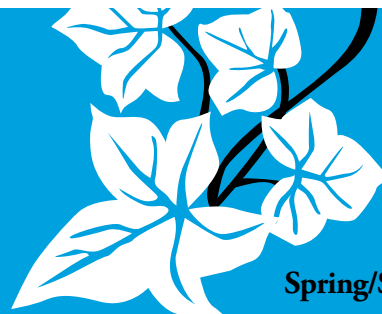


Living



Spring/Summer 2017

Newsletter of Providence Mount St. Vincent Foundation

www.providence.org/themountfoundation

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**Celebrating our
Intergenerational
Program, pages 2-3**



**Black Tie Bingo,
page 13**

Window Channel Helps Residents Manage Pain, Relax and Reminisce



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 area 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

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Providence Mount St. Vincent Foundation

The Foundation provides a connection with the community to make friends for The Mount and raise funds to support program and care for residents. Members of its board of directors bring fresh insights and financial support to ensure The Mount's continued success and visibility.

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Living is published twice a year by the Providence Mount St. Vincent Foundation.

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Design: Jenna Riggs Collaborative

From Our Board President



**Kate Shoemaker,
Foundation Board
President**

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!



Millions Visit The Mount Via the Media!

“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.



THE HUFFINGTON POST



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.

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

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

Photo: Devon Michelle Photography

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Who's excited for Black Tie Bingo? Please join us on Sept. 23rd! See ad on page 13.

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Window Channel Helps Residents Manage Pain, Relax and Reminisce, continued from page 1

of the Window Channel Network for all residents of The Mount and patients in The Mount's Transitional Care Unit. With continued support, the network will soon be installed on all TVs within The Mount. The Window Channel, now in over 450 hospitals, has been proven to provide stress release; promote calm; and enhance patient wellbeing.

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.



Emilie's Treasures

Cleaning Out Closets?

Emilie's Treasures Is Full of Gems of All Kinds

Turn your unwanted things into new gems for our residents and shoppers at Emilie's Treasures thrift shop! You're never too old to shop and with the average age of Mount residents being 92 years, our Emilie's Treasures makes it so much easier for them.

Operated completely by volunteers, Emilie's Treasures raises over \$61,000 annually as a result of sales. All proceeds benefit residents and programs of The Mount.

Examples of things needed:

- Gently-used clothing (mainly women's clothing; no stains or tears, please)
- Knickknacks
- Kitchen items
- Dishes, glassware
- Books (except textbooks)
- Puzzles, games
- Jewelry
- Seasonal items and decorations
- Purses
- Shoes
- Linens
- DVDs/videos; CDs
- Sorry, electronics are not accepted.

Monday–Friday, 10 am – 3 pm
1st Floor

A donation closet is located on the first floor at The Mount north of the reception desk.

Grant Awards Fulfill Important Needs

Providence Mount St. Vincent and the Providence Mount St. Vincent Foundation wish to express sincere thanks to three foundations for their generous support.

The Puyallup Tribe of Indians awarded \$6,090 to fund the installation of the Window Channel Network for all residents and patients in The Mount's Transitional Care Unit. This grant also included one year's subscription to two channels specifically chosen to help viewers relax and manage pain.

The J. Homer Butler Foundation awarded \$24,500 to purchase much-needed equipment including:

- Two vital signs machines on portable stands for measuring and recording temperature, pulse, respiratory rate and blood pressure;
- Two bariatric beds with special mattresses;

- One bladder scanner which determines bladder function in a non-invasive manner. (Urinary tract infections are a common and serious problem among older adults.)

The Fred H. and Mary S. Dore Family Foundation awarded \$4,162 to assist in refurbishing the beauty salon and spa. This grant was used to provide:

- Four new hair dryers to replace the existing old and worn out dryers;
- An accessible pedicure spa chair to meet the growing demand for pedicures and foot care of our residents. Many residents are physically unable to properly care for their feet. Healthy and regular foot care is essential one's overall health, especially older adults.
- A pedicure stool that can be used while a client is under the hair dryer.

Thank you to these foundations for their generous support of The Mount!

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. Vincent 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.

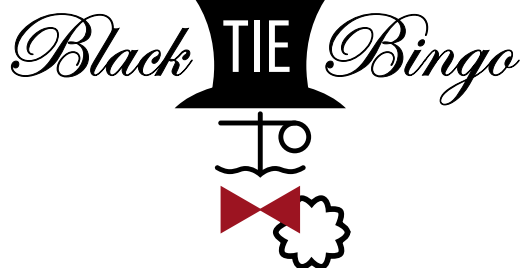
The payment amount given to the donor is dependent upon the size of the gift and age of the donor or other beneficiary. The older one is, the higher the premium payment rate. The income is fixed and not subject to market fluctuations. In addition, a portion of the income is tax-free.

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

Donor:	Age 70
Gift Amount:	\$25,000
Annuity Rate:	5.1%
Annual Annuity Payout:	\$1,275 (annual payouts for a lifetime)
Charitable Deduction:	\$10,004

SEPT. 23



2017

Providence Mount St. Vincent Foundation

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!



Around The Mount



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."

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.



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!

Caregivers at The Mount Give So Much More



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

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.



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.

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.

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.



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 11th—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



Cherry Cherry



The 85th Street Big Band

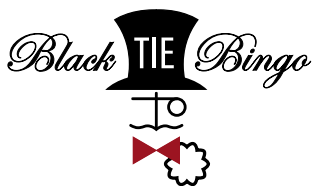


Danny Vernon



Joey Jewell

Save the Date!



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 Remembrance Service

November 5th

Location: Pigott Chapel

Time: 2 pm

Remembering those loved ones no longer with us.

To receive an invitation, please contact Ann Martin in the Foundation office at 206-938-6194 or ann.martin@providence.org.

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