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Photo: Michael O'Leary/The Herald

Chester and Arlene Grimm grace the cover of ["ElderHealth Northwest in 2008: An annual report to the community."](#)

Rick Steves Sells-Out October 1 Benefit Breakfast

View his keynote and our new "small miracles" video on-line

Nearly 400 ElderHealth Northwest supporters enjoyed a dynamic and heartfelt keynote by Rick Steves at our Annual Benefit Breakfast in the ballroom of the new Four Seasons Hotel in Seattle. The event sold-out two weeks prior, and the energy level in the full house was palatable.

At the breakfast we premiered our new video, which is narrated by Rick and features the stories of caregivers and participants in ElderHealth's programs. Rick's mother, June, is a participant at our DayBreak Senior Respite program in Snohomish County. Rick's keynote preceded the video and the event closed with ElderHealth Board President Josh Brower speaking about his grandmother. There was not a dry eye in the room.

The results were record-breaking for ElderHealth, with over \$110,000 in donations. We are sincerely grateful to the generosity of the event's contributors, sponsors and advertisers, which enabled the event to be 100% underwritten. Rick graciously waived his speaker's fee and donated books to the event.

ElderHealth credits the breakfast's success to board member Mike Brandeberry, who chaired the event and provided extraordinary leadership. "Mike's vision and persistence throughout the planning process resulted in unprecedented success for this event," says Executive Director Nora Gibson.

The other heroes were the 39 table captains who invited their friends and colleagues to attend and support this event.

If you were unable to attend the breakfast and would like [to make a donation on-line, click here.](#)

[Watch our new "Small Miracles" video, narrated by Rick Steves.](#)

Watch Rick Steves' keynote at our benefit breakfast: [Part 1](#), [Part 2](#), [Part 3](#).

If you would like to show the breakfast video at an upcoming house party at your home, please contact: Rosemary Coleman at 206.290.8772 (cell) or rosemaryc@elderhealth.org.

Pictured: Rick Steves




Support Available for Persons Living with a Brain Injury

ElderHealth Northwest is working with Washington Traumatic Brain Injury Resource Coordination Services, a statewide pilot project. Our care consultants identify brain injury survivors' unmet needs and provide links to services.

We evaluate an individual's strengths and needs and develop a comprehensive care plan. For a period of about eight weeks, we can coordinate resources and serve as an advocate for a survivor and their family.

To learn more, contact Lisa Bergstrom or Steve Emmer at 206.224.3768. Outside of King County, call 1.877.824.1766.

ElderFriends Return to "The Big House"

When Patrice du Pont decided back in 1997 that she wanted to return to Michigan and pay homage to her beloved football team, she had no idea that her dream would be realized over ten years later with the help of her ElderFriends volunteer, Diane Wood.

When she was just 14 years old, Patrice saw her first Wolverine's football game inside "The Big House," a 100,000+ capacity stadium built in 1927. The venue captivated Patrice: as a university student, she attended games every Saturday.

As an older adult, Patrice talked frequently about her dream of returning to the stadium to stand

Inquiries & Referrals
206.528.5315

Adult Day Health Centers
Activities * Nursing * Rehab

King County

- North Seattle (Ravenna)
- South Seattle (Rainier Valley)
- South King County (Kent, near IKEA)

Snohomish County

- Everett
- Snohomish, Marysville, Mill Creek, Edmonds (DayBreak Memory Care)

Supported Living Homes
Specialized Dementia Care

- Gaffney House (Capitol Hill)
- Buchanan Place (Rainier Valley)

ElderHealth at Home
In-Home Services

Mental Health Services

Care Consultation

ElderFriends Volunteer Companions



enthusiastic to fulfill her elder friend's big dream.

on the giant Michigan "M" at midfield. She proposed the idea to several of her friends and, after four years of building a strong friendship, Diane volunteered to accompany her on her trip home.

