



May 2021

Foundation House Times

A not-for-profit retirement community

FAREWELL TO CHEF STEVE!

After almost 24 years at Foundation House serving up wonderfully delicious and thoughtful meals. Steve will be moving on to a new job with Amazon. We'd like to celebrate Steve's time and work here at Foundation House. Please join us on Wednesday, May 26th at 2:00 pm on the South Patio for some appetizers, live harp music with Bronn Journey, and a chance to share well wishes, thoughts, thanks, etc. with Steve. Thank you for all you have done for us, Steve! We'll miss you and wish you the very best. This photo came out of the archives... Steve hosting his first Foundation House Thanksgiving Day Dinner.



Save the Date!

Steve's Farewell Party
Wednesday, May 26th at 2:00 pm
South Patio



Mobile Library **Monday, May 3rd** **Monday, June 7th**



Mobile Library will be visiting FH on the first Monday of every month (between 9:00 am-12:00 pm). Please return all library materials to the red bin outside

of the Activities office and we will return them for you. When we receive the library materials (books, DVDs, etc.) on Monday morning, we will let you know if there are items available for you to pick up at the Front Desk. Place your holds with the Seattle Public Library online, by phone, or using a yellow request slip (can be found at the Activity Table—submit to the Front Desk). If you have any questions about Mobile Library, please call Activities at ext. 106.

Intergenerational Event

Friday, May 14th from 2:30-3:30 pm

We were approached by a local teacher who had the incredibly generous idea of putting together an hour of music, yoga, poetry, and games for us—gathering students and volunteers from the local community for this event. Here is an excerpt from her statement: "My partner and I have been incredibly fortunate to have known the love and compassion of complete strangers who we met in the course of our lives, many of them older. Our lives have been richer because of these deeply meaningful relationships. While the pandemic has made it so that we all need to social-distance to protect each other, we wanted to find a way around this by bonding over a virtual mixed-bag arts experience" Meeting will be on Zoom.

Meeting ID: 845 9831 8779, Meeting PW: 377116

ANNOUNCEMENTS

Mother's Day

Sunday, May 9th

Happy Mother's Day to all our mothers and women who have made a difference in the life of any plant, animal, or child. This day is for you! Steve is planning an awesome Mother's Day brunch menu. Please note Mother's Day brunch will be delivered to your apartments this year.

Memorial Day Fundraiser

Monday, May 21st

Another important date this month is Memorial Day. Here at Foundation House we are taking a moment to recognize those who lost their lives in military service to our country. Today in particular, we remember and honor you! This year we will be fundraising for Sarge's Place, a part of the North Olympic Regional Veteran's Housing Network. Sarge's Place is a nonprofit organization and homeless veteran's shelter in Forks that works to provide homeless, low income, and disabled veterans with affordable housing, a communal kitchen, laundry, pantry, dayroom, and computer lab—all the comforts and security of a home. Please feel free to donate at the Activity Table (look for the wooden lock box), or give donations directly to Activities. We will mail donations to Sarge's Place after Memorial Day has passed. Thanks for your consideration!



Sarge's Place: 250 Ash Ave, Forks, WA 98331
(360) 374-5252

Maintenance

With Matt's departure last month, Roberto and Javier will be helping with work orders during the week. Julio also returned in mid-April and will be working all-day on Saturdays. Welcome back to Julio, and thanks to Roberto and Javier for stepping up and helping us out during the week.

Suggestion Box

We truly value and appreciate your feedback because we believe it makes us a better and stronger community! We encourage you all to use the red Suggestion Box on the Activity Table to submit ideas, thoughts, and feedback to any of our departments. Thanks in advance!

COVID Policy Updates

We understand that you all may be wondering how to interpret the new CDC guidelines regarding residents, mask wearing, and dining/activities protocol. Before making any changes here, we are waiting to see what Governor Inslee and the Washington Health Care Association (who release guidelines specifically for Long Term Care facilities) have to say regarding our state and industry. Please stay tuned for updates from Pam!

Breakfast/Dinner Service

Please try to arrive to the Dining Room for meals as close as possible to the scheduled times for breakfast and dinner. Breakfast service begins at 7:30 am, dinner service begins at 4:00 pm for South building residents, 5:15 pm for North building residents. This is to try and decrease groups lingering in lobbies and common areas prior to meals. Thanks for your cooperation.

Visitor Policy

Just to reiterate from Pam's letter in mid-April, this is our current visitor policy as it stands now: "Visitation in your apartments is allowed, as long as either the visitor or resident is fully vaccinated. Reminder that our policy allows for one visitor at a time per resident, or two if they are from the same household. Visitors should physically distance from other residents and staff in the facility and wear a snug fitting mask at all times. They must continue to sign in at the front desk for a health screening and perform hand hygiene before and after their visit. There is no limit on the number of visitors for outdoor visitation."

Activities

Just an FYI—as Jenica's pregnancy progresses, some activities are becoming increasingly more difficult. Thus, we are training Jennifer to "tap in" for doctor rides and activities as needed. It takes a village!

MAY ACTIVITIES

As far as we know at the moment, we are continuing to progress with our reopening plan. This month, that means the reintroduction of bus and transportation/outings outside of Foundation House and adding some social and group activities. Here are some of the new programs we are integrating this month:

Trips to Safeway and QFC: *Sign up at the Activity Table. Meet in front of the South Lobby on Fridays at 10:30 and 11:00 am, respectively.* This is an option for those who would like to start to get out and do their own shopping. These trips will occur once a week on Fridays. We will still plan on reserving the other groceries/errands day (Tuesday) to do shopping for residents. We are not yet taking people out for errands, so we will plan on still running errands (Post Office, bank deposits, prescriptions, etc.) for residents on both Tuesdays and Fridays. Submit your requests to the Front Desk and let Activities know if you have any questions at x106.

