

Creative Living

at Horizon House

Parting Words and Thoughts

Parting truly is sweet sorrow—and as he heads toward retirement, Bob Anderson is feeling it. In classic Bob fashion however, at his last Leadership Team meeting he had valuable parting words and thoughts for everyone in the Horizon House community. In Bob's own words:

Management is about doing things right. Leadership is about doing the right things; it's a higher order of importance. Steven Covey in his book, *The Seven Habits of Highly Effective People*, urges us to "Begin with the end in mind." When we do so, we have a better chance of accomplishing our goals and experiencing the satisfaction of working with our partners. I've always encouraged Horizon House employees to consider they are writing a chapter in their book of life. They can make it meaningful, and as they look back on this chapter of their work life they will be able to say I made a difference, I made a contribution, and it is consistent with my highest regard for myself.

Put first things first. In the parable of the jar, the big rocks go in early; the pea gravel, the sand, the water, all come later. Get the hard things, the important things, done first or you may not have the time (or the space in the jar) for them later.

Seek first to understand, then to be understood. Listening is a great art and perhaps why we have two ears and one mouth!

Sharpen your saw. Suppose you come upon someone in the woods working feverishly to saw down a tree. "What are you doing," you ask. "Can't you see, I am sawing down a tree." "You look exhausted," you exclaim, "How long have you been at it?" "Five hours," he returns, "and I am beat. This is hard work." "Well, why don't you take a break for a few minutes and sharpen your saw? I'm sure it would go faster." "I don't have time to sharpen my saw," the man says emphatically,

"I am too busy sawing!" Renewal is critical. It's about preserving and enhancing the greatest asset you have—you, in all dimensions—physical, mental, social, emotional, and spiritual. I would urge you all to learn new ways of personal renewal by committing to yourselves and following through with what you think is best for you.

I was taken by a mission statement I heard from a colleague who was making a presentation at a national conference I attended earlier this year. When I heard his motto I thought to myself, that's me, that's what I believe and have tried to do all my working life. And it goes like this: Love People, Serve People, Add Value, Have Fun! The last phrase may seem like a throwaway, but it is about "sharpening your saw" so you can reach back into your love of serving and adding value to everything you do. It has sustained me for so long. I am grateful to have this running through my veins, laughing with my colleagues, joking sometimes to the point of tears, but knowing that underneath it all is a trust in myself and my associates that we are in it together, caring for our community of residents and staff. What a pleasure. What a privilege!

CHEERS!!!!

Bob Anderson



Fond Farewells and Reprimment

As many of the articles in this issue of *Creative Living* relate, our esteemed CEO of 16+ years, Bob Anderson, is headed for "reprimment." The following photo collage depicts the fond farewells and future wishes of many different individuals and groups: residents, staff, board, colleagues, family, and friends. Enjoy!



We celebrate Bob Anderson Day, complete with beards!



Bob and Julie: more biking in their future.



More golf in the future, too.



