



September 2020

# Foundation House Times

*A not-for-profit retirement community*

## LET'S HEAR IT FOR OUR MARKETING DIRECTOR, LYNN!

The staff here at Foundation House at Northgate is stellar! Feeling protected in every aspect of our lives including the bad germs getting smashed, squashed, and wiped into oblivion two or more times per day. Not only that, but goodies, even a “happy hour” are brought to our doors: ribaldry, music, munchies, colorful drinks, most anything we want. We HAIL our caregivers, our staff, our neighbors, ourselves. We THANK YOU, ALL OF YOU!

We, who live here at FH fully realize just how fortunate we are! No marketing honcho is needed to inflate our enthusiasm. Our Marketing Director, Lynn Creasy, blossomed in her youth primarily in Northern California near San Francisco where she earned a degree in Communication/Public Relations. After college, there was a fella, Hugh is his name, who was hungry to see the world, on his terms: he wanted to sail, on his own boat, sail the far seas, stopping where he was intrigued, staying where he could be inspired, perhaps, maybe, even finding work. To do that he had to find the right girl. Lynn popped up, eager and willing. But the dream needed to wait. They raised daughters, two of them, (now 18 and 20) in Portland, Oregon. Then the great city of Seattle pulled the family in for its ocean water and great job market and that is how she became a Marketing Director – for us.



Amidst the challenges during the season of COVID-19, Lynn has had her own in the Marketing Director position, some have been people not wanting to join the community and others who move out to be closer to their loved ones. Always one to be curious and seek the silver lining, Lynn’s attitude is one of positivity as she is able to “help people stay safe and happy” and truly finds joy in the residents and staff of FHN.

A little known fact: she also has been a foster mother to over *100 dogs* in the past 25 years. What a good soul! She takes them in one by one into her home, caring & training tenderly until a permanent fur-ever home could be found. Her current dog, Tito is the only canine and is a tender young age of 13 years. He is very much enjoying his time of being an only dog without constant visitors.

Lynn is a fascinating girl: stop in to chat when you see her door open. AND she’s about to move full time on to her sailboat christened “Happy” and live the combined dream of sailing around the world in retirement.

Written by: Alice B.

# GETTING ZOOM ON A TABLET OR SMART PHONE

Following up the “Zoom Quick Start Guide” for the telephone and computer, here is a tutorial for getting connected via your tablet (iPad, Amazon Fire, Samsung Tab, etc.) or smartphone (iPhone, Android, Windows, etc.). After this, if you have any questions—please feel free to ask Activities!

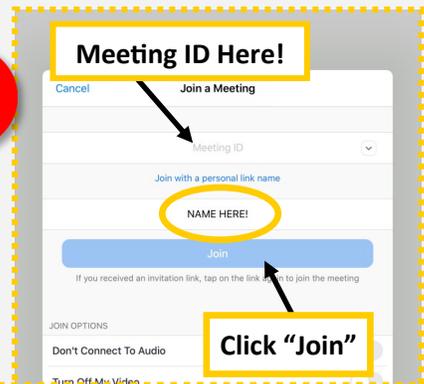


## What you will need to connect:

- 1) A tablet or smartphone
  - 2) \*Zoom Meeting ID #
  - 3) \*Meeting Password
- \*You can find this information on your weekly Activities schedule!**

**1**

**4**



**Download Zoom:** On the tablet and smartphone, programs run on different “apps”. Once you open your device, “apps” are the tile icons you see—Mail, Google, games, Facebook, etc. are all different examples of “apps”. The Zoom app is a light blue color with a white video camera in the middle of it. **Visit the App Store to “buy” it—it is free! Need help with this step? Please feel free to ask. If you have already done this, please move on to Step 2...**

## Enter Meeting ID, Name, and Password:

- 1) Enter the Meeting ID on the first line marked “Meeting ID”.
- 2) At this time you can feel free to also edit your name on the second line—on this form it is indicated by “NAME HERE!”.
- 3) Then click on the blue button that says “Join”.
- 4) If there is a password on your meeting, you will be prompted to enter it now.

