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### **AgeUp Vision:**

A world where elders are relevant, engaged and essential.

### **AgeUp Mission:**

To act as catalysts for transforming and expanding the perception of aging locally, nationally and globally.

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# ageUp

**JOIN THE REVOLUTION.**



## **GENERATIONS AT BAYVIEW**

Family gathered around Marjorie Guy on February 23rd to celebrate the naming of Bayview's new boardroom in honor of Marjorie and her late husband George.

In 2014, Marjorie said "I find joy in giving to Bayview because this community has been a special blessing to me and my family." The Guys, in turn, have been a blessing to the Bayview community in multiple ways over the years. The threads of their family's legacy are interwoven with the tapestry of Bayview's history.

*Continued...*



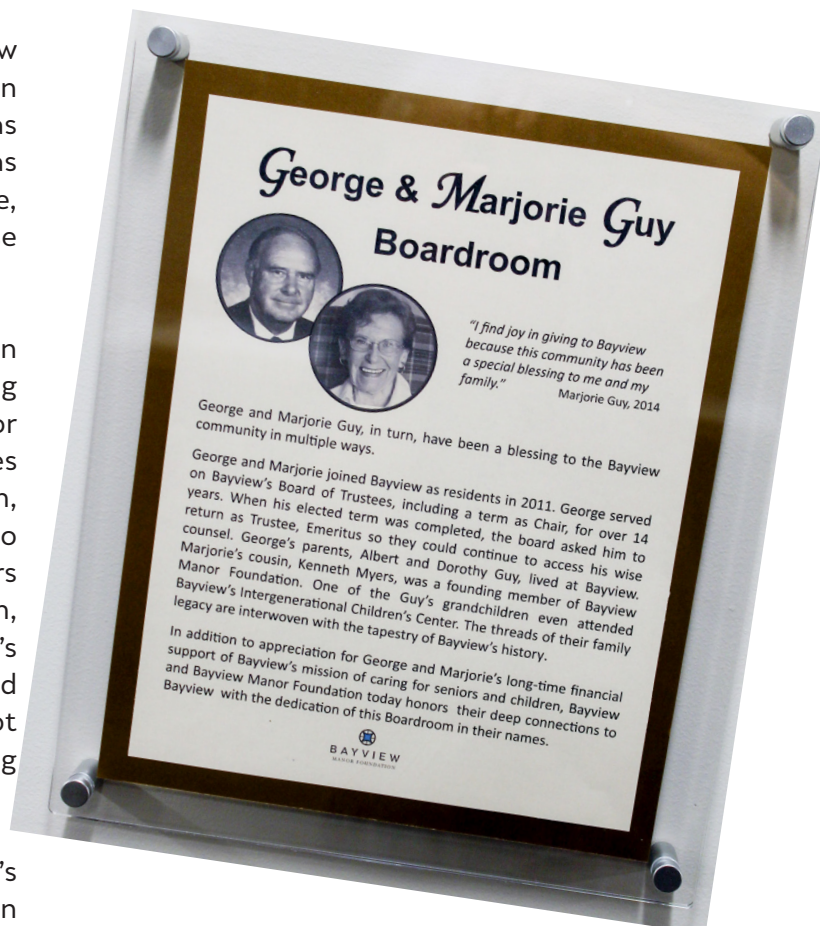
## TAPESTRY OF BAYVIEW'S HISTORY

*Continued from pg 1*

George's parents, Albert and Dorothy, lived at Bayview – Dorothy until the age of 105! George served on Bayview's Board of Trustees, including a term as Chair, for over 14 years. When his elected term was completed, the board asked him to return as Trustee, Emeritus so they could continue to access his wise counsel.

