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ELDERHEALTH

N O R T H W E S T

SUMMER 2005—Annual Report



Our new Get Active Program
—see page 3.

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Our New E-Newsletter

Last fall, ElderHealth launched "Inside ElderHealth," our occasional (8-10 times a year) e-newsletter. This highly interactive publication contains timely stories of interest to ElderHealth's constituency, such as:

- Stories about our new programs for developmentally disabled adults, Somali elders, and a change in an adult day health center's location (see story at right).
- Information about upcoming conferences, such as the Alzheimer's Education Conference, American Diabetes Association EXPO, and Traumatic Brain Injury video-conferences.
- Links to stories about ElderHealth in the Seattle Times, Seattle Post-Intelligencer and other media.

Sign up for "Inside ElderHealth" at www.elderhealth.org.

ELDERHEALTH MOVES INTO RAVENNA NEIGHBORHOOD

In March, ElderHealth Northwest moved its North Seattle adult day health center to the Ravenna neighborhood, just north of the Ravenna-Eckstein Community Center. Its new address is 6555 Ravenna Avenue NE (entrance on NE 68th Street).

The North Seattle adult day health center was located on the Northgate campus of Group Health Cooperative, which expanded its operations in January into space previously leased to ElderHealth.

Site Manager Joanne McMahon says of their new location, "We have had such amazing, positive reactions from clients, caregivers and volunteers. The activity rooms are quite spacious, and we're also really enjoying spending time in our enhanced outdoor program area, thanks to the generous contributions of our supporters. Our new site is a wonderful place to be and we've been enjoying meeting our neighbors."



Anna escorts Monica into the new adult day health center on opening day.

GAFFNEY HOUSE CELEBRATES FIRST ANNIVERSARY

After many years of planning and development, Gaffney House welcomed its first residents in September 2004. It joins Buchanan Place in ElderHealth Northwest's launch into supported living for elders.



Gaffney House residents Lana and Mary share a laugh with Moosho.

Gaffney House and its programs are specifically designed for elders with significant care needs due to impairments caused by dementia and other medical conditions. Generally, Gaffney House residents require substantial assistance throughout the day and night.

Gaffney House has found its niche among Seattle area eldercare services. Its size—just 14-16 residents—is small enough to be homey and familiar, allowing staff to provide highly individualized services to address residents' fluctuating day-to-day needs. Its central location in a large, renovated, traditional home on Capitol Hill makes for convenient family interaction and quick access to the city's medical and other services.

"Gaffney House is unique in the level of care that it offers," says Nora Gibson, Executive Director. "For most people living at Gaffney House, a nursing home might have been the only other option. Gaffney House is a haven for elders who would like to avoid a move to a more institutional setting."

One such resident is Beatrice, who moved to Gaffney House in the fall of 2004 after trying several living situations in the Seattle area. Her son and daughter-in-law helped make the first move from her long-time home on the East Coast when neighbors alerted them to troubles she was having living alone. Over the next couple of years, Beatrice tried a few different apartments. Ultimately, she went to a large assisted

Continued on Page 7

For Your CALENDAR

Wednesday, Sept. 21, 2005

Wednesday, Oct. 19, 2005

Wednesday, Nov. 16, 2005

FREE WINE & CHEESE TASTINGS
5:30 to 7:30 pm

sponsored by
Madison Market

Gaffney House
1605 17th Avenue
(at Madison),
Seattle

Information:
(206) 838-1933

Thursday, Oct. 6, 2005
7:30 to 9:00 am

ELDERHEALTH ANNUAL FUNDRAISING BREAKFAST

Fairmont Olympic Hotel, Seattle

Keynote Speaker:
Liz Taylor, Seattle Times Columnist

Information:
(206) 224-3772

Gaffney House Residents at a Glimpse—percentage who receive assistance with:

100% Bathing	100% Toileting/Incontinence Care
100% Taking & Managing Medications	50% Transferring (Getting out of chair, bed, etc.)
100% Dressing & Undressing	25% Feeding Oneself

I Can't Tell You How Much I Love Living ... Where?