**2**

## Locate and Open Zoom:

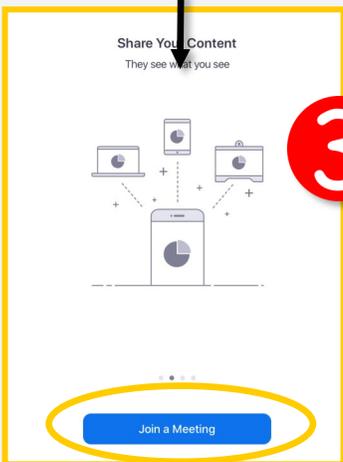
Once you have the app, find it on your home screen. This is an example of an iPhone/iPad home screen. Can you find the Zoom app in the image to the right? Tap on it to open Zoom!



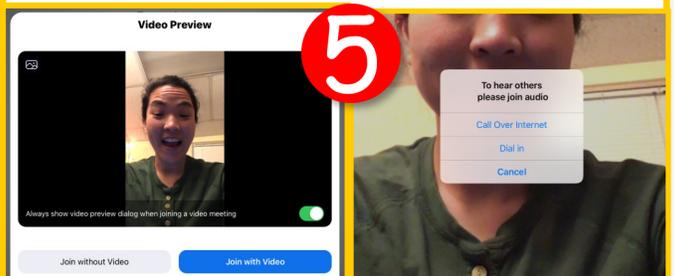
**Video and Audio:** Okay, you’re almost there! Next Zoom will lead you into a video preview. If you would like to connect to the meeting using your video, click “Join with Video”. If not, click “Join without Video”. Once you make your selection, you will be led into the meeting space—a pop up box will come up next asking about your audio options. Unless you are choosing to connect to audio by dialing in on your telephone, click on “Call Over Internet”.

**3**

**Join the Meeting:** Once you have opened Zoom, this is the screen you should see. Please go ahead and tap the blue bar that says “Join a Meeting”.



**5**



**You’re done!** Hopefully you have now successfully joined your Zoom meeting. If not, please feel free to call Activities (ext. 106) for help.

## SEPTEMBER ACTIVITIES

### Groceries/Errands (Tuesdays and Fridays, weekly)

Just a couple of notes about groceries moving forward:

-If you are asking for a **prescription pickup**, please provide us with your **birthday** (including **month**, **day**, and **year**) and **phone number** on file.

-Lists submitted after about 11:00 am on Groceries/Errands days may not be fulfilled until the next grocery day.

### Foot Care

**-Wednesday, September 16th—3 spaces left**

**-Wednesday, September 23rd—2 spaces left**

Please let Activities know if you would like more information about/would like to schedule a Foot Care appointment with Cascade Foot Care. Initial sessions are \$70, then \$60 for each subsequent session. Our nurse Geraldine will take care of thick and fungal nails, reducing calluses and removing corns, addressing skin issues of peeling and cracking skin, reduce pain in toes and feet, and shoe assessment. Please pick up an intake form from Activities and fill out before your first session. Additionally—please note that all Foot Care appointments will now meet and take place in the Activity Room.

### Current Events with Jacob Bolotin (Zoom)

**Tuesdays, September 1st and 15th at 3:00 pm**

Join Jacob to discuss today's world affairs, foreign policy, national, and local news. Current Events is generally on the first and third Tuesdays of every month at 3:00 pm. For now, we are meeting on Zoom. If you'd like our help getting connected to Jacob's sessions, please feel free to ask!

**Meeting ID: 264 407 4626**

### Contemporary Ethics with David Smith (Zoom)

**Thursdays, September 11th and 25th at 10:30 am**

David has just started his new lecture series "Contemporary Ethics". Feel free to jump in at any point over the next several weeks! It is an overview of moral theories in circulation today, and application of those theories to contemporary moral issues. Issues include abortion, war, end of life ethics, gun control, media ethics, animal ethics, and others. Discussion includes both moral and legal aspects.

