) 9:30 Exercise (video) (AR) 10:00 Coffee Social (L) 10:00 A/L Exercise (video) (2DR) 10:30 Rummikub (AR) 1:00 Let's Talk (PD) 3:00 Trivia (AR)	<b>25</b> <u>Doctor Day</u> 9:30 Exercise (AR) 10:00 Coffee Social (AR) 11:00 Van Ride (Georgetown) (L) 12:30 Scrabble (CR) 1:00 Pokeno (PD) 2:00 Time Abroad in Germany w/ Matt Quarterman (AR) 3:30 German Social Hour (AR)	<b>26</b> <u>Doctor Day</u> 9:30 Exercise (AR) 10:00 Coffee Social (AR) 10:00 Catholic Communion (DR) 10:30 Trip to Fred Meyer (L) 11:00 Quilting Group (CR) 1:00 Knitting Group (PD) 1:00 Ice Cream Social (P) 1:30 Bible Study w/ Rev. Jesse Mabanglo (AR) 3:00 Book Club (Clock Dance) (PD)	<b>27</b> 9:30 Exercise (AR) 9:30 Mahjong (CR) 10:00 Coffee Social (AR) 10:30-1:30 CVS Flu Shot Clinic (AR) 1:00 Talk to the Chef (DR) 2:00 Birthday Party w/ Richard Dean (AR)	<b>28</b> 10:00 Exercise (video) (AR) 10:00 A/L Exercise (video) (2DR) 10:30 Coffee Social (L) 11:00 Games Galore (AR) 2:00 Bingo w/ Carolee (AR)
<b>29</b> 1:00 Hand & Foot (CR) 1:30 Movie (First Wives Club) (AR)	<b>30</b> 9:30 Exercise (AR) 10:00 Coffee Social (AR) 10:30 Trip to Safeway (L) 11:00 Trip to QFC (L) 1:00 Themes in Philosophy w/ David Smith (AR) 2:30 Choir (AR) 3:30 A/L Manicures & Hand Care (2DR) 5:00-6:15 Oktoberfest Music w/ Bonnie Birch (L)	(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 (A/L) - Assisted Living	 <h1 style="font-size: 4em; margin: 0;">September 2019</h1> <p style="font-size: 1.2em; margin: 0;">Please note: This calendar is subject to change</p>			