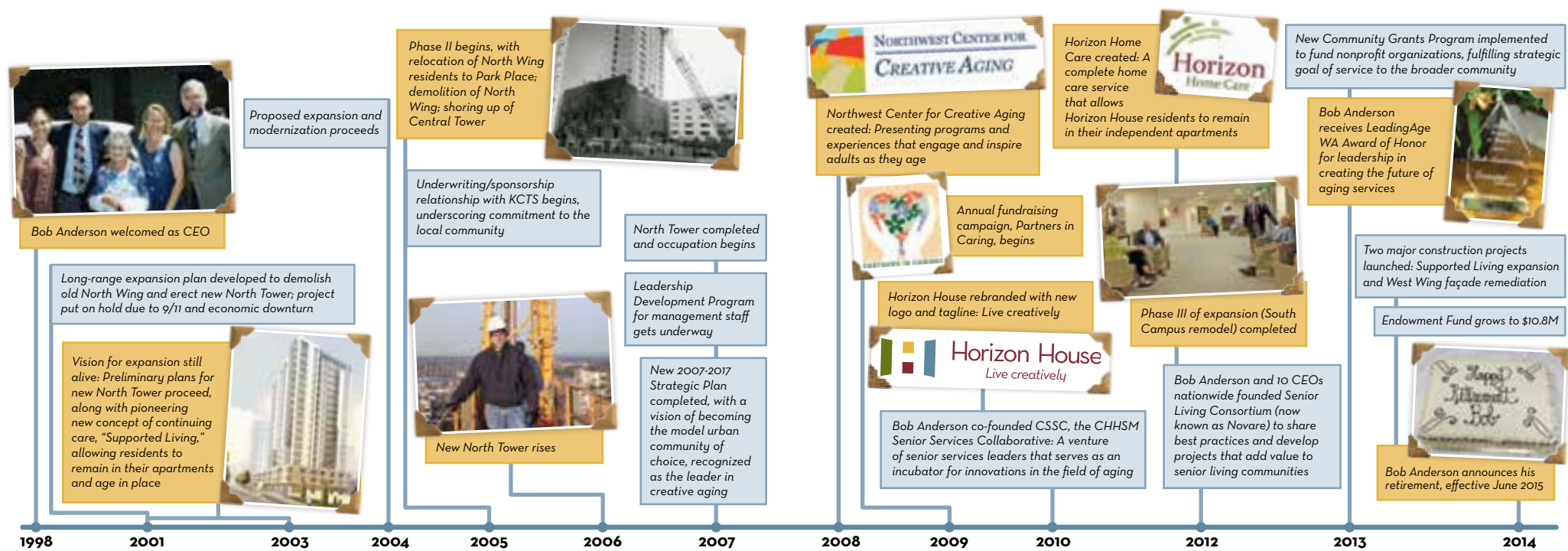
Grandpa and Theo.



Ahhhh...

Bob Anderson's Legacy

Bob Anderson was welcomed to Horizon House as CEO in 1998. The following illustrated timeline from our 2014 annual report depicts some of the highlights of Bob's tenure, through the end of last year. Even in abbreviated form, it's quite a legacy. Thanks, Bob!



New CEO, Sara McVey, Begins Work



Newly hired Horizon House CEO, Sara McVey, began her orientation with former CEO Bob Anderson on June 3, "soloing" on June 16. In her own words, "The stellar reputation of Horizon House and Bob's leadership there preceded my first visit to Horizon House. The minute I walked through the doors at 900 University Street, everything I had heard was reinforced (and then some) as I toured the community, peeked inside a few fabulous homes, was warmly greeted by residents, and interacted with engaged staff. 'Live creatively' took on a life of its own as I witnessed an enthusiasm for ideas and an appreciation for where the organization has been and where it is willing to go. I knew if Horizon House would have me, I would pack my bags and move west."

Sara is an award-winning senior living leader, with more than 20 years of experience in marketing and operations of for-profit and not-for-profit organizations and Continuing Care Retirement Communities. She served most recently as Vice President, Senior Living Strategic Initiatives, at Mather Lifeways of Evanston, Illinois—a 70-year-old nonprofit serving more than 38,000 people in senior living residences, community-based Cafés and programs, and the Institute on Aging. In that position, she led innovation across the organization and incubated new senior living products and programs. Sara also served as Vice President, Experience Director, responsible for successfully directing one of Mather Lifeways' largest assets, "The Mather," a \$200M Continuing Care Retirement Community, during the challenging

2009-2012 time period. Additional experience includes Vanguard Health Systems of Chicago, Illinois—a 28-hospital national healthcare organization—where she served as Vice President, Marketing, Public Relations, and Digital Strategies and Classic Residences by Hyatt, where she was an Assistant Vice President for Marketing.

