The past year was like no other in the history of Providence Marianwood. We battled the COVID-19 pandemic. We changed everything we did — sometimes on a moment’s notice. We cared for and loved our patients more than ever. We became the first skilled nursing facility in the country to use groundbreaking COVID-19 treatments on our patients. We worked hard to communicate with families — and to ensure them that their loved ones were safe — even when they could not visit in person. It has been a year of triumph and tears, a year of love and loss. As we emerge from the past year with vaccines to protect patients and staff from COVID-19, we can honestly say that we are embarking on a season of hope and light.

As always, our top priority is the safety of our residents and patients. That is how we operated over the past year and how we’ll continue to operate in the future. We will continue to strictly follow Personal Protective Equipment (PPE) protocols advised by national, state, local and Providence experts.

We are so happy that the majority of our staff and nearly all of our patients have received COVID-19 vaccines. As we’ve done all along, we continue to follow the recommendations from state and national experts on how and when we can open our facility to visitors. We are currently offering three visitation categories: Window Visits (improved through expanded WiFi throughout the building), In-Person visits and Compassionate Care visits. All visits must be scheduled in advance through www.VisitMarianwood.com.

“We remain COVID-19-free today and remain even more committed to keeping it that way so nothing stands in the way of in-person visits with family members,” said Valerie Andal, director of nursing. “Our goal is to stay open so you can continue to have these visits, which are so desperately loved by the residents and their families.

Since we’ve opened up for visits it’s been wonderful — not only for families, but for residents. It makes us all happy. We look forward to expanding those visits outdoors when the weather improves.”

We also look forward to welcoming volunteers back into the building as we increase the activities available to our residents.

As we look toward the future with hope, it’s important to reflect on how far we’ve come over the past year.

For nine months after the onset of the pandemic, we managed to remain COVID-19-free, something
How did you learn of Providence Marianwood? A friend was a board member and knew of my engagement with senior care issues from my family. (The friend was Carolyn Pierce-Dyer).

What resonates for you about the work of Marianwood and why are you passionate about the aging population? I have loved the elders (grandparents, aunt, uncle, parents) in my family. Many of them have lived long but not necessarily well. I have experienced the stress and worry of trying to figure out best options for them, in some cases with limited resources. Most of my family lived/lives on the East Coast. Supporting Marianwood was a way to bring some appreciation and gratitude I feel for this work into my local community. Aging and receiving care with dignity is something that should be available to us all. I appreciate the work that Marianwood does (right here in my backyard) to make that true for so many.

What are your hopes for the people we serve? That they live and age (and perhaps ultimately pass away) surrounded by loving care and that their families can feel peaceful and have less stress about their loved ones whether they live close by or far away.

What do you appreciate about the model of caring for the residents and patients of Marianwood? The work of the foundation is to make sure that residents can stay and receive care even after they have used up their personal resources. And I appreciate the options they offer to engage family and friends that are local (pre/post COVID-19 of course) and the “residential” touches…chaplain services, therapy dog visits, the garden, etc…

What do you think are our community’s biggest challenges around the aging population? People are still mostly living longer (I think COVID-19 reduced overall life expectancy but hope that will be temporary) but they are frequently not near family and loved ones. Most of us underestimate how long we will live and how frail we may become. Individual resources are inadequate. This is a perfect storm of need.

What change do you most want to see happen? At a policy level I would like to see us address long-term care considerations and strengthen Medicaid options. Everyone deserves respect and dignity in the final chapters of their life.

Why should others donate to Providence Marianwood? The problem is big, and it may feel sometimes like the starfish on the beach story. There are too many to save by throwing them back in the ocean; but for the ones you can reach, you can make a difference. So even if we can’t fix the whole problem, for people in our community at Marianwood, we can make a difference and create a model of what community care solutions could/should be.
Welcome New Leaders

