How do you feel when you sit by the ocean and experience the vastness, the power and the sound of the waves? Or can you remember when you were a child lying in the grass and staring up at the shifting shapes of clouds?

Over the last year, Cathy Nilon, Chaplain with the Spiritual Care Department at Providence Mount St. Vincent, has been coming to the aid of residents who are experiencing pain or anxiety with the use of web videos on a laptop computer. The nature videos include beautiful beaches, waterfalls, meadows and clouds accompanied by soothing sounds. Almost all who participate are able to relax and rest easier. The change is significant and almost instantaneous. Director of Spiritual Care Pam Sipos notes that nature and music are both universal pathways to the sacred. “So much healing happens when someone is able to relax and let go, trusting that God is in charge,” says Pam. “Nature and music elevate us to that place beyond ourselves, often without any conscience awareness of the shift.”

Thanks to our generous donors to the Foundation, The Mount’s Spiritual Care team receives extra support to help residents with their spiritual journey. The Foundation recently received funding (Thank you, Puyallup Tribe of Indians!) for the installation
Over the last 18 months, Providence Mount St. Vincent has been recognized in ways we could have never imagined! Film maker Evan Briggs created a touching trailer for her forthcoming documentary called “Present Perfect.” The trailer went viral and practically overnight The Mount began receiving phone calls, inquiries and email from people and organizations all over the world. The world has discovered what an amazing community The Mount is. Since the initial trailer, The Mount has been featured in numerous international media stories. People seem amazed at how one building can house both older adults and preschoolers and have them engaged throughout the day. To the residents and children, it's normal. To the rest of the world, it's magic.

Thanks to our donors, the stage is set for a great deal of this magic to take place. Contributions to the Foundation fund the majority of the intergenerational programs and activities such as art classes, music sessions, and supplies. In addition, the Providence Mount St. Vincent Foundation helps subsidize the Intergenerational Learning Center to support a greater ratio of teachers to children. This allows a teacher to take a group of babies or children on a visit with residents and still have the appropriate child to teacher ratio in the classroom.

We are truly thankful for the community of donors that support The Mount. We couldn’t do it without you. Thanks to your generosity, we will continue to be a loving community where residents feel as though they have purpose again, and where children grow up to be kind, compassionate individuals who are perfectly comfortable around older adults.

Watch for an announcement and an invitation to an exclusive premier of “Present Perfect” in the coming months. We hope to see you there!

Thanks To You and Nucor Steel for Supporting Intergenerational Programs at The Mount!

Thank you for helping us meet a wonderful $5,000 match from our friends at Nucor Steel—a gift that grew from $5,000 to $10,000!

Gifts from the Nucor match support The Mount’s intergenerational programs and all the special moments that happen between residents and children in activities such as art and music. With a total annual goal of nearly $100,000 to provide these life-enhancing programs, this match made a big difference and helped us spread the word. Thank you, Nucor, and thank you, donors!
“The Mount has been featured in numerous international media stories. To the residents and children, it’s normal. To the rest of the world, it’s magic.”

— Kate Shoemaker

Left: NBC’s Joe Fryer interviews Administrator Charlene Boyd. Right: Rachel Belle of KIRO Radio visits the ILC.

Film maker Evan Briggs

To see the trailer to “Present Perfect” go to www.presentperfectfilm.com

NBC’s Today Show filmed a feature about The Mount

Sunday Night, Seven Network, Australia

The Mount has been featured all over the world. Visit www.providence.org/ilcmedia to view several videos.
Donor List

A Sincere Thank You To Our Donors During 2016!

Thank you so very much for your support throughout 2016! Here are all donors for the year in an alphabetical listing. Gifts in memory or in honor of someone are listed with the donor's name. The Providence Mount St. Vincent 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 (206) 938-6194 or email Ann Martin ann.martin@providence.org. Thank you.