BY NORA GIBSON,
EXECUTIVE DIRECTOR

I recently married a wonderful man whose mother lives in a nursing home on Staten Island, New York. This "home" is a 596 bed facility (not unusual on the East Coast) that has a good reputation. In fact, my new mother-in-law has done very well since adjusting to moving there. She has gained weight and connected socially with other alert women who watch out for each other and enjoy spending time together.



Photo by: Lani O'Conner & Kristina Goudey

Despite the "good care," the home she lives in is still a very foreign environment. With close to 600 very frail people living there, a person visiting is overwhelmed by the profound levels of physical and cognitive disability. To quote Dr. Bill Thomas, this is truly an "old age archipelago," or as a friend of mine put it, a "frail ghetto."

I stood in the lobby and watched nurse aides rushing people in wheelchairs into a large activity room. I was surprised to watch a Catholic sister using a bar code scanner on the backs of the wheelchairs as people were wheeled into the room. This home serves a neighborhood of largely Italian and Irish families, so many of them held rosaries in their hands to pray the rosary together. You could hear the tones of a male voice saying prayers but it was pre-recorded. There was no human being leading this activity. It was surreal for me but clearly normal there.

Many of the people who live there were not thriving as my mother-in-law is. The most physically frail and those with dementia were entirely disengaged from any kind of human interaction.

I observed one woman who was quite agitated try to leave the day room, dragging her wheelchair behind her. She just wanted to sit by the nurse's station. The staff intercepted her mission by sitting her back in the wheelchair and locking the brakes. At that point she again struggled to her feet, dragging the wheelchair—locked brakes and all—behind her. As I tried to intervene and distract her by inviting her to join us at another table, she grabbed my hands and squeezed them tight and said, "I can't tell you how much I hate it here." I could understand why.

The next morning after flying back from New York, I was planning to spend the day at Buchanan Place, our new 12-person residence in the Columbia City neighborhood of Seattle. I walked through the door and could smell pancakes and bacon. A staff member was cooking breakfast and several residents were sitting at the dining room table eating and chatting together. Five of the residents had previously lived in nursing homes. All the residents are frail, and most have dementia.

I sat down at the table with three of the woman living there and one of them reached across the table, took my hands and said, "I can't tell you how much I love living here." She has memory loss and doesn't know who I am. It was a spontaneous and in-the-moment response. She knew she wasn't in her own home but she expressed pleasure with where she was living. It was very moving for me to see her face and feel her warmth toward the home. Buchanan Place feels familiar, not foreign, and its small scale and neighborhood location make it even more comfortable. I hope this model is part of our country's future and that 596 bed institutions for our elders will become a relic of the past.

Reprinted from "Inside ElderHealth," our occasional e-newsletter. Sign up at www.elderhealth.org.

Participants Benefit from ElderHealth Specialty Programs

You've likely heard that the number of people age 85 and older is one of the fastest growing segments of our population. But in what might seem like a contradiction in terms, the average age of participants at ElderHealth Northwest's adult day health centers is dropping. Just a few years ago the average age was 78, in 2004 the average age had gone down to 70.

We can't quite say that our elders are getting younger—it's not uncommon to find centenarians among our participants at our adult day centers—but we find we're increasingly serving younger adults. In large part, this is due to a few specialized programs launched over the last few years.

Heads Up Program

Based at our Downtown Seattle location, Heads Up Program (HUP) is designed for younger adults (ages 18-59) with acquired brain injuries. Its participants have diagnoses ranging from traumatic brain injury to stroke to multiple sclerosis. It started in fall 2001 with a core group of eight participants, and now has over 40, drawing from all over King County and parts of Snohomish and Pierce Counties.