Board of Directors

Mary Cranstoun
Providence St. Joseph Health
SVP Total Rewards—Talent Acquisition

Pauline Hernandez
BECU
Branch Manager, Sammamish

Staff

Neelima Rani Dittakavi — Neelima has been working as a physical therapist for more than seven years at Providence Marianwood and in healthcare for nine. In December 2020 she became Marianwood’s Director of Rehabilitation. Neelima hopes to constantly push her boundaries, learn and grow as a core leader, take good care of her caregivers, and support them in providing excellent care to Marianwood’s residents and patients. In addition to her bachelor’s degree, Neelima is working to join the American Association of Nurse Assessment Coordination (AANAC), a national non-profit membership organization representing long-term care facilities, nurses and healthcare professionals who care for nursing home residents. She plans on obtaining her RAC-CT™ certification, the most prestigious nationally recognized certification in resident assessment in the long-term care nursing profession. Neelima’s personal goals are to see her kids grow up and become well educated and to settle down in a quiet modern neighborhood with her parents and husband. For fun and relaxation, she plays badminton and paints. Neelima has lived in the Seattle area for more than 15 years but cannot wait for things to improve and open up so she can travel back to India and visit friends and family. Most people don’t know that Neelima loves action movies and enjoys driving fast cars!

Martha A. Dimmers — Martha joined Providence Marianwood as Chaplain in February 2021, bringing 27 years of experience in healthcare. Martha earned her Master’s in Divinity and is a board-certified chaplain. Her plans include continuing to grow as a leader in resident and patient spiritual care, and caregiver support. She also hopes to become a Certified Life Coach and begin a podcast. Here at Marianwood she has begun activating and doing the Hear Me Now program. Hear Me Now, a faith-based program at Providence, endeavors to “…give patients, loved ones, and caregivers a sacred space to share their stories and make healthcare more humane.” Martha has lived in the Seattle area for 20 years. She and her husband, Stephen, enjoy swimming, traveling, and watching their three wonderful teenage children perform Irish dance and music. Once everything opens up in the area, Martha plans to get back out and explore. Her favorite spots are Vancouver Island and Salt Spring Island in Canada. “The hikes are delightful, food is yummy, people are kind, and I love the beautiful ferry rides!”

Interested in board membership? Please contact Brooke Wiles at 425-391-2895.

Continued on page 7
A Sincere Thank You To Our Donors During 2020!

Gifts in memory or in honor of someone are listed with the donor’s name. The Providence Marianwood Foundation makes every effort to provide an accurate and correct list. If you feel there has been an error, please contact the Foundation’s office at 425-391-2895. Thank you so very much for your support throughout 2020!

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Sip & Savor 2021

You raised a glass, offered a toast and opened your wallet to help make Providence Marianwood Foundation’s Sip & Savor the most successful ever!

We have all faced challenges over the past year, including the fact that we could not meet in person for our annual wine tasting event. Although this year’s event went virtual, your generosity showed the residents of Providence Marianwood that they are not forgotten.

Thank you for helping us serve the elderly in need here in our community.

Amount Raised
$49,659

Attendees
169

Bottles of Wine Consumed
203

Top Fundraisers for Marianwood Sip & Savor

$11,485.00
Bob Collins

$10,113.75
Mary Cranstoun

$3,775.25
Maricor Lim

$3,755.85
Kaizerine Blanes-Blendermann
not experienced by most skilled nursing facilities. When the COVID-19 virus eventually found its way to Providence Marianwood in November, we became the very first skilled nursing facility in the country to treat our patients in house with Remdisivir and monoclonal antibodies — treatments that saved the lives of many of our patients and residents. This was done due to the strong leadership of our medical director Dr. Abdullah Oz, administrator Maricor Lim and the can-do attitude of our staff, who had already gone above and beyond their duties to care for our residents and patients during the previous months. When we asked residents, patients and families if they would be willing to take these groundbreaking treatments, they all enthusiastically agreed with the sincere hope that it would succeed.

On top of all that, the Marianwood Foundation and its supporters have stood by us the whole way, contributing support through volunteer hours and donations to help cover the additional costs we faced during the year because of COVID-19 testing, PPE and the need to reduce our capacity so that every resident and patient could have their own room. We could not have survived without this added support.

There is no question that this clearly has been the most difficult year in the 35-year history of Providence Marianwood. But as we look toward the light of hope, we can reflect back on some words of wisdom from our fearless administrator: “I have such a great team. I always remember that it is in the darkest night that you see the brightest star,” Lim said. “We focused on leading from the perspective of love. I really pray that we continue to have that positive outlook and a grateful heart.”

