

Creative Living

at Horizon House

Health and Wellness

All the Care You Need in One Place

By Lauri Warfield-Larson

Horizon House is committed to providing a continuum of healthcare for all its residents—a range of comprehensive services that support our strong philosophy of “aging in place.”

Horizon House prides itself on innovation; unique to our community is a seven-day-a-week Medical Clinic and healthcare program we call Supported Living, as well as our extensive Wellness Program.

Horizon House supports the desire of residents to remain in their own apartments in Independent Living for as long as possible. An anchor for “aging in place” is our Medical Clinic. The Clinic specializes in Geriatrics and is staffed by a full-time Advanced Registered Nurse Practitioner (ARNP) and licensed nurses who support residents with medication management needs, case management, monitoring of chronic health conditions, and coordination of medical appointments. We are also proud to partner with providers for dental care, audiology, and podiatry services. Additionally, Horizon House has its own home care company: Horizon Home Care collaborates closely with the Medical Clinic team to ensure those residents in need of additional support have the best quality of life possible while remaining in their own Independent Living apartments.

Supported Living is a residential healthcare program, for those who benefit from a more supportive environment. This model operates under Washington State Assisted Living regulations and combines a wide range of care and services to address the individualized needs of residents in a home-like environment. Long-term residency with nursing support services, as well as short-term respite care for residents of our community who many require intermittent nursing services, are available within Supported Living. Our model of care also



Health Services Officer
Lauri Warfield-Larson



includes a higher level of support with activities of daily living for residents who are recovering from illness or injury and dementia care.

Supported Living offers licensed nursing and elder care assistants (nursing aides) twenty-four hours a day, seven days a week. We also offer a wide variety of activities designed to enhance resident quality of life, including social services, spiritual care, medical records, rehabilitation therapy, and wellness.



Recently we have experienced a marked increase in the demand for our Supported Living services. Horizon House residents in Independent Living apartments are aging and more of them need this type of care. Also, our Supported Living residents are living longer due to the quality of care and support they receive. From all our

research and the experience of retirement communities nationwide, it appears that this trend will only continue. As a result, the Horizon House Board of Trustees recently approved an expansion of Supported Living. Over the course of the next year and a half, we'll remodel eight Independent Living apartments in our East Tower to create 17 new Supported Living apartments, all of which will be contiguous with the current Supported Living campus.

An important category of care within Supported Living is Memory Support. This “neighborhood” provides a secured environment with a higher staff ratio for our residents who benefit from such a milieu. We recently renovated our Memory Support neighborhood to provide for more common areas, a state-of-the-art spa, and brighter spaces. Of the 17 new Supported Living apartments, nine will be part of Memory Support.

Supported Living is a model that brings care and services to the resident, where the focus of each day is living and enjoying life. Staff and residents alike create the gracious home-like environment we pride ourselves on—truly living and working together in the spirit of community.

Spiritual Care

Connection, Compassion, Support

In a community with a range of faith traditions, the department of Spiritual Care reaches out to everyone at Horizon House in an inclusive, welcoming way. Spiritual Care is part of the Healthcare team and works with residents, families, and support groups, offering programs and



Kizzie Jones

study opportunities: weekly chapel services, spiritual programming in Supported Living, special holiday observances, and private visits. This past June the Spiritual Care department offered “Exploring the Healing Spirit of the Celtic Soul,” a program of film, song, and storytelling led by Kathy Heffernan that explored the wisdom and spirituality of the ancient Celts and how it can be applied to our lives today.

The Reverend Kizzie Jones, M.Div., has served as Director of Spiritual Care since March 1997. An ordained minister in the United Church of Christ, Kizzie is a board-certified chaplain in the Association of Professional Chaplains. The Reverend Terry Teigen, M.Div., also an ordained minister in the United Church of Christ, has served as Associate Director of Spiritual Care since 2009, when he completed Clinical Pastoral Education at Swedish.

Kizzie and Terry minister to Horizon House residents, whether they’re living here or receiving care elsewhere. Spiritual Care willingly assists residents, families, and staff in times of transition or loss. The department

also welcomes volunteers who wish to share their gifts with those in need.

The Interfaith Chapel is located on the first floor at the east end of the Performance Hall. There is a Meditation Room on the A-level in the West Wing; it is always open and available, with access to our Spirituality Library. Find out more about Spiritual Care on our website at www.horizonhouse.org/healthcare/spiritual-care or simply stop by and say hello.