Mr. & Mrs. Blake Aase
Ms. Beth F. Abbey
Mr. & Mrs. James D. Abernethy
In Memory of Marilyn Sendek
Mr. & Mrs. Bob Acteson
Mr. Chad Adams
Ms. Joanne H. Adkisson
In Memory of Catherine E. Jeffery
Adrice Wines
Sr. Felina Afnidad
In Memory of Marilyn Sendek
Ms. Lorraine Agostino
Alderbrook Resort & Spa
Mr. & Mrs. Heidi Alessi
All Pro Painting
Mr. Sasha & Mrs. Gerald J. Alfers
Alliance Bernstein
Mr. & Mrs. Greg Alwood
Alliance Bernstein
Mr. & Mrs. Marcie Alford
AmazonSmile Foundation
Mr. Stanley Shepherd
Mr. & Mrs. Jack Anderson
In Memory of Janet Boren
Mr. Steve Anderson
In Memory of Nobuichi Fujita
Mr. Will Anderson
Angelo’s Restaurant
Mr. and Mrs. Albert Angkico
Ms. Patricia Anglin
Anonymous
In Honor of Jim Norman
In Memory of Marilyn Behle
Graham
Ms. Susan Antioquia
Ms. Reingard Antson
Mrs. Anna Aquila
In Memory of Mario Aquila
Ms. Donna Arbow
In Memory of Mary T. Buckley
In Memory of James Patrick Arbow
Ms. Shel D. Arnason
ArtsWest Playhouse & Gallery
Mr. & Mrs. Rodney Ash
In Memory of Beryl W. Ash
Mr. & Mrs. Ray Aspiri
In Honor of Charlene K. Boyd
In Memory of Chuck Hawley
AT&T – IOT Pricing Group
In Memory of Kay Messina
Atlas Supply Inc.
Ms. Cynthia F. Austen
Mr. Denney Austin
In Honor of Charlene K. Boyd
Sr. Christine Avisco
Mr. & Mrs. Carmelo A. Azurin
Bacardi
Bach Boards
Ms. Rosemary Bacina
In Memory of Juanita Webb
Ms. Katie Badger
Ms. Paige Bae
Ms. Catherine Baker
In Memory of Ella LaBranche
Ms. Lois Ann Baker
In Memory of Ruthie Fay
In Memory of Mary Hill
In Memory of Ellen Sykes
Ms. Linda Balabuch
In Memory of Rosemary Balabuch
Ms. Marianne Balabuch
In Memory of Rosemary Balabuch
Mr. & Mrs. George E. Banschbach
Mr. Murl Barker
In Memory of Jackie Barker
Colleen & Bill Barnes
In Memory of Robert G. Hill
Mr. & Mrs. Tom Barth
Ms. Gail A. Bartley
In Memory of Raymond Pelaza
Mr. Lance Bartran
Mr. Michael R. Bauer
Mr. David Baum
Mr. & Mrs. Dale Baumgartner
Bear Piano Services
Ms. Brenda Becerra
Belava LLC
Adanech Belay
In Memory of Dr. Franco B. Benitez
Ms. Willia Bennett
Ms. Nadine Benton
Ms. Anna Berg & Mr. Ian Gunn
In Memory of Betty Casper
Mr. Daniel Berglund
In Memory of Ross Berglund
Ms. Theresa Bernhardt
Mr. Donald J. Berritt
In Memory of Dorothy Berritt
Ms. Lezlie Berry
Best Western Icicle Inn
Ms. Rebecca Sue Bicknell
Mr. & Mrs. W. J. Bigbee-Hansen
Bistro Baffi
Ms. Susan Blake &
Mr. Christopher Breen
In Memory of Kay Messina
Dr. & Mrs. Michael Blatner
Mr. John Blondin
Blue Danube Productions
Mr. & Mrs. John K. Blume
Mr. & Mrs. Ben Boatman
Mr. Terry Boden
In Memory of Adele Boden
Mr. and Mrs. Steve Bodnar
In Memory of Frances Marie Baker
Boeing Matching Gifts Program
Ms. Nancy Bondi
Daniel & Lesley Boren
Mr. Bob Borroto
Mr. Adrian Herrick &
Ms. Charlet Bosi-Herrick
In Memory of Betty Bosi
Mr. Gerald Bottomley
Dr. Amy Bovenkamp &
Christopher Hill
Ms. Melissa Bovenkamp
In Honor of Foundation Staff
In Memory of Mr. Terry “Neal” Tunison
Mrs. Shirley J. Bowe
In Memory of Kay Messina
In Memory of Raymond Pelaza
Ms. Charlene K. Boyd &
Mr. Stephen A. Smith
In Memory of John R. Welch
Ms. Evan Briggs & Mr. Aaron Clark
In Memory of Gwen Schwezner
Ms. Patricia Briggs
In Memory of Laura Briggs
Mr. Joseph E. Bringman
Mr. & Mrs. Gary Brittian
In Memory of John R. Welch
Ms. Susan Broadhurst
Ms. Kathleen Brown
Ms. Mary Brown
Ms. Deborah Brule
In Memory of Raymond Pelaza
Mr. & Mrs. Gary Buckley
Ms. Therese Buckmeier
In Memory of Margaret Pankow
Dr. Jeanne Bulla
Mr. John F. Burggraaff &
Mrs. Janet Quimby
Mr. Robert W. Burnham
Mr. & Mrs. Jim Burns
Mr. & Mrs. Rod Butler
Ms. Marite M. Butners
Mr. & Mrs. Robert G. Butzerin
C & S Associates
Mr. & Mrs. William C. Cable
In Memory of Francis & Guy Cable
In Memory of Frances Cable
In Memory of Stanley Dickey
Ms. Anna Cabrera
Ms. Lillian Cady
Mrs. Joan Caine
In Memory of Daniel M. Caine
Mr. William Calderhead
Mr. Allan Caldwell
In Memory of Jean Caldwell
Mr. & Mrs. Perry Camagong
Mr. Fred P. Campagnaro
In Memory of John Campagnaro
In Memory of Maria Campagnaro
Ms. Paula Campagnaro
Mr. & Mrs. Thomas Campanile
Mr. & Mrs. Tom Campbell
Ms. Charlene M. Canonica
In Memory of Charles Canonica
Mr. Garry Capasso
Mr. Paul Carhuff
Mr. Michael A. Caringella
In Memory of Sr. Rose Caringella, S.P.
Mr. Gary Carlson
In Memory of Elsie
Ms. Kate Carlstedt
Mr. Rick Carosa
Ms. Arlene Tamura Carter
In Memory of Kay Messina
In Memory of Sr. Shirley Smith
Ms. Sharron Casper
Ms. Helen Chamberlain
Mr. Joel Chaplin
Mr. James Joshua Charles
Mrs. Louise Y. Chase
Ms. Louise Christianson
In Memory of Norma Russell
Residents look forward to weekly visits with the babies.