**Patricia Viola Forgays** — Patricia began her career at Marianwood in October 2020 as a floor nurse and in January 2021 transitioned to the Clinical Manager/RCM for long-term care. Prior to that, she started working with Providence in Montana in 2014. Patricia worked as a licensed LPN at a neurology clinic affiliated with Providence St. Patrick’s Hospital in Missoula, Montana. While working as an LPN, Patricia completed a bridge program to become an RN, completing it in 2020, passing her National Council Licensure Examination (NCLEX) RN exam six years to the date of her LPN. Patricia has always worked with the geriatric population and really enjoys all the personalities and characters. Her professional goal is to continue to grow in personal development. “Over the years I have seen not only growth in my career but growth personally. I feel these go hand in hand and will serve well in the present and the road ahead.” As part of this, Patricia plans to continue her schooling and obtain her Bachelor of Science in Nursing with certification in Wound Ostomy and Continence Nursing, and certified Diabetic Educator. Patricia’s husband also works within the Providence family, and it was through this that the family moved to the Seattle area in 2016. She loves to quilt, game with her husband, and organize and improve her home and working spaces. Patricia has developed a lifelong interest in food, having worked in her high school restaurant learning about cooking and the restaurant business. She became even more passionate about nutrition after entering healthcare. Patricia enjoys yoga and pilates, making it a part of her daily life to help with discomfort and pain after suffering a lumbar injury four years ago.

**Oliver Zurita** — Though he has spent only a short time in healthcare, Oliver started his career at Providence Marianwood as the Plant Operations Manager in February 2021. While here, he hopes to provide the best service for the Marianwood residents. Oliver has a bachelor’s degree in Business Administration from the University of Idaho and has lived in the Seattle area for a little over two years. For fun and relaxation, Oliver watches his 15-year-old daughter, Aliyah, and 13-year-old son, Alejandro, play sports. He loves to watch and play basketball and discover new restaurants. Once things open up again, one of Oliver’s “must do” activities is to go to a Blazers game as soon as they allow fans to go back.
Caregiver Applause!

Thank you for all you are doing to keep the Marianwood community healthy and safe. It must be stressful given that they are such a vulnerable population. Your work matters — to both their physical wellbeing but also their spirits as they are cut off from family & friends.
Wishing the best for you & yours as we navigate these difficult times.
—Marianwood Angel

Your kindness is a blessing and so are you. Thankful for all your dedication at this time to patients and residents!
—Marianwood Angel

We would like to thank the staff for the wonderful care and concern for our mother. Every time we visited or saw pictures of her at Marianwood, we felt she was cared for and respected. We know how hard it is to care for a person with dementia and we so appreciate you all for your efforts on her behalf.
—Resident family member

Thank you for your blessed gift of care, love and devotion. Your work is endless and so appreciated! You are in my prayers to stay safe and healthy at this time and for the future!
—Your Sammamish neighbor

Thank you for your blessed gift of care, love and devotion. Your work is endless and so appreciated! You are in my prayers to stay safe and healthy at this time and for the future!
—Your Sammamish neighbor

I want to extend to the entire staff of Providence Marianwood our family’s deepest gratitude for all that your team is, and has been, doing to care for our brother, along with the residents and patients, during this crisis.
You are all heroes to us. We also pray that you heroes find peace in knowing that we, along with the other families, pray that you are kept safe from this terrible virus.
We are sending our love and gratitude and desire for your good health to you daily. May God bless every one of the Providence Marianwood family for the compassion, commitment and care you are showing all the residents/patients.
—Resident family member

I want to say thank you all for your dedication and care given to my mother... I wish I could run over and hug you all for the care given... I will pray for your staff and not cease. I can only imagine how difficult your jobs have become. God Bless you all.
—Resident family member

I am so thankful for keeping me well informed so that I can share information with our extended family. Thank you for the care that you give them, the time that you spend talking and visiting with them, joking with them to keep their spirits up, and ensuring that they are safe.
Thank you also for always putting my heart and mind at ease when I talk to you. I am grateful for your emotional support! With Love and Blessings,
—Resident family member

8 | Blessings
Residents Enjoy Cookin’ Up a Storm in New TCU Kitchen

After a year facing the COVID-19 pandemic in the Transitional Care Unit (TCU), where patients spend time rehabilitating before returning home, we turn to the joyful act of cooking.