Introduced by ElderFriends in 2005, and brought together by their mutual affinity for dogs, and the fact that they live in the same neighborhood, the two consider their friendship a "match made in heaven." Patrice asked Diane to join her on her "sentimental journey home," and Diane was

After writing to the university's athletic department months beforehand, Patrice received word this August that a young man named Fernando would escort her out onto the field, clearing the way for her dream to be realized.

On Sunday, September 13th, 2009 with the help of Fernando and Diane, Patrice finally made it back to The Big House. "This is my dream fulfilled," Patrice says, as she shows us the photos of her trip. "Diane has been my eyes when I don't see well, my ears when I don't hear well, and my hands when I can't get them to work. I don't even know what words to use to thank her."

The experience has deepened the two women's friendship. "Now it's cheek kisses and hugs," says Patrice. "I don't know what I would do without her. What a great gift we have given each other."

ElderFriends' mission is to relieve isolation and loneliness among elders through friendly visits. To refer an elder or find out about volunteering, contact Kaitlin Schrup at 206.224.3793.

Pictured: Patrice du Pont with ElderFriends volunteer Diane Wood

We're a favorite! The Puget Sound public has chosen us as one of their favorite Northwest employers in the fourth annual NWjobs People's Picks contest.

ElderHealth Northwest is one of the organizations "where work is good so life is better."

Holiday Volunteer Opportunities



ElderFriends' annual Thanksgiving Meal Delivery is just around the corner. We need volunteers to deliver a hot meal and visit with an elder who would otherwise be alone for the holiday. The Millionair Club will do all the cooking. Volunteers need to be available from 9:00am-Noon on Thanksgiving Day (November 26) to pick up a meal downtown, drive to their assigned destination and spend about an hour visiting. To volunteer or refer an elder, contact Joseph Lofgren at 206.224.3764, joseph@elderhealth.org.

Each holiday season volunteers at churches, businesses, and community groups include ElderHealth Northwest in their holiday giving trees to ensure that each of our clients receives a personalized gift. This year the needs of our elders have increased, while numbers of donations have decreased. We seek more groups to collect gift items for individuals and activity supplies for our adult day health centers. If you or your group would like to participate, contact Nate Brown at 206.224.3764, nateb@elderhealth.org.

Our general wish list this year includes: A new or used PowerPoint projector, large and extra-large sweatpants, walker tips, extra-large umbrellas (for walking clients into building), stereo/boombox, a laminator, silverware, and dishes.

We also welcome volunteers and groups to organize parties or provide special holiday entertainment in the day centers or houses. Contact Ginger Seybold at 206.224.3790 or gingers@elderhealth.org.

ElderHealth Partners with Mobile Geriatric Dental Clinic



ElderHealth Northwest is once again partnering with the University of Washington School of Dentistry's Mobile Geriatric Dental Clinic. The clinic serves elderly, low-income Seattle residents who are homebound or otherwise have trouble seeking oral care.

More than seventy new patients were recruited this fall, most of them residents of Beacon Tower, where the clinic is based through December 1. In January, the clinic will begin roving to additional locations.

Most patients receive free dental treatment through Medicaid, but the clinic also accepts patients who have other insurance or pay privately. Treatment includes diagnostic, preventive, restorative, and emergency care such as oral evaluations, cleanings, fillings, extractions, and other basic services covered by DSHS. Patients who have more complex dental needs are referred to the UW School of Dentistry or other community dental

clinics.

To qualify for treatment, patients must be a Seattle resident, at least 60 years old, and be Medicaid eligible, have private insurance, or be able to pay out-of-pocket. If you know someone who meets these qualifications and may need dental care please contact Cathy Chen at 206.224.3747, cathyc@elderhealth.org.

Pictured: Dental clinic participant Jacqueline Franklin with clinic coordinator Cathy Chen.

"Inside ElderHealth" is an occasional e-newsletter of ElderHealth Northwest, a non-profit organization working toward a future where adults with serious illnesses or disabilities can be supported in the community rather than living in isolation or needing to resort to

institutional care.

[Click Here to Suggest a Story Idea or Give Other Feedback](#) or call 206.224.3757.

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