Sara grew up on a farm in Wisconsin. She received her B.A. in Marketing/Mass Communication and Health Education from the University of Wisconsin-Oshkosh and her M.B.A. from the University of Chicago, where she also served on the Alumni Board, responsible for fund development. She has earned marketing awards from National Mature Media, as well as recognition from the League of American Communications Professionals. Sara is a regular speaker at national senior living industry group Ontario Retirement Community Association, LeadingAge, the CEO Consortium, various Chambers of Commerce, and University of Chicago alumni groups.

"You may not meet my Mom Gail, but you will hear me talk about her from time to time. She offers me sage advice. Her all-time favorite is, 'Don't take any wooden nickels.' Recently, she sat me down during my visit to Shawano, Wisconsin, and said; 'Being a CEO is simple—if you remember to listen to your Mother.' My Mom then went on to state, 'You'll do great Sara Rose, just apply the same advice I gave you growing up; always tell the truth (be credible), be willing to teach and learn (be competent), and give more than you take (be caring).' Her advice hasn't steered me wrong yet. I look forward to getting to know the people of Horizon House: residents, family members, staff, and the community outside our front doors. I believe in open communication. My mind and door will always be open," says Sara McVey.

Jim Fitzgerald Elected President of the Board of Trustees, 2015-17

Jim Fitzgerald has been a member of the Horizon House Board of Trustees since 2010 and was elected President for a two-year term, beginning in January 2015. Asked about his tenure, Jim said, “It has been a privilege being a member of the Board for the past five years and an honor to serve now as President. We live in exciting times; Bob Anderson has created one of the leading retirement communities in the country, and the Board has just hired Sara McVey to lead us into the future—building on our successes and continually developing new paths to creative aging.”

A native of Seattle’s Eastside and a 1960 Bellevue High graduate, Jim Fitzgerald spent four years in the Air Force as a boom operator on an in-flight refueling tanker. He then attended the University of Washington, where he received a B.A. degree in Business Administration. Following graduation, Jim joined United Homes, a local real estate development firm, which built homes and apartments. Subsequently transferred to Los Angeles and then to North Carolina, Jim returned to Seattle in 1974, and joined Weyerhaeuser Company’s real estate development subsidiary, the Quadrant Corporation. He held several management positions before being named president. After 22 years at Quadrant, Jim was named president of Weyerhaeuser Asia, headquartered in Tokyo, Japan, where his

responsibilities included oversight of offices throughout Asia and much travel in the region. Jim retired from Weyerhaeuser in 2003, completing 29 years of service.

Jim was a founding board member of Pacific Northwest Bank; a board member of Washington Dental Service, Greater Seattle Chamber of Commerce, the Governor’s Affordable Housing Council, and the Seattle Day Center; board member and chair of the Seattle/ King County Economic Development Council; president of the Bellevue Chamber of Commerce; a member of the board of governors of the American Chamber of Commerce in Japan; and president of the Japan America Society of the State of Washington. Jim and his wife Pat have been married 47 years and have two daughters, a grandson, and a granddaughter.



2014 Annual Report Available Now

The Horizon House 2014 annual report is now available, either in print—from the Communication department by request—or online on our website:

www.horizonhouse.org



New Faces in Spiritual Care and Philanthropy

Horizon House is pleased to welcome two new staff members: Linda Purdy, Director of Spiritual Care, and Dave Spicer, Philanthropy Manager, and the man in charge of Partners in Caring, our annual fundraising effort.

Linda is an ordained minister in the United Church of Christ, a Board-Certified Chaplain with the national Association of Professional Chaplains, and a certified Spiritual Director. She comes to us from Providence Hospice where she served as a team Chaplain, supporting patients, their families, and the staff she worked alongside. Linda brings experience in congregational care, public speaking, group work, grief counseling, and chemical dependency counseling.

Dave was most recently responsible for major gifts and community outreach at St. Vincent DePaul. He practiced law full time for many



years, representing individuals and small businesses, and has served on many nonprofit community boards. For the past ten years, Dave has worked in the nonprofit sector doing fundraising.