Terry Teigen



The Art of Healthy Living

The Wellness Program at Horizon House is fully staffed by a dedicated team of professionals. Matt Morse, our Wellness Manager, is assisted by Exercise Specialists Margaret Travaille, Miran McCash, and Bryon Carr in teaching more than 36 classes weekly, as well as designing individualized exercise programs and providing support in our extensive gym facilities.

Horizon House residents have varying needs, capabilities, and goals when it comes to exercise. Our comprehensive Wellness Program aims to help everyone at Horizon House maintain their health and independence through regular, appropriate physical activity.

Wellness offerings include group exercise classes designed to enhance cardiovascular fitness, strengthen the muscles, and maintain flexibility and balance; aqua aerobics classes in a warm-water saline pool; dance aerobics; yoga, meditation, Qi Gong, and Tai Chi classes to focus the body and mind; seated, non-weight bearing classes; Weight Watchers; and personal training and program design.

In these summer months, our Tuesday Morning Treks take advantage of the community outside the doors of Horizon House, allowing residents to experience and enjoy beautiful destinations throughout the Seattle area, including Kubota Gardens, Lake Union, the Olympic Sculpture Park, Alki, and Pike Place.

This fall we plan on launching a new Brain Fitness Program, presenting cutting-edge research on the activities that can help maintain or improve brain health.

The Wellness Program also offers many optional services, such as massage therapy and acupuncture. We work closely with our partner Infinity Rehab to provide physical, occupational, and speech therapy on site. Our rehabilitation center is fully equipped with a wide range of exercise and therapeutic equipment, as well as a knowledgeable, supportive staff who work with residents in planning rehabilitation goals. All services can be booked by appointment daily; please visit our website at www.horizonhouse.org/healthcare/rehabilitation. Here’s to your good health!



The Health of Technology at Horizon House

One of Horizon House’s 2014 goals is to “develop and implement Information Technology strategies that improve efficiency and effectiveness of the organization.” We have initiated a Technology Program that seeks to do just that. Mike Ostrem, Horizon House Chief Financial and Technology Officer, is leading the Program team, with help from technology consultant Doug Hanhart, Board of Trustees member Tom Garland, Associate Director of Communication Hollis Palmer, and a number of resident, staff, and family advisors.

Since last fall, our Technology Program team has developed the Mission, Vision, and Values statement that you see here. Through a brainstorming process, the team put together a list of more than 200 technology ideas to improve living and working at Horizon House. This list was then categorized and prioritized in a Project Portfolio. We also seek ongoing input from any interested resident, staff, or family member.

In the first quarter of 2014, we upgraded our firewall and have started work on installing Wi-Fi in all public spaces in Horizon House, as well as in residents’ apartments. We are also working to increase the capacity and speed of our connection to the Internet (bandwidth) for both staff and residents. Another major project we’ve started this quarter is the creation of intranet-type, password-protected websites for residents and staff, beginning with online directories and calendars. And finally, we’re in the midst of implementing a fully electronic health record system. As these projects progress or are completed, we return to the Project Portfolio to make sure our priorities are still in line, and then start working on the next set of projects. A new quarterly newsletter, *Tech Times*, is posted on the News and Events page of our website, www.horizonhouse.org/about/news-and-events. View or download your copy for the latest news in our Technology Program.

HORIZON HOUSE TECHNOLOGY PROGRAM

TECHNOLOGY PROGRAM MISSION

Horizon House provides innovative, integrated, and efficient information management systems and communication tools that enrich the quality of life for residents and staff.



TECHNOLOGY PROGRAM VISION

Horizon House is a recognized leader among senior communities for comprehensive technology solutions serving residents, staff, families, and the broader community.

INNOVATION STEWARDSHIP INTEGRITY
ACCESSIBILITY EFFECTIVENESS CONNECTION

Living Vibrantly

Resident Focus: Dorlene Agenbroad



Dorlene Agenbroad has been a Horizon House resident since August 2004, when she moved from her large family home in Seward Park. Several of her lifelong friends lived here and recommended it highly. Their positive experiences and Horizon House’s long and stable history also influenced her decision. The Marketing department’s assistance with the move-in process, the beautiful saline pool, and the great downtown location really set Horizon House apart. Dorlene was still working when she became a resident, so being able to walk to work at St. James, to the central library, or to events at Benaroya Hall was a real plus.