Park Walks and Van Rides: *Sign up at the Activity Table. Meet in front of the South Lobby on Mondays at 11:00 am.* Depending partially on weather forecasts, we are going to be going out every week for Park Walks or Van Rides around the local area. We are starting on Monday, May 3rd at 11:00 with a ride out to Lake Washington. While we're out, we're going to stop by the Kenmore Rookery to see if we can see any of the Great Blue Heron that are usually nesting there. We are looking forward to it and see these trips as a nice, safe step for us to start to get back out there!

Ice Cream Socials: *No need to sign up, just show up! Meet on the South Patio on Thursdays at 1:00 pm.* This weekly social will be contingent on weather that day... if it is not too rainy/cold, we will meet for ice cream on the South Patio complete with options for cup/cone and a selection of different toppings.

Games: *Sign up at the Activity Table.* Days and times of these programs tend to vary as we have available time slots, but stay tuned and watch your weekly schedules! We have been having a good time putting together and running these weekly games... We are looking forward to playing more with you all this month. We are starting out the month with Scattergories on Thursday, May 6th at 11:00 am.

Card Room: We are reopening the Card Room for Bridge, Scrabble, Rummikub, etc. this month. If you would like to reserve the Card Room for any regularly scheduled games, please submit your requests to Activities. We will be working to put together a schedule for the Card Room that works for everybody. We will let you all know when the weekly schedule has been established and the Card Room is open for use.

Some other regular monthly programs:

Additional program details can be found in your weekly schedules.

♦ **Church Service with Jesse Mabanglo (Lake City Presbyterian Church):** Tuesday, May 25th at 10:30 am.

♦ **Catholic Mass/Communion:** Wednesdays at 10:00 am in the 3rd Dining Room. Mass will be the first Wednesday of the month, following weeks will be Communions.

♦ **Creative Projects:** This month, we will begin meeting on Wednesdays at 11:00 am.

♦ **Singalongs with Miriam Anderson:** Mondays at 2:00 pm on the South Patio.

♦ **Educational Programs with David Kaynor:** Tuesday, May 11th at 11:00 am for Introduction to Astronomy.

♦ **New Testament with David Smith:** Thursdays, May 13th and 27th at 10:30 am.

♦ **Current Events with Jacob Bolotin:** Tuesday, May 18th at 3:00 pm.

FAQS

Sign ups: Sign up sheets are located at the Activity Table on the basement level and are put out by 10:00 am on Friday mornings. Look for our Sign Up Sheets binder, where there will be one sheet per activity. If the activity is full, please put your name on the waitlist—we can very often accommodate folks on the waitlist in activities. If you sign up but cannot make it to an activity, please let us know!

Waitlist: If you are on the waitlist, we will call you if it appears there will be an opening in an activity. As I mentioned earlier, we can often accommodate those on the waitlist, so it is definitely worth it to sign up!

SAILING HAPPY

All is well from our S/V Happy anchored in Gig Harbor. Hugh and I (and Tito) have already been here over a week. No need to move quickly as the harbor protection, amenities nearby make for a nice home. Safely distancing we have met several new people, both sailors and not, as this town is quite welcoming.

On Sunday, we ventured in our kayaks for a paddle just outside the harbor entrance and were graced with a wonderful interaction with a fledgling eagle. He/she sat on a branch for upwards of 20 minutes and we just took in each other. Then, as we finally started to paddle away, he decided to take flight towards me and then land right on shore about 20 feet away. He then hopped into the ocean shore, picked up a soft mollusk and started eating with a crow close by cawing at him to share. It was truly a National Geographic moment!

Hugh's goal this week is to mount a new radar system that will serve us well in Canadian waters as we have been told that the fog can be very thick. He is also deeply invested in researching a transom electric pulley system that allows us to get in and out of the boat with a touch of a button! Happy has so many conveniences already (so very livable) and this will be just one more. I am thankful for a partner who is so very knowledgeable in mechanics and how things work and fit together.

Tito sleeps a great deal (14 years young!) but enjoys our daily kayaking adventures and running on shore and having a walk about town. We are both enjoying our virtual work while still connecting with family and colleagues by phone or zoom. Tess even drove down one evening to have dinner with us. OK... well, the reality was that she needed help changing her spark plugs with Dad's help, but we will take it! :)

Feel free to follow our adventures on our Facebook Page called Sailing Happy. Just type that into the search engine and you will see our logo and then click follow. Thinking about all of you and hoping that things continues to be safe and that FHN opens up for social activities. -Lynn

FHN STAFF

Executive Director
Pamela Williams

Personal Care Director
Patricia Sharp

Director of Dietary Services
Steve George

Community Relations Director
Scott Ernst

Activities Director
Shayna Wong



ANONYMOUSE

A note from our librarian, Faye L.:

Our library is open! (still on a one at a time basis) We have received many new books recently, including Stephen Hawking's "A Brief History of Time" which is a great read even if you aren't a science major! We operate on the honor system, so just take what you want and please return them as soon as you finish reading. Thanks!

The tree in me
is seed and blossom,
bark and stump...
part shade,
and part sun.

Because there is
a tree,
and a sky,
and a sun
in me,

I can see
that there is also
a tree
in you.
("The Tree in Me", Corinna Luyken)