Major Construction Projects Moving Ahead

Horizon House has undertaken not one, but two major construction projects over the last several months. The first, our Supported Living expansion, which will add 17 additional apartments, was begun in April 2013, and at this time is nearing completion—approximately three months ahead of schedule. We’re currently installing finishes,

such as paint, carpeting, and furniture. We have been managing the project in-house, which has saved us over \$1.5 million. Once construction is finished, City, Department of Health, and Department of Health and Human Services inspections will take place—and it is our hope that occupancy may commence in the third quarter of 2015.

The second major project is the remediation of the 30-year-old exterior of the West Wing. The entire north side of the building has been scaffolded and tented, and there is plastic covering all windows on that side. Repair work started on the roof back in April, and at this time, we’re well into exterior stucco demolition on the north side. To mitigate the effects of construction noise and dust, we’ve got respite activities, including quiet rooms reserved for West Wing residents and a variety of bus outings. Construction is suspended for a half hour at lunch time during the week and on weekends, and residents are once again able to enjoy the outdoors on the C and D level patios. Once work is complete on the north side, which we estimate will be this coming December, the entire process will be duplicated on the south side of the building. It’s likely that we’ll get scaffolding up in September, a couple of months before the north side is finished. In its entirety, we anticipate the project will take 13 months. Once completed, we’ll have a West Wing that is more energy-efficient, environmentally sound, and more visually integrated with the rest of the Horizon House complex.



North side, West Wing façade remediation

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.

Horizon House Endowment Fund:

A Safety Net for Residents

There are times in our lives when we need help. We may be experiencing an unexpected health challenge. The cost of our health care could be mounting. Our loved one might be living longer than he or she had planned for financially. Our finances are dwindling faster than we thought. Depending on circumstances, any one of us can find ourselves in a precarious financial situation.

We are fortunate to be part of a community where people are willing to help out neighbors in need. This genuine concern for others dates back to 1967—shortly after the inception of Horizon House—when our very first residents created the Rainbow Fund available to those who had exhausted their resources. Nearly 50 years later, that fund now known as the Residents Assistance Endowment, provides a treasured safety



net—the collective loyalty of decades of supporters.

As a nonprofit organization, the endowment is central to our mission and ensures that we will have the resources necessary to help our most financially vulnerable residents in their time of need, giving them peace of mind and emotional security. Last year, Horizon House distributed nearly \$800,000 to help such residents. Looking to the future, we anticipate that the annual demand for

residents’ assistance will likely be over \$1.5 million in just eight years.

There are times in our lives when a safety net is what we need. And this safety net will only be possible with the compassionate support of members of our community. For more information about how you can help build the Residents Assistance Endowment, please contact Pamela Tazioli, Director of Philanthropy, at **206.382.3659**.

GEM Grants Enrich Horizon House

When our family of donors contributes to *Partners in Caring*, one of the reserves they maintain is the Quality of Resident Life Fund. Horizon House 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 added these innovations!

- With the help of assistive technologies, such as the Merlin Ultra and the Smart Reader, residents with low vision will be able to enjoy a wide variety of printed materials. These devices also help to enhance peripheral vision skills.
- The billiard table located in the Parkview Lounge is enjoyed by young and old. Because of its popularity, it has seen better days so resurfacing the cover and railings will be a welcome improvement.
- Also located in the Parkview Lounge, the Wood Puzzle Table has captured the attention of residents, some of whom are unable to work regular-sized puzzles due to physical or other challenges. The addition of new large-piece wood jigsaw puzzles will appeal to veteran puzzlers and newcomers alike!