HUP offers physical rehab, health services, cognitive and psychosocial skills building, and pre-vocational review and referral. HUP participants are active in planning the group's activities, including numerous field trips.

Get Active Program

Launched in January of this year, Get Active Program (GAP) is for our participants with developmental disabilities.



Susan, Bernie and Susan enjoy an activity group at ElderHealth's new Get Active Program, specially-designed for adults with developmental disabilities. Photo by: Kristina Goudey

Based at our Renton adult day health center (aka "Connection," located on the Valley Medical Center campus), its members enjoy many group activities, nursing and rehabilitative therapies. In addition to physical rehab, the program also focuses on activities of daily living, building psychosocial skills, and other activities like woodworking, reading, beadwork and nail care.

GAP's participants are 18 and over and, although there is no upper-age limit, most of the participants are under age 60, again contributing to ElderHealth's younger demographics.

Besides the aforementioned programs, ElderHealth also has specialized programs for our participants with Alzheimer's and other forms of memory loss, and a new specialized program for Somali elders.

For more information about our programs, please call Jennifer Herrmann at (206) 528-5315.

CONTACT ELDERHEALTH

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RESIDENCES
& IN-HOME CARE
King County

(206) 528-5315

ADULT DAY HEALTH CENTERS

- North Seattle (Ravenna)
- South Seattle (Rainier Valley)
- Downtown Seattle (First Hill)
- Renton (on Valley Medical Center Campus)

IN-HOME SERVICES

SUPPORTED LIVING HOMES

- Gaffney House (Capitol Hill)
- Buchanan Place (South Seattle)

DAY CENTERS
Snohomish County

(425) 355-1313

ADULT DAY HEALTH CENTERS

- Snohomish County (Everett)

DAYBREAK SENIOR RESPITE PROGRAM

- Snohomish, Marysville, Mill Creek and Edmonds

CARE MANAGEMENT

(206) 571-0491

PLANNING CARE FOR ELDERS

Joan McGinnis,
MSW, LICSW
Director, Care Management

ELDERFRIENDS

(206) 224-3793

VOLUNTEERS "Adopt a Grandparent"

OUR NEW E-ZINE

Sign up today at
www.elderhealth.org

We have bad news and good news from 2004. The bad news is that 2004 was a difficult year financially. The good news is that we are well on the road to recovery and, with your continued support, ElderHealth Northwest will continue providing outstanding, unparalleled services to elders in our community.

2004 was a difficult year financially at ElderHealth Northwest because of a number of factors. First, we grew. In 2004 we opened Gaffney House and brought Buchanan Place up to full capacity. As part of this growth, we had to navigate the very slow process of facility licensing, which caused delays in bringing these residences on-line. This cost money. Second, the State adopted new administrative rules that created barriers for enrolling new clients into our programs which, again, affected our revenue. Both of

these problems coincided to create a financial setback from which we are now recovering.

But as is often the case, there is much more to the story than is revealed by the bottom line alone. Over the past several years, ElderHealth Northwest has developed a new model of non-institutional, community-based care for elders with chronic or terminal illnesses, which we call the Integrated Neighborhood Network (INN). Through the INN, ElderHealth is now serving over 800 people per year—including providing services at Gaffney House and Buchanan Place. One of the challenges of doing something new is that there is seldom a well-worn and proven path to success.

The silver lining is that ElderHealth Northwest has succeeded in creating a network of services that includes adult day health care, home care and resi-

dential care. Every day we are reminded that all the hard work that our agency has done in the past couple of years is truly helping to improve the lives of individuals who have Alzheimer's and other conditions that put them at risk of losing their independence and quality of life. It has been very gratifying to help people move out of nursing homes. One daughter of an ElderHealth client said it all: "You helped to keep our family together."

ElderHealth Northwest continues to focus on our mission of creating more good choices for people who are facing a time of real need. Thank you to so many of you who are helping us in this effort; your support makes all the difference.