Cooking?
Yes cooking. To some, that may represent a mundane chore that must be planned for in advance and performed up to three times a day. But the act of eating what is cooked usually brings pleasure. And what previously could be considered mundane is now a symbol of a return to normalcy after a year filled with stress and loss.

This summer, if all goes as planned, we get to resume work on our new Rehabilitation Kitchen, paid for by the Providence Marianwood Foundation to help our rehab patients gain back the skills needed to cook for themselves when they return home.

It is something the rehab staff has looked forward to since the project was put on hold at the beginning of the pandemic in March 2020.

“I’m hopeful for summer that we are going to start our kitchen project,” said Rehab Director Neelima Dittakavi. “It was on hold because we couldn’t bring in anybody who isn’t vaccinated. In summer we can keep doors open and if a contractor is not vaccinated, we’ll try to get them vaccinated before they come into the building.”

The existing kitchen includes only a mini-fridge, microwave and toaster. This falls short of allowing occupational therapists to use their expertise to provide a more thorough objective assessment of patients’ kitchen skills. They must also depend on their clinical judgments to determine a patient’s safety when using a stovetop or oven and are severely limited in what they can offer patients to cook.

The new full-size kitchen will allow occupational and physical therapists, in addition to the activities department, to provide significantly more accurate assessments of patients’ abilities. Patients in wheelchairs, as well as those who can stand, will have more cooking options and can be trained in one-handed techniques, use of adaptive equipment, will receive home modification recommendations, and caregiver education if a patient is no longer safe to cook independently.

The remodel will also include an activity wall and activity board adjacent to the kitchen and occupational therapy room with hand tools, art, and planting supplies that therapists can use to train and support patients.

The past year was especially tough on patients in the TCU, who came to Providence Marianwood from area hospitals after undergoing elective surgeries or suffering a stroke and other acute illness. Because of COVID-19 regulations, they had to remain in their rooms and receive therapy there until they tested negative for the virus. But, as long as patients progressed, the therapists worked to send them home as healthy as possible so they could return to independence. “We tried to be really conservative to protect everybody,” Dittakavi said. “We kept them as long as needed for them to meet their goals. This is what we’re here for.”

Volunteer Spotlight

A conversation with
Pastor Marlowe Shoop, Volunteer Chaplain

How did you learn of Providence Marianwood?
My mother-in-law received care from Marianwood in 2011. My friends at Providence Point received care as well and were pleased with their stay. Not long after that, I was invited by the interim chaplain to volunteer for worship services. That was eight years ago.

What do you enjoy most about volunteering and supporting the residents?
Throughout my 24 years working with seniors, I approach each person by establishing a rapport that is most comfortable for them. One-on-one bedside blessings are my gift to these vulnerable seniors. Families lean on me during their most difficult times as I lead them through memorial services for their loved ones.

What resonates most for you about the work of Marianwood and what are you most passionate about with the aging population?
Marianwood caregivers live the mission in their model of care for their residents and patients. I witness loving care with honor and dignity and person-centered care to meet each resident and patient’s individual needs. I am passionate because it’s my calling.

I feel at home with seniors. They are overlooked by our society. Seniors have personal gifts and experiences in life that need to be passed on to the next generation.

What do you appreciate about the model of caring for the residents and patients of Marianwood?
There is a true sense of community at Marianwood that I don’t see in other nursing homes. Residents are cared for as human beings rather than what they can contribute (financially). There is a home at Marianwood for those who could never afford to pay on their own. The residents seem to have a positive regard for one another, which contributes to the home-like environment.

What are your hopes for the people we serve?
That they experience love of God made known in Jesus and that each person be encouraged to function to their full capacity no matter what their physical limitations are. My hope is that residents are encouraged to live to their fullest spiritually and emotionally.