Photo: Devon Michelle Photography
Living

Donor List

Based on gifts received in 2016

Ms. Florence Frost
In Memory of John R. Welch
Mr. & Mrs. Tom Frye
In Memory of Kay Messina
Ms. Debbie Frymier
In Memory of Mildred Dullum
Ms. Josephine Gachallan
Mr. & Mrs. Thomas A. Gaffney, Jr.
In Memory of Rita Gaffney
Mr. & Mrs. Mike Gain
Ms. Carol Gallagher
Ms. Joeann Gallagher
Ms. Mary Bea Gallagher
Ms. Mary Bea Gallagher
Mr. & Mrs. Bob Gammon
In Memory of Kay Messina
Mr. & Mrs. Juan E. Garcia
Mr. Gene A. Garland
In Memory of Diana D. Garland
Ms. Joyce Garrison
Mr. Jean-Paul Gauthier
Ms. Malinda Gehrke
Mr. & Mrs. Scott T. Gibbs
Ms. Julie Gibson
In Memory of Betty Casper
Ms. Nora Gibson
In Honor of Charlene K. Boyd
Mr. & Mrs. Don Gillette
Mr. Joseph Givins &
Mr. Gary Baxter Smith
In Memory of Jean Givins
Ms. Irene Gleason
In Memory of Sr. Louise Gleason, S.P.
Ms. Charlotte Glen
Mrs. Angela I. Golden
In Memory of Janice Doolittle
In Memory of Martin Golden
In Memory of Teckla Holmes
In Memory of Helen Rose Maier
Mr. Tony Gonzalez
Mrs. Terri Goodwin
In Memory of Jean &
Donald Goodwin
In Memory of Cathy & Howard Risso
Ms. Terri Goodwin
Ms. Gail Goralski
Gordon Tilden Thomas & Cordell LLP
Ms. Shaughn Gorman &
Ms. Kathryn Kurtz
In Memory of Dick Gorman
In Memory of Esther Gorman
Mr. Rick Goss
Dr. John Goss
Ms. Patricia Gossler
Ms. Agathe Goulet
Ms. Danielle Goulet &
Mr. Lionel Boisvert
Graham Contracting Ltd.
Ms. Beth Graham Ingham
Mr. Josef E. Gray
Great Harvest Bread Company -
West Seattle
Mr. & Mrs. Jim Greenfield
In Memory of Maureen Romano
Mrs. Lorna R. Greer
In Memory of Henry J. Rogers &
Atwood W. Rogers
Mr. James Grey
Mrs. Rita Gribben
Ms. Maria C. Groen
Mr. & Mrs. Jason Grove
Mr. & Mrs. Arthur G. Groves
Mr. Jim Guenther &
Ms. Sandy Adams
Mr. & Mrs. Richard S. Gustav
In Memory of Edward Gruble
Mr. & Mrs. Richard S. Gustav
In Memory of Laurene Gruble
In Memory of Robert Gustav
In Memory of Rosemary &
Ralph Newman
Wendy & Dan Guy
In Memory of Maureen Romano
Mr. Henry Haba
Ms. Janet Haberbush &
Mr. Rich Gangnes
In Memory of Elizabeth Mcdams
Ms. Margaret Haberbush
Ms. Christine Hackett
Dr. Peg Haggerty
In Memory of Pierre Dorratacuge
In Memory of John R. Welch
Ms. Martha Hансcom
Mrs. Elizabeth Hansen
In Memory of Harold (Hal) Hansen
Ms. Faye Hansen
Ms. Katherine Hanson
In Memory of Kermit &
Jane Hanson
Mr. & Mrs. Michael G. Hanson
In Memory of Mrs. Elizabeth
(Betsy) Munn
Ms. Marlis Hanson
Ms. Colleen Hardy
Ms. Renee Harn
Mr. Stephen William Hays
Mr. & Mrs. Michael Harrington
Mr. & Mrs. Donald Harris
Ms. Valerie Harris
Ms. Sheila Harrison
In Memory of Kathryn (Kay) Christie
Sr. Susanne Hartung
In Memory of Al & Helen Hartung

Thanks to our donors, the Foundation helps with funding for additional teachers. Without the extra teachers, visits would not be possible. Photo: Devon Michelle Photography