Sincerely,

Joshua Brower
Board President

UNLEASHING MEMORIES AT BUCHANAN PLACE

"Unleashed Memory" is a cross-generational project of the Next Stage Dance Theatre that includes persons with Alzheimer's disease and their families. Using simple dance movements accompanied by music, the participants are guided in an improvisation exercise. The project's goal is to show how persons with memory loss may benefit from dance and music.

Buchanan Place and Gaffney House both offer activities that involve families as well as the residents. Families often comment on how comfortable they feel at the residences, whether it's during a structured activity, meal preparation or enjoying the outdoor gardens.

For more information about Buchanan Place or Gaffney House, contact Jennifer Herrmann at (206) 528-5315, or visit www.elderhealth.org.



Photo by: Amanda Oliver

Valerie and her mother, Buchanan Place resident Frances, participate in "Unleashed Memory."

ELDERHEALTH NORTHWEST

Statement of Financial Position. December 31, 2004 (With Comparative Totals For 2003)

	2004	2003
ASSETS		
Currents Assets:		
Cash and equivalents	\$145,755	\$41,126
Short-Term investments	38,004	20,028
Accounts receivable, net of allowance of \$16,000	236,513	207,825
Prepaid expenses	23,731	8,960
Total Current Assets	\$444,003	\$277,939
Assets restricted for the acquisition of long-term assets	129,172	340,838
Property, equipment and lease hold improvements, net	5,182,439	5,083,318
Total Assets	\$5,755,614	\$5,702,095
LIABILITIES AND NET ASSETS		
Current Liabilities:		
Accounts payable	\$152,209	\$200,582
Accrued payroll and related liabilities	236,469	199,028
Deferred revenue	62,362	0
Resident Security deposits	26,800	
Current portion of long-term debt	40,440	133,374
Total Current Liabilities	518,280	532,984
Long-term debit, net of current portion	2,762,784	2,141,861
Forgivable loans	200,000	200,000
Total Liabilities	3,481,064	2,874,845
Net Assets:		
Unrestricted	2,038,127	2,334,008
Temporarily restricted	236,423	493,242
Total Net Assets	2,274,550	2,827,250
Total Liabilities and Net Assets	\$5,755,614	\$5,702,095

Thank You to the very generous donors listed below who have contributed to Elderhealth

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GAFFNEY HOUSE

Continued from Cover

living facility, where she never quite settled in. After months of visiting twice a day to help Beatrice with medications because she refused staff assistance, her family inquired about Gaffney House.

Beatrice underwent a transformation at Gaffney House. She had lived alone for many years, and when she arrived at her new home she preferred to eat by herself, avoided other residents, and rarely engaged in conversation or any activities. Other conduct suggested that Beatrice's behavior was not "normal," and Gaffney House staff assisted Beatrice and her family to access a local geropsychiatric agency to stabilize Beatrice's condition.

Now on a medication regime that works for her and feeling more comfortable in her new home at Gaffney House, Beatrice routinely joins in activities and chatting with other residents and staff. She still enjoys some quiet time reading the New York Times (a favorite among Gaffney House residents) and the solitude of going outside to watch birds at the feeder. But she's also a regular participant at birthday parties and other social events, and she often starts up conversation with others at the dinner table.

"I believe that Beatrice currently experiences a quality of life that is higher than it has been for some time," reports Steve Emmer, Gaffney House Manager. "With her family's perseverance and involvement, we've been able to help her find pleasure again in daily life."

"At Gaffney House, she can live in an environment that is not just caring but human in all of its dimensions," says Beatrice's son. "We've received much more than the basic services. It's been hugely helpful at a time that otherwise could have been full of isolation for someone in her position. For all of us, finding Gaffney House has been a great relief."

Adds Nora, "Taking on this project took a giant leap of faith. Each time I visit Gaffney House, I'm reminded of why we took the risk. We're deeply grateful to our supporters who helped make this project a reality and to the residents, their families and the staff who make this house a home."