Why should others donate their money or time to Providence Marianwood?
It is more gratifying to give than to receive. You can trust your donation is well spent at Marianwood. I feel fulfillment when I give my time and money. It has been a good investment for me and my wife.

Volunteer with Us!
Opportunities to volunteer at Marianwood are open. We are excited to welcome volunteers back to Marianwood. Bring your time and talents to help residents and patients enjoy enrichment activities. We have a variety of fun opportunities for you, including:

- Leading groups for music and art therapy
- Assisting with weekly BINGO
- Pampering residents with a comforting manicure
- Assisting with outings to parks, shopping or a field trip to Cougar Mountain zoo

To learn more, contact Activities Supervisor Susanne Rossi at Susanne.rossie@providence.org or 425-391-2897.

*All volunteers must be fully vaccinated and receive regular COVID-19 tests to participate. Volunteers must also receive an annual TB test.
My mother Genia was born in 1944 in a small Russian town to Jewish parents who moved there from Ukraine to escape the German occupation of Ukraine and Eastern Europe.

Genia was a very clever child who did well in school and helped her parents and younger brother as much as she could after school. She graduated from high school with the highest grades and was admitted to a good university and chose chemistry as her major. She also worked nights to support her parents since her dad got paralyzed at an early age and was not able to work while her mother was working part time. She graduated from the university with a master’s degree and started her career as a chemical engineer at a local plant and worked there for around 20 years until moving to Israel in 1990.

My mom married in 1972 but one year after I was born got divorced because my father moved to Israel and my mom could not leave her ill parents.

Genia took care of her parents in Ukraine and raised me by herself. After her parents passed away, she and I moved to Israel in 1990 with only $300. We literally started life from scratch. I was 17 years old and she was 46. Genia learned the local language (Hebrew) very quick and at the same time she was certifying her former education as a chemical engineer so she could get decent work in Israel. She worked at a chemical laboratory in a school to help students and teachers with different tasks. At age 66 she moved permanently to United States to be closer to me and her grandchildren. She lived in Bellevue, and then at Providence Marianwood, until her last days.

Genia’s life was not easy from birth to the end and was full of challenges and critical situations. Being a Jewish single mom was very tough in the former Soviet Union. But she was a fighter and a very intelligent person with emotional intelligence, natural skills, and intuition that helped her/us to survive in this life. She always laughed and had a delightful sense of humor and dignity until her last days, regardless of life circumstances. She dedicated her entire life to her family, including her grandchildren. She loved us with truly unconditional love and supported everywhere she could without any “payback.”

My mother came to Providence Marianwood initially for rehab after she was diagnosed with cancer and had brain surgery. She ended up moving to long-term care for five months before passing away at age 73. She received such wonderful care at Marianwood, including Providence hospice care during her last month. I really felt that the staff loved my mom and appreciate all they did for her during her last days.

Genia’s life, an immigrant’s difficult journey to peace and freedom

To Genia, with Love
By Alex Vinokurov, Genia’s son

Genia and her son Alex
Save the date!

Love in Action LUNCHEON

September 16, 2021
The Golf Club at Newcastle

Join us for our annual luncheon to support the programs and residents of Providence Marianwood.

11:00 am — Registration opens
11:30 am — Program begins
1:15 pm — Program ends

$100 per person with a suggested donation of $250.

Register at: www.classy.org/mwl2021

For sponsorship opportunities, to captain a table, or for more information, please contact Brooke Wiles at 425-391-2895 or brooke.wiles@providence.org

Featured Speaker: Ciscoe Morris
Ciscoe is well known in the Pacific Northwest. He has appeared regularly on TV and radio throughout his career. His book, Ask Ciscoe, was a national bestseller and his new book Oh, La La! is hot off the press. When he is not speaking or writing, he is often gardening at his home in Northeast Seattle or off hosting a garden tour somewhere in the world. Thanks to all those brussels sprouts he eats, he is even better looking in real life than on TV.

Guests who make a donation of $250 or more will receive a special gift bag, including Ciscoe’s book, Oh, La La! Home Grown Stories, Helpful Tips, and Garden Wisdom