Ms. Susan Harvey
In Memory of Joan Barnett
Mr. Alan Haskel
Mr. Clayton Hawkins
Ms. Marlene Haworth
Ms. Susan G. Hebbel
Dr. Elizabeth Hecht &
Mr. Mervyn Hecht
In Memory of Marilyn Behle
Graham
Mr. & Mrs. Bill Hedrick
In Honor of Josh Hedrick
Mr. & Mrs. Josh Hedrick
Ms. Kathy Heider
Mr. & Mrs. Robert T. Hellrigel
Mr. Charles W. Henke
Mr. & Mrs. Ron Henkel
In Memory of Eva Leonetti
Mr. & Mrs. Tom Herche
In Honor of Pat & Mary Welch
Dr. Carol Hervin
Mrs. Patricia Hess
In Memory of Kay Messina
Mr. Allen Hill
Mr. David Hill
In Memory of Donald E. Hill
Mr. Leon D. Hill
In Memory of Mary Hill
Mr. J. R. Hilenbrand
In Memory of Dorothea
Hiltenbrand
Mr. & Mrs. Ken Hirata
In Memory of Margaret Dewar
Ms. Suzanne Hittman
Ms. Doris F. Hixon
In Memory of Mary Anderson
In Memory of Pierre Dorratacuge
In Memory of Eleanor
(Shirley) Grieve
In Memory of John LaRusso
In Memory of Kay Messina
Mrs. Patricia Hoard
In Memory of Agnes & Wally Dean
In Memory of Jay Dean
In Honor of Lucille Dean
In Memory of Michael Hoard
In Memory of Tim Pacchiano
Mr. Dan Hodo
In Memory of Donald E. Hill
In Memory of Nancy Halcomb
In Memory of Marilyn Behle
In Memory of Eva Leonetti
In Memory of Betty Jean Hope
In Memory of Kathy Miller
Dr. Gerald Hover
In Memory of Roger Gillis, S.J.
Mr. & Mrs. James Howard
In Memory of Ronald J. Howard
Mr. Allen Hsieh
Mr. & Mrs. James Howard
In Memory of Minnie S. Hurley
In Memory of Mabel S. Blanck
In Memory of Marie & Roger Loken
In Memory of June Christine Lantz
In Memory of June Christine Lantz
In Memory of John R. Welch
In Memory of Ronald J. Howard
In Memory of Roger Gillis, S.J.
In Memory of Patricia B. Werlech
Mr. & Mrs. John Jovanovich
In Memory of Erik Jorgensen
Mr. & Mrs. John Jovanovich
In Memory of John LaRussa
In Memory of June Christine Lantz
In Memory of June Christine Lantz
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
In Memory of John R. Welch
Donor List

Based on gifts received in 2016

MARSH
Mr. Seth Marsh &
Ms. Briana Fletcher
Ms. Kandy M. Marshall
Ms. Ann M. Marten
Mr. & Mrs. Bryan Martin
In Memory of Kay Messina
Mr. Christopher Martin
Mr. Michael Martin
Ms. Sarah Leigh Martin
In Memory of Raymond Peloza
Mr. Donald Marty
Mrs. Kathleen V. Marx
In Memory of A. L. McAllister
Mr. & Mrs. Barry McConnell
Mr. & Mrs. Bob McGarvey
Dr. & Mrs. Dee McGonigle
Ms. Ellen McGovern
In Memory of Raymond Peloza
Ms. Maureen McGovern
In Memory of Jack McGovern
Ms. Patricia D. McKee
In Memory of Raymond Peloza
Mr. & Mrs. James McKeirnan
Mr. Chris McKenna
Ms. Kathleen M. McKenzie
Mr. Robert McLauchlan
In Memory of John R. Welch
Mr. Joseph Brian Menin
Ms. Gail Messett
In Memory of Lorraine Stelzer
Mr. Benedict Messina
In Memory of Pierre Dorratague
In Memory of John McIntyre
In Memory of Kay Messina
Mr. James Meyer
Ms. Elizabeth T. Mickel
Microsoft Matching Gifts Program
A. John Miller II &
Toan T Nguyen Miller
In Memory of Nellie Miller
Fr. Abraham Miller
Ms. Alice Miller
In Honor of Elana Russell
Mr. & Mrs. James W. Miller
Ms. Paula Miller
Mr. Ronald Miller
In Memory of Nellie Miller
Ms. Susan K. Miller
Ms. Mary Minoo
Mioposto
Mrs. Hedy Mitchell
Ms. Kathleen Mitchell
Mrs. Paula Mitchell
Ms. Diane Mitchell-Dean
Moccasin Lake Foundation
Ms. Corinne G. Montgomery
Ms. Peggy Mooney
In Memory of Dorcas Schoewe
Mr. & Mrs. Kris Moore
Ms. Gemalee Morrison
In Memory of Sr. Shirley Smith
Mrs. Jo Anne Morrison
Mr. Robert Mortenson
Ms. Anne E. Moschetto
In Memory of The Moschetto Family
Mr. Benedicto Mosuela
Mount St. Vincent Sewing Group
Mr. & Mrs. Mike Mullarkey
Mrs. Agnes Murray
In Memory of Robert Murray
Ms. Nancy Murray
In Memory of Helen Ragan
Ms. Colleen Musgrave
Mr. & Mrs. Robert A. Nathane, Jr.
National Assoc. of Letter Carriers
Ms. Tina Naugler
Ms. Roxanne Navrides
Mr. & Mrs. Tom Neely
In Memory of Teresa Vert
Mr. & Mrs. David Nelson
In Memory of Eugene Kord
Mrs. Margaret Nelson
In Memory of Jim Nelson
Mr. & Mrs. Richard Nesting
Ms. Lila Nevarez
Ms. Kristina Newell
In Honor of Janice Newell
Mr. David Newman &
Mr. Phil Sternola
In Memory of Dawn Bates
In Memory of Dolores Sternola
Sr. Maureen Newman
Ms. Sarah Nicoloudakis
Mr. Mark Nielsan &
Ms. Mary Peterson
In Memory of Margaret Nielen
Mrs. Peggy Nielsen
In Memory of Carlton & Ruth Kulle
Mrs. Louise Niemi
In Memory of Raymond Peloza
Ms. Lillian North
Northwest Art & Frame
Nucor Steel Seattle, Inc.
Mr. Steve Nugent
Ms. Joan O’Brien
Ms. Pam O’Brien
In Memory of Father
Mr. Timothy O’Brien
In Memory of Charlotte N. O’Brien
Mr. Michael Ogden &
Ms. Mary Burki
In Memory of Raymond Peloza
Ms. Patricia O’Leary
In Memory of Rita O’Rourke
Mr. & Mrs. John Osterhaus
Mr. Abraham Otoupal
In Memory of Marilyn Otoupal
Mr. Miles D. Otoupal
Pacific Jazz Institute & Dimitriou’s Jazz All
Pacific Retirement Services
Ms. Kellyann Padon
Mr. Robby Parkhurst
In Memory of Mark Keen
PartyLite

Our volunteers are the greatest! Helping out during our summer concerts makes the evening even more special.
See schedule on back page.