**Meeting ID: 312 358 8432**

### Talks with David Williams (Zoom)

**"Stories in Stone"**

**Thursday, September 3rd at 11:00 am**

Most people do not think of looking for geology from the sidewalks they travel, but for the intrepid geologist any good rock can tell a fascinating story. On this virtual walk, which incorporates illustrations and photographs, you will explore a range of rocks equal to any assembled by plate tectonics, from 3.5-billion-year-old gneiss to 120,000 years old travertine; fossils the size of cinnamon rolls, and rock used by the Romans to build the Colosseum. In this tour of Seattle building stone, David will discuss history, transportation, and architecture to give you a new way to appreciate urban geology. Plus, you'll even be able to "visit" a couple of quarries and see where the stone originates.

### **"Puget Sound: A Maritime Highway"**

**Tuesday, September 22nd at 11:00 am**

From canoes to the mosquito fleet to our modern day ferry system, boats have been a principal means of travel around Puget Sound. In a landscape dominated by forest and sea, water was often the best way to get from point A to point B. In this talk, which is based on research from David's next book about human and natural history in Puget Sound, he will highlight how people have spent the last 13,000 years boating this extraordinary waterway.

**Look to your weekly Activity schedules for updates and connection information.**

### **"Lewis and Clark Trail in Washington"**

**with David Kaynor (Zoom)**

**Tuesday, September 8th at 2:00 pm**

Come along and explore the Lewis and Clark Trail through Washington state. In this class, we will be visiting sites where the Expedition of Discovery stopped throughout their passage in Washington and Oregon. Visual aids will be provided via a Power-Point Presentation.

**Meeting ID: 867 3314 2314**

## SEATTLE PUBLIC LIBRARY UPDATES

Seattle Public Library is starting up a modified Mobile Library service. Holds are available to be made by telephone (206) 386-4636 (10:00 am - 8:00 pm Mondays through Fridays) or through your SPL online account (spl.org)—place a hold and have it delivered with our next Mobile Library! They are typically on the first Monday of every month. Due to the Labor Day holiday, service will resume on Monday, October 5th. *Or **alternatively***, we are happy to pick up holds from the Lake City branch library on Groceries/Errands days. We are collecting library returns anytime in bins placed outside of the Activities office.

### **Bible Study with Pastor Jesse Mabanglo Thursday, September 17th at 1:30 pm Third Thursday of every month**

Pastor Jesse Mabanglo from Lake City Presbyterian Church will be joining us to lead a Bible Study on the third Thursday of every month. These meetings will take place on Zoom (via phone, computer, or tablet). If you have any questions about how to get connected, please let Activities know! We are happy to connect you, to lend you one of our devices (tablet or computer), and answer any questions—or, all of the above! **Please stay tuned for meeting details in your weekly schedules.**

### **Singalongs with Miriam**

#### **Mondays in September at 2:00 pm**

Our singalongs have moved outdoors! Miriam will be set up outside of the South Lobby. Please wear your masks and be prepared to socially distance. Pick up a singalong binder at the Front Desk if you do not already have one—and join us! **Please note we will not be meeting on Monday, September 7th (Labor Day).**

### **Catholic Communion Wednesday, September 9th at 10:00 am Third Dining Room**

Deacon Joe will return to Foundation House in September to facilitate a monthly Catholic Communion service in the Third Dining Room (this is the dining room nearest the end of the hallway). If you plan on attending please come on down, wear your mask, and prepare to socially distance inside the dining room.

### **Watercolor with Elisabeth Mitchell Mondays in September**

Please join us for some crafts and conversation! **We're off for the Labor Day holiday, but will resume on Monday, September 14th at 1:00 pm.** We will be working on making cards either for personal use or to donate to Lifelong, who has long supported local communities through research and advocacy.

## 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

**Activities Director**  
Shayna Wong

## SEPTEMBER BIRTHDAYS



### **Residents:**

John S.	9/5
Peggy P.	9/13
Dorothy S.	9/19
Venessa "Bunny" H.	9/23

### **Employees:**

Javier H.	9/3
Citlalli D.	9/24
Shayna W.	9/30

## ANONYMOUS

Anony here and I'm reporting the library news. The Foundation House library is open! One person at a time is the rule. A plethora of new books await your perusal. Those are welcome words and I'm so excited my whiskers keep vibrating with joy. I'm a unique mouse and I refuse traditional definitions.

Stay safe. Care for others and yourself in these uniquely challenging times!

Vaarwel.