- Opening the door to a new type of exercise, the Wellness Team will be installing Schwinn Spin Bikes. These upright stationary bikes are designed to mimic riding a real bicycle out on the road. Adjusted to fit each participant, the bikes will expand ways for residents and staff to meet their fitness needs.
- A cadre of more than 40 residents enjoys spending time in our beloved Sewing Room, working on a wide variety of projects, including making items for the greater community. The new air filter will improve the air quality of the Sewing Room. All seamstresses, particularly those sensitive to dust and particulate matter, will be able to enjoy this space, camaraderie with others, and their hobby.
- The Monday Market, managed by the Residents’ Council, is a great asset to the Horizon House community. The Market sells gently used items at bargain prices while generating \$70,000 each year to support activities and programs for residents. Many donors contribute clothing and linens that often need to be laundered. A renovated laundry area, including a washer and dryer, will keep the Monday Market humming!



The Sewing Room will benefit from a new air filter.

- Lattes, anyone? Residents on the Food Services Committee teamed up with staff to recommend the addition of an espresso machine to the Bistro. A new machine has replaced a worn appliance and is providing better quality and wider choices of coffee beverages.

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

Residents' Council 2015

Bill Andersen, President
Nancy Federici, Vice President Administration
Pat Henry, Vice President Programs
Doris Ray, Secretary
Miriam Sutermeister, Treasurer

Other members of the Residents' Council include:

Len Bates, Carol Burkhart, Elizabeth Hoover, Jeannette Kahlenberg, Joan Lawson, Frank Little, Ann Ormsby, Zoa Shumway, Jim Travis

Board of Trustees 2015

Jim Fitzgerald, President
Tom Garland, Vice President
Susan Duffy, Secretary
Bob Cline, Treasurer
Karen Lane, Past President

Other members of the Board of Trustees include:

Bill Andersen, Ann Brand, Margaret Burke, Richard Counts, Julius Debro, Mike Denton, Ned Lange, David Okimoto, Kathleen Paul, Kathy Turner, Fletch Waller

Creative Living at Horizon House

What's Inside

- Parting Words and Thoughts
- Fond Farewells and Reprimorment
- Bob Anderson's Legacy
- New CEO, Sara McVey, Begins Work
- 2014 Annual Report
- Jim Fitzgerald Elected President of the Board of Trustees, 2015-17
- New Faces in Spiritual Care & Philanthropy
- Major Construction Projects Moving Ahead
- Horizon House Endowment Fund: A Safety Net for Residents
- GEM Grants Enrich Horizon House
- Partners in Caring: The Spirit of Giving



Horizon House
Live creatively

206.382.3100
www.HorizonHouse.org

Horizon House
900 University Street
Seattle, WA 98101

Nonprofit Org.
U.S. Postage
PAID
Seattle, WA
Permit No. 711

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

Partners in Caring: The Spirit of Giving

We are three months into *Partners in Caring*, Horizon House's annual fundraising effort. Led by Co-Chairs Fred Hayes and Jeannette Kahlenberg, we have had a tremendous response from our residents, Trustees, and Residents' Council.

Our goal is to reach \$350,000 by year's end, and we are grateful to our donors for a dynamic start, with contributions of \$255,000 to date. The campaign was kicked off with a \$25,000 matching challenge. Our community was eager to respond, meeting the match within the first ten days! So far close to 65% of Horizon House residents have participated in the campaign. We are striving for 90% participation and have less than \$100,000 to raise. It's all within reach!

Contributing to *Partners in Caring* builds three important funds that benefit everyone in our community: Residents Assistance, Employee Education, and the Quality of Resident Life, which enables the GEM Grants Program. The Residents Assistance Fund is at the heart of our mission, ensuring that our financially vulnerable residents will not have to leave their homes.

Our theme this year is "Every Gift Counts." If you have not yet had the opportunity to make a donation, please make a gift that is meaningful to you—every gift, no matter the amount, adds value to our home. As

residents Ib and Ellen Rossen said "We are neighbors, and neighbors help each other."

We will host an Ice Cream Social to celebrate the official ending of *Partners in Caring*. Please look for an invitation later this summer.



2015 Partners in Caring Co-Chairs Jeannette Kahlenberg and Fred Hayes.