McMenamins Pub & Brewery
Mr. Samuel McMillan
In Honor of Monique Douglas
Mr. & Mrs. Paul McMillen
Mr. & Mrs. Maurice J. McNamee
In Memory of Dagmar Bride
In Memory of Leo Bride
Mr. Mark E. McNeil
In Memory of Eva Leonetti
Mr. & Mrs. Sean Meckley
Ms. Bonnie Mecum
In Memory of Donna Phillips
Ms. Maryann Meersman
In Memory of Rose Meersman
In Memory of Jill M. Schultz
Menashe & Sons Jewelers

Our volunteers are the greatest! Helping out during our summer concerts makes the evening even more special.
See schedule on back page.

Ms. Karen Matthews
Mrs. Louise McAllister
In Memory of A. L. McAllister
Ms. Amy McBride
Mr. Thomas McBride
Ms. Marcella McCaffrey
Ms. Marion McCarley
In Memory of Marilyn Behle Graham
Ms. Georgene McCarty
In Honor of The Mount Staff
Mr. & Mrs. C. Scott McClellan
In Memory of Adeline Faull
In Memory of Helen Holbrook
In Honor of Jeanne Swimme
In Memory of Wayne Swimme
Mr. Robert M. Petersen
In Memory of Eva Leonetti
Mrs. Micheline Petite
Mr. Lanny Petitjean
Mrs. Micheline Petite
Mr. Robert M. Petersen

In Memory of Sr. Shirley Smith
In Memory of Frances B. Raines
In Memory of Angela U. Miller
In Memory of Frances B. Raines
Mr. James W. Roumonada
In Memory of Kay Messina
Mr. & Mrs. John P. Sammons
In Memory of Mary Yellam
Ms. Lillian Sako
In Memory of Mary Swisher
Ms. Maia Santell

Many residents say that holding the babies helps them to remember when they were young parents.