Dorlene, like so many Horizon House residents, partakes in an active, vibrant lifestyle. In collaboration with chaplains Kizzie Jones and Terry Teigen, she works as a volunteer Memorial Associate, helping families and friends plan memorial services here. She extends her 40-year career in music by playing the piano at chapel services every Thursday. Dorlene also enjoys playing bridge and is a regular regular attendee of the Wednesday Lounge Programs, which highlight musical and other performing arts groups.. She is an active member of the residents’ Ethnic Awareness Committee and a great believer in their goal of increasing diversity at Horizon House. Every day, Monday through Friday, from 7:00 to 7:30am, Dorlene joins a friend for laps in the pool. In between times she benefits from stretching exercises in our gym. Dorlene is frequently spotted on her “Terra Trike” tricycle as she runs errands to Whole Foods on Denny, the QFC at Harvard and Broadway, and Group Health on Capitol Hill. The trike gets her back and forth to church at 2nd and Denny on Sundays, too.

In answer to the question about what she treasures most at Horizon House, Dorlene responded, “The fine friendships in this loving community.” Her beautiful apartment with its view of Mt. Baker is also dear to her heart—and it accommodates not only her upright piano, but an antique pump organ!

New Horizons in Sustainability

LeadingAge Washington—a professional organization serving nonprofit retirement communities—recognized Horizon House in June for “Excellence in Research & Education” for our Environmental Sustainability Program. Since 2010, Horizon House staff and residents have been developing a sustainability vision and program that has proven to be socially, environmentally, and financially beneficial. Some signal successes include saving our community more than \$50,000 in utility bills in 2012—which resulted in an \$80 “conservation credit” on residents’ January 2013 monthly bills. Horizon House also donated leftover edible food—1,694 pounds of it—to help Seattle’s Food Lifeline create 1,412 meals. Food that would have been tossed into our compost helped our neighbors, and by lightening the load that would have been picked up by Cedar Grove Composting, saved money to boot.

Horizon House is working to set the bar for what sustainability can offer within the Aging Services community. With this award, Horizon House strives not only to be a responsible steward of the natural environment, but also to lead the industry by being mentors to the

greater Aging Services community and collectively drive efficient operations for a more sustainable future.



Residents’ Green Team

Horizon House 2013 Annual Report



Enjoy a comprehensive recap of Horizon House activities and finances in 2013. The Horizon House 2013 Annual Report is available via a downloadable link on our website homepage, www.horizonhouse.org.

If you prefer to receive a printed copy through the mail, please email marketinginfo@horizonhouse.org.

Going Green

Please consider signing up to receive Horizon House monthly news via email. E-newsletters save trees, costs, and enable you to access more information through links to our website and others.

It’s easy! Simply click on “Enews Signup” at the bottom of our website homepage, www.horizonhouse.org; fill out the form with your first name, last name, and email; and hit Submit—you’re all signed up. We don’t trade your email, and you can unsubscribe anytime you choose. Thanks for going green.

The Residents Assistance Fund

A Resource for Holistic Health

Each of us has a life story to tell. Some of the stories prompt smiles; some of them bring tears. Horizon House unifies our collective stories. We may live here, work here, or have loved ones and friends here. We may have lost someone close to us within these walls. Horizon House is more than a building, it is a home.

A home is defined by the values and relationships of the people who live there. In the early years, Horizon House residents

started a program to help those who, through no fault of their own, outlived their resources. These early residents were determined to care for each other and to preserve that goal of caring for their neighbors as a top priority. Today, 50+ years later, the Residents Assistance Fund remains at the heart of our mission.

The Residents Assistance Fund is available to those of us who experience financial hardship. For residents who live

independently, it assists with groceries, medications, and monthly fees. For residents in Supported Living, the fund subsidizes health and dental care, special therapies, and room and board. The fund also provides residents, family members, and friends with emotional security and peace of mind. In 2013 Horizon House granted \$684,400 to assist 12 residents in need. We thank the Residents Assistance Fund donors for their contributions to our well-being.

Our family is so grateful to Horizon House donors who support the Residents Assistance Fund. Despite years of careful planning, my parents' financial situation is not what they expected it to be. The Horizon House family has been extraordinarily thoughtful and supportive of them. The warmth and kindness of residents and staff have kept my parents more active and healthy—physically, mentally, and spiritually—than I would have believed possible.

GEM Grants Program Enriches Health and Wellness

When our many donors contribute to Partners in Caring, Horizon House's annual fundraising effort, one of the reserves they can sustain is the Quality of Resident Life Fund. As the name implies, this valuable resource supports areas of greatest need in our community. The fund is considered "unrestricted" because it is made without any condition or designation. Philanthropy uses a portion of these funds to maintain its popular GEM Grants Program. Projects are created by residents and staff and are then vetted by the GEM and Philanthropy Committees. Thanks to our generous donors and GEM funding, we have recently had some great additions that help to keep our residents healthy and happy!



For those with hearing loss, we have added assisted listening devices to the public areas of our community: the Performance Hall, the Sky Lounge, and the Myrtle Edwards and Robert Durham rooms.