Photo: Devon Michelle Photography
Based on gifts received in 2016

Seattle Seahawks Charitable Donations
Seattle Storm
Sedgwick Claims Management
Mr. & Mrs. Scott Severs
Ms. Deborah Seymour
Mr. Larry Shannon & Ms. Jan Simonds
Mr. & Mrs. Boyd Sharp, Jr.
Ms. Melba Shaver
Ms. Bonnie Sheehan
Ms. Megan Sherman
In Honor of Colleen Farrell
In Honor of Jessica Sherman
Mr. & Mrs. Michael Sherman
Mr. & Mrs. Benton Sherry
Mr. & Mrs. Fritz Shoemaker
Mrs. Carol Shorett
In Memory of Jim Shorett
Mr. & Mrs. Jonathan Shorett
Mr. & Mrs. Fritz Shorett
Mrs. Carol Shorett
In Memory of Jim Shorett
Mr. William Sibbers
In Memory of Joan Sibbers
Mr. & Mrs. Mark Siburg
In Memory of Gunhild Oman
Siderius, Lonergan & Martin, LLP
Ms. Jeannie Simpson
In Memory of Sandra Jean Simpson
Mr. & Mrs. Merlin C. Simpson
Mr. & Mrs. Gary Sims
In Memory of Raymond Peloa
Ms. Pam Sipos
Sisters Of Providence – Mother Joseph Province
Sisters Of Providence – St. Anne Community
Sisters Of Providence – St. Joseph Residence
Mr. George R. Slater
Mr. & Mrs. Don Sly
Ms. Jo Anita Smith
Ms. Martha Smith
DJ Smith-Brooks
In Honor of Maryland Brooks
Ms. Nanette Smyser
Mr. & Mrs. Robert V. Snyder
Ms. Lacey Sommer
In Memory of Melvin E. Jones, Sr.
Ms. Mary E. Sontgerath
In Memory of Cathy Butler
In Memory of Roberta Butler
Dr. Vivienne Souter & Dr. David Saperstein
Ms. Shirley Sparks
Ms. Patricia T. Spence
In Memory of John Spence
Ms. Deanne Sposari & Mr. Buck Adams
In Memory of Mary Yellam
Mr. & Mrs. Vincent Sposari
In Memory of Ted Dooley
Mr. & Mrs. Steve Sposari
Mr. Richard Springer
In Memory of Joyce Springer
Ms. Storey Squires
Ms. Gayle Sreibers
In Memory of Vivian Good
Mr. & Mrs. Richard St. Hilaire
In Honor of John & Ellen St. Hilaire
St. John’s - St. Margaret’s Church
Rev. Charles Brunick, CSP
In Memory of John R. Welch
Kristen & Catalin Stafie
Starbucks Matching Gifts Program
Mr. & Mrs. Brian Staton
In Memory of Marilyn Sendek
Mr. & Mrs. Paul W. Steere
In Memory of Ruth Steere
Ms. Brooke Stegmeier
Mr. Ernest Sterba
In Memory of David Carriere
In Memory of Nobuichi Fujita
In Memory of Eugene Kord
Ms. Nobi Stienecker
In Memory of Bernadette Horiuchi
Mr. Paul Stone
In Honor of Betty Kill
Ms. Rosamund Stooke
Mr. Guy Stricherz
In Memory of Michael Lucey
In Memory of Joseph Untereiner
Mr. Neil Strohsbusch & Ms. Heather Helgen
Ms. Florence M. Studer
In Memory of Pierre Dorratacque
Ms. Suzanne E. Stumpf
Ms. Linda Sullivan
Ms. Karen Summers
Mr. Harald Sund
In Memory of Donna Carroll Rodenhauser
Ms. Betsy Suyama
In Memory of Pierre Dorratacque
Ms. Molly Swain
In Honor of Charlene K. Boyd
In Memory of Kay Messina
In Memory of John R. Welch
Mr. & Mrs. Allan R. Swegle
Mr. & Mrs. Norm Swick
Ms. Sharon Swift
Swift Media Solutions
Synergy Homecare
Dr. & Mrs. Alexander Szabo
Mr. Charles Tait
Talarico’s Pizzeria
Tatoosh Bourbon
Ms. Doris Taylor
In Memory of Marilyn Behle Graham
Ms. Tona Thun Taylor
Teatro Zinzanni
Technical Weighing Services, Inc.
Ms. Felicia J Teves
Ms. Carol D. Schultz
In Memory of Patsey Hutchinson
In Honor of The Mount Staff
The Greek House
The Heirs of John Raymond & Doris Kelley Palmer
The K Foundation
The Price is Right
Ms. Barbara Burgess
In Memory of Stanley Dickey
Thomas Cuisine Management
Mr. & Mrs. Bill Thompson
Ms. Melodye Thompson
Mr. & Mrs. Scott Thompson
Mr. & Mrs. Sean Thompson
Mrs. Susannah Thompson
Mr. & Mrs. Jim Thorburn
In Honor of Dorothy Besaw
Thrivent Financial
Mr. & Mrs. Bill Thurston
In Memory of Al North
Tin Room Bar
Mr. & Mrs. Eric TIRnauer
Tom’s Automotive Service
Tops WA No. 6
Mr. & Mrs. John Torre
In Memory of Eva Leonetti
Mr. & Mrs. Cesar Torres
Mr. Paul J Toupin
Trader Joe’s
Mrs. Judy Trueb
In Memory of Wilfred Anderson
In Memory of Dick Baker
In Memory of Mike Burgwin
In Memory of Sharon Anne Lorentz
In Memory of David Trueb
In Memory of Rosetta Wikstrom
Mr. Mike Trzupek & Ms. Tricia Cecil
Mr. Patrick Neal Tunison
Mrs. Diane Turner
Count Kody Tuwaletstiwa
Edel Underhill
Ms. Judy Underhill
United Way of King County
Ms. Melinda Ursino
In Memory of Pierre Dorratacque
United States Bank
Mrs. Suzanne J. Upshold & Mr. Roland D. Maroney Jr
Ms. Angelica Valdez
Ms. Catherine Van Stralen
Sr. Charlotte VanDyke
In Memory of Edward VanDyke
Mr. Benjamin R. Pierce
In Memory of John R Welch
Ms. Jeannette Velasquez
Who’s excited for Black Tie Bingo? Please join us on Sept. 23rd! See ad on page 13.
Mr. Jeffrey Vert  
Sr. Lucy Villanova  
Vince’s Italian Restaurant  
Mr. Jeff Virgin  
In Memory of Chuck D’Ambrosio  
Korie Voorheis  
In Memory of Marilyn Behle Graham  
Ms. Helen Vrabel  
Miss Shirley Vradenburgh  
W.G. Clark Construction  
Ms. Christina Wagner  
In Memory of Ms. Grace Philanima  
In Memory of Mr. & Mrs. Anthony Wagner  
Ms. Debra J. Waldron  
Ms. Mary Beth Walker  
Ms. Helene Walling  
Mr. & Mrs. Tom Walton  
In Memory of Elinore Walton  
Mr. Norton Wascher  
Mrs. Sharon Washburn  
In Memory of Elizabeth (Betty) Lawrence  
Mr. & Mrs. Carl Washington  
In Memory of Frances B. Raines  
Dr. Jo Ellen Watson & Dr. Frank Spina  
In Memory of the Gallinatti Family  
In Memory of Watson Family  
Mr. & Mrs. James Watt  
In Memory of John Berry  
Weight Watchers  
Ms. Marianne Weingarten  
Mr. Mark R. Weise & Mr. Ty Terry  
Mr. & Mrs. Dick Welch  
Mr. & Mrs. Patrick E. Welch  
In Memory of John R. Welch  
Dr. Thomas P. Welch M.D.  
In Memory of John R. Welch  
Mr. & Mrs. Eric Olson  
In Memory of Marilyn Behle Graham  
Mr. & Mrs. W. Scott Wells  
In Honor of Betty Lindmark  
In Honor of 3 South Team  
In Memory of Milly Killingsworth  
In Memory of Helen Stalder  
West Seattle Bowl  
West5 Lounge  
Westside Children’s Dentistry  
Ms. Leslie Ann Wheatley  
Mr. Kevin P. Wheeler  
Ms. Ruby Whitehouse  
Mr. & Mrs. Tim Whitters  
Ms. Kristen Wien & Mr. Garrett Yoshitomi  
In Memory of Mona Cody  
Ms. Mary Wilcox & Mr. Lee Freid  
Mrs. Michaela Wilken  
Rev. Donna Reilly Williams M.A.  
Windermere Wall Street Group  
Mr. & Mrs. Carl A. Winge  
Mr. & Mrs. Paul Winterstein  
Mr. & Mrs. Robert Witter  
Mrs. Fran Wlezien  
In Memory of Vicki Klesper  
Mrs. Jennifer Wolcott  
In Memory of Joanne Johnson  
Ms. Vickie Woo  
Mr. & Mrs. James Wood  
Ms. Alice Woods  
In Memory of Lydia Henderson  
Mr. John E. Woods Jr.  
In Memory of Beatrice E. Woods  
Mrs. Ann P. Wyckoff  
Wyman Youth Trust  
Ms. Lillian Yamamoto  
Mr. Frank Yanagimachi  
In Memory of Frank Nelson  
Ms. Rachelle Yeates  
Mr. Gary Yeutsy  
YourCause, LLC  
Mr. & Mrs. Frank Zang  
In Memory of Pierre Dorratcague  
In Memory of Alexander M. Escandar  
In Memory of Gladys McAndrews  
Mr. Norm Zemke  
Mr. William Zoellner

The Foundation must raise $825 annually to maintain the nature and relaxation channels. Please consider helping to provide this healing and calming experience to residents and patients.

While piloting the Window Channel, Chaplain Cathy has been passionate about this tool, particularly for those nearing the end of life. She has witnessed residents transform from pain-filled, anxious and upset to relaxed, calm and smiling individuals. For residents suffering from chronic pain, these video channels have also proven to be especially beneficial.

“I recall one resident who would stare at her hands in her lap with a tightened, distressed facial expression,” notes Chaplain Cathy. “When seeing the visuals of Hawaiian flowers and hearing the accompanying music, she began to tell me about her vacations with Hawaii being her favorite place. She had many fond memories of her husband and their children. I noticed that her face softened, and she seemed to relax and definitely become calmer.”

Please help a resident enjoy a waterfall or ocean beach! Click, mail or call!

- [ ] www.providence.org/themountdonatenow and click on “Wonderful Life”
- [ ] Mail your gift using the enclosed envelope
- [ ] Call the Foundation at 206-938-6194 to make your gift by phone.
Charitable Gift Annuities Offer Lifetime Benefits

One of the most popular planned gifts available to donors today is a charitable gift annuity. The Providence Mount St. Foundation offers annuities as a great way to benefit both the donor and the Foundation.

Basically, a charitable gift annuity is a contract between a donor (can be two donors) and the Foundation in which the donor makes a gift in exchange for annual payments for the life of the donor and/or other designated individual. Payments can begin immediately or may be deferred for a year or more.

The payment amount given to the donor is dependent upon the size of the gift and age of the donor or other beneficiary. The older one is, the higher the premium payment rate. The income is fixed and not subject to market fluctuations. In addition, a portion of the income is tax-free.

If you’d like to learn more about charitable gift annuities or would like a quote, feel free to contact Molly Swain, Executive Director of the Providence Mount St. Vincent Foundation, at 206-938-8994 or molly.swain@providence.org.

Charitable Gift Annuity Example

<table>
<thead>
<tr>
<th>Donor:</th>
<th>Age 70</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gift Amount:</td>
<td>$25,000</td>
</tr>
<tr>
<td>Annuity Rate:</td>
<td>5.1%</td>
</tr>
<tr>
<td>Annual Annuity Payout:</td>
<td>$1,275 (annual payouts for a lifetime)</td>
</tr>
<tr>
<td>Charitable Deduction:</td>
<td>$10,004</td>
</tr>
</tbody>
</table>
Save the Date for The Mount’s Signature Event!

17th Annual Black Tie Bingo
Saturday, September 23, 2017

Where:
Seattle Marriott Waterfront Hotel
Ask about special overnight rates!

Time:
5:00pm - 10:00pm
Dinner begins at 6:45pm

Cost:
$150 per person

Questions?
206-938-5790 or colleen.farrell@providence.org or
206-938-6194 or ann.martin@providence.org

Help us support the residents and programs at Providence Mount St. Vincent!
Living

Seattle Police Pipes & Drums Visit
What a treat on St. Patrick’s Day! The Seattle Police Pipes & Drums stopped by The Mount to entertain residents, Sisters, staff and visitors. Sincere thanks to these talented band members!

Residents Doris Brown and Joan Weeks were recently featured on KCPQ-Channel 13 as part of Kaci Aitchison’s series on “The Wisest Generation.”

Many Seek Peace and Healing at World Day of the Sick Mass
Once again The Mount was honored to welcome Archbishop J. Peter Sartain as he presided at the annual World Day of the Sick Mass. Local priests and members of the Order of Malta partnered with The Mount’s Spiritual Care team, the Foundation and Mount volunteers to provide the beautiful and sacred event held in a standing room only Pigott Chapel. Music was provided by harpist Leslie McMichael and the Starry Crowns of Our Lady of Guadalupe parish.