For residents in our Memory Support neighborhood, we have added brightly colored dishes and serving ware to stimulate appetite and kindle interest in food, Bose System Connect to ease anxiety and enhance listening pleasure, and a blanket warmer for the spa.

For those who reside in Supported Living, GEM projects include enhancements to the media centers, reclining chairs, memorial boards, and atrium garden. Supported Living residents even gave Tai Chi a try, thanks to a GEM Grant!

The Wellness Center has a new SportsArt treadmill and Star Trac elliptical trainer for all to use. In the near future, we can expect a replacement for the weight rack.

For many of our residents, spiritual care is an essential element of wellness. A recent GEM Grant financed a handsome prayer wheel and storage cabinet crafted by local artists specifically for our Interfaith Chapel. These recent additions represent the Buddhist and Jewish traditions and bring peace and harmony to those who practice other faith traditions.

Thank you to our donors and our innovative residents and staff for bringing these health and wellness enhancements to our community!

Partners in Caring

Partners in Caring, Horizon House's annual fundraising effort, officially launched last spring with a goal of raising \$345,000 in 2014. This community-wide effort raises money for three important Horizon House funds: the Quality of Resident Life Fund, the Employee Education Fund, and the Residents Assistance Fund. As of June, we have raised nearly \$250,000 towards this goal. For additional information about this effort or to make a gift, please visit our website at www.horizonhouse.org/philanthropy, or contact **Melissa Jackson at 206.382.3263**. Every gift makes a difference in our community.



Residents' Council 2014

Bill Andersen, President
Lou Templeton, Vice President
Jeannette Kahlenberg, Secretary
Terry Gudger, Treasurer

Other members of the Residents' Council include:

Fam Bayless, Helen Bottomly,
Carol Burkhart, Pat Henry, Frank Little,
Dorothy McGee, Simon Ottenberg,
Zoa Shumway, Jim Travis

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Other members of the Board of Trustees include:

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Creative Living at Horizon House

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Horizon House
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Horizon House is a dynamic nonprofit retirement community dedicated to dignified aging, life fulfillment, and service to the broader community.

Devoted to Her Neighbors Donor Focus: Della Ramsden



Della Ramsden is not only a longtime Seattle resident, she is also a longstanding resident of Horizon House. Her life as a Seattleite began in 1947, when she and

three girlfriends decided to pack up and drive across the country together in search of a new life. Born and raised in Minnesota, Della attended the University of Minnesota, graduating with a degree in medical technology. Her cross-country adventure landed her a job in the pathology department at Swedish Hospital on First Hill.

Her relocation also landed her a husband! Upon arriving in Seattle, Della and her girlfriends moved into a rooming house on Capitol Hill, where three of the four met their future husbands. Each new couple was married in 1948. Della and Floyd Donald Ramsden were united in the Congregational Church at Broadway and Mercer.

Della and Don eventually moved to the Crown Hill neighborhood of Seattle. Again, Della was

a pacesetter, helping to start the technology program at the University of Washington. As a lab instructor in clinical chemistry, she met fellow Horizon House residents, doctors Alec Stevens and Monty Powell.

Della's retirement in 1963 allowed her to travel with Don. In his position with Boeing, he was transferred to the lively city of New Orleans. Della worked part-time and enjoyed her spare time embracing the spirit of Mardi Gras, the Sugar Bowl, and the local talent of Pete Fountain and Al Hirt.

After Don passed away, Della began another new chapter in her life as a resident at Horizon House. She moved in the same day as Harriet Trabert, and they quickly became friends. Della was looking for a retirement community where she could experience the same kind of independence she enjoyed during her working life. Horizon House was a good choice—she has lived in her apartment for 24 1/2 years.

Della is glad she decided to reside at Horizon House, where she feels part of an

extended family. She graciously accepts roles in the community, participating on health committees and in the Supported Living neighborhoods. She loves a good game of bridge and never misses her bi-weekly circuit training class. As a hiker, she continues to appreciate the outdoors and is often seen in Freeway Park, completing her one-mile walk every day.

Della has many friends at Horizon House, ironically some whom she may not even know. She is a longtime supporter of the Residents Assistance Fund. Della believes in contributing locally and has a strong passion for those who have come from modest means. Her compassion for our community is evident. She made her first gift shortly after moving in; she is a dedicated donor to Partners in Caring and is a member of the Heritage Society, having made several planned gifts.

It is our good fortune that this Minnesota girl ended up in Seattle. We are honored to have Della as a member of the Horizon House family, and we appreciate her generosity toward her neighbors.