House of Style Helps With Staging of Apartments
Sincere thanks to Natalie English and her assistant, Jacey Frangos, The Mount’s assisted living apartments have received some extra TLC when it comes to showing them to potential residents. Natalie and Jacey were generous to share their talents in staging some of the apartments. Natalie is the owner of House of Style Seattle and is an agent with Windermere Real Estate/Wall Street. Thank you, Natalie and Jacey!

“The Wisest Generation.”
Caregivers at The Mount Give So Much More

Dr. Robert Romano, 91, recently found himself in need of help. An infection lead to hospitalization and left him weak. As a career physician, he was not happy to find himself in the role of patient. Yet he was not strong enough to go back to his home safely.

Dr. Romano’s children were concerned that he would fight the need for inpatient rehabilitation and would resist accepting the services and therapies that he needed to get better. He proved them wrong.

Shortly after transferring to The Mount, Dr. Romano made the acquaintance of Martin Mihari, an aide with the Transitional Care Unit (TCU). They quickly struck up a friendship and formed a bond based on mutual respect, work ethic and humor. Together they worked hard on Dr. Romano’s recovery; their partnership was a blessing to both patient and caregiver. This year over 1,000 patients like Dr. Romano will spend time at The Mount in the TCU recovering from a wide variety of illnesses, surgeries or injuries. Martin is one of the caregivers from a large team that works with each individual based on the patient’s goals, needs and preferences.

As the expression goes, “It takes a village...” to care for our residents and TCU patients. Our Mount village of compassionate and dedicated caregivers treat all as if they were family. The TCU staff welcomes patients like Dr. Romano who are in need of short term care while they recover and regain the strength and stamina to go back home.

The Providence Mount St. Vincent Foundation has established a program to recognize and honor staff and volunteers. “Honor a Caregiver” is a wonderful way to say “Thank You” to The Mount’s staff including volunteers and teachers in the Intergenerational Learning Center. The Foundation gratefully accepts donations of $50 or more to honor a staff member. Those recognized will receive a lanyard pin along with a special commemoration of gratitude.

Volunteer Spotlight

Mount Residents Stay Warm Thanks to Pat’s Knitting

There’s nothing like a cozy, warm blanket to take away the chill. And since 2007, Pat Currid has been sharing her knitting talents with residents of Providence Mount St. Vincent by donating beautiful afghan blankets. To date, she has donated over 144 afghans!

Pat began knitting when she was in high school at Holy Names Academy and hasn’t stopped since. And speaking of high school, one of her closest high school friends was a resident at The Mount. The two of them often had lunch together whenever Pat delivered new afghans.

The Spiritual Care staff sees that the blankets find much-needed homes. In fact, a resident recently noted that after receiving one of the afghans, she really felt she was home.

Thank You, Photographers!

Sincere thank you to several talented photographers in our area for generously donating their images for the Foundation’s 2017 calendar! They were: Patrick Robinson, Richard Figgins, Peter Howland, Devon Michelle and Jennifer Richard. We truly appreciate these amazing photographers for sharing their talents with us to produce a beautiful calendar highlighting our West Seattle community.

Dr. Romano surrounded by TCU caregivers plus Dr. Lester Sauvage.

Please show staff members how much their Hearts of Gold mean! Click, mail or call.

- www.providence.org/themountdonatenow and click on “Honor a Caregiver”
- Use the envelope provided
- Call the Foundation at 206-938-6194 to make your gift by phone.

Barbara, former patient in the Transitional Care Unit, proudly shows her beautiful afghan knitted by Pat.
Coming Events

Conversation Series—Co-sponsored by Providence Mount St. Vincent and Our Lady of Guadalupe Parish
June 10—Pigott Chapel

Part Three of our continuing Living Well/Dying Well Conversation Series will focus on health care advanced planning and tackling those often challenging conversations.

Summer Concerts at The Mount
August 4, 11, 18, 25

Bring your family and friends for a party on the patio—The Mount’s patio, that is. Great food and beverages available for purchase. Special activities just for kids such as face painting. A great start to your weekend.

Dinner: 5:30 to 7:00 pm
Live music: 6:00 to 7:30 pm

August 4th—Cherry, Cherry
Neil Diamond tribute band

August 17th—Danny Vernon, The Illusion of Elvis
He’s back! Internationally known for his tribute to the King.

August 18th—The 85th Street Big Band
Swing favorites from the 30s, 40s and 50s.

August 25th—Joey Jewell
Tribute to Sinatra and Friends

Save the Date!

Black Tie Bingo

17th Annual Black Tie Bingo
September 23rd, 2017
Location: Seattle Marriott Waterfront Hotel
Registration now underway at www.providence.org/themountbtb
See ad on page 13

2017 Veterans’ Day Program
November 11th
Location: Pigott Chapel
Time: 11 am
Honoring veterans of The Mount and the community. For more information, call 206-938-6194.

2017 Providence O’Christmas Trees
Benefitting Providence Mount St. Vincent and Providence Senior and Community Services ministries

November 27th—Christmas Carnival
November 28th—Silver Bells Luncheon
November 29th—Gala Dinner and Auction
Location: The Westin Seattle
For more information: www.pscs-specialevents.org