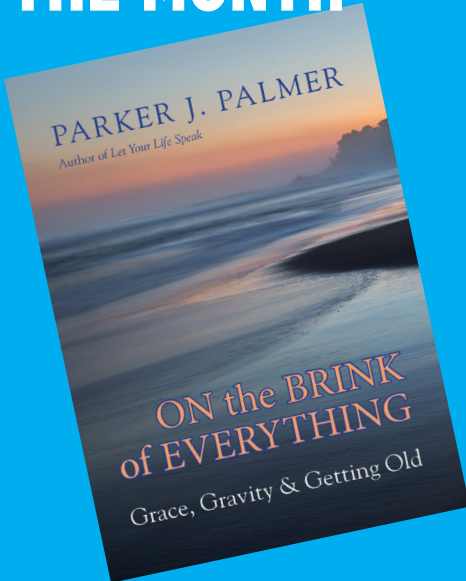
George and Marjorie joined Bayview as residents in 2011. George's cousin, Kenneth Myers, was a founding member of Bayview Manor Foundation which, for over 30+ years has provided financial subsidies for residents who, through no fault of their own, find themselves without the financial resources to continue to live with their friends and neighbors at Bayview. One of the Guys' grown grandchildren, present at the dedication, even attended Bayview's Intergenerational Children's Center. George passed away in 2013. Marjorie continues to be a bright spot at Bayview, joining in activities and maintaining friendships with many Bayview residents.

In addition to appreciation for George and Marjorie's long-time financial support of Bayview's mission of caring for seniors and children, Bayview Manor Foundation's Board of Directors and Bayview's Board of Trustees were pleased to honor the Guys' many deep connections to Bayview with the dedication of the George and Marjorie Guy Boardroom. ■





# AGEUP BOOK OF THE MONTH



Welcome to the AgeUp Book of the Month!

“The Gift of Years: Growing Older Gracefully” by Joan Chittister continues to provoke conversation and deep insight among our book club members. They recently discussed the topic of “Limitations”. “[We] discovered we can see this as a burden - we might succumb to our limitations as if they were a real definition of age, rather than as an aspect of everyone’s life,” said Marion Karpoff, AgeUp Taskforce Member and book club participant. “Or limitations can be seen as a blessing ... if only we will make the effort and not give in to limitations.”

Next on our reading list: “On the Brink of Everything: Grace, Gravity and Getting Old” by Parker J. Palmer. This excerpt from the book is certainly attuned to the mission of AgeUp: “Old is just another word for nothing left to lose, a time to dive deep into life, not withdraw to the shallows.” ■

## WELLNESS: FOCUS ON SELF-CARE

You’re invited to Bayview’s **Self-Care Health Fair on May 29th**, which is also National Senior Health and Fitness Day. The theme of this year’s health fair is Self-care - the practice of taking action to preserve or improve one’s own health. Practicing self-care is really for anyone. It can be as simple as going outside to take a breath of fresh air or it can be a harder task like changing your diet by actively saying “no.” Bayview’s Fitness Staff chose the Self-Care theme with the intention of providing you access to vendors and services that can be of value in making health conscious decisions regarding physical, mental and emotional health. Some anticipated vendors will include: massage, tai chi, laughing yoga and alternative medicine.



Exercising is also a form a self-care. Use one of our many cardio or strength machines, or take a group class offered in the Thrive Fitness Center at Bayview. Take a dance class! Learning dance steps or a sequence of movements involves certain skills and senses that require coordination of limbs, posture, balance, auditory sensibility, visual acuity, and memory. Repeated patterns help to build a new network of neurons that fire together to create a new memory. You could take a Thrive Circuit Training class where you’ll get stronger from doing planks and squats in each class. We also have classes in our new aquatic center. Exercise in water is low-impact and you’ll gain benefits like: enhancing your cardiovascular efficiency and blood circulation, and improving kidney function.

Benefits of exercise/benefits of regular purposeful movement:

- Lower blood pressure
- Reduces stress
- Increase kinesthetic awareness
- Strengthen heart and lung function
- Improve cardiovascular endurance
- Enhancement mood
- Improve balance, coordination and mobility
- Learn something new and challenging
- Social community, overall well-being & fun!

Bayview’s Thrive Fitness Center is open to community members 55+. We hope to see you at the **Health Fair on May 29th!** ■



# BAYVIEW

A POINT OF VIEW

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We hope you enjoyed our newsletter! Stay tuned for more stories in our next issue!

*A 62+ Nonprofit Life Plan Community*  
(206) 284-7330 ■ 11 West Aloha St, Seattle, WA 98119 ■ [BayviewSeattle.org](http://BayviewSeattle.org)



## YOU'RE INVITED "HAPPILY EVER AFTER" EVENTS

**DOWNSIZE TO RIGHT-SIZE YOUR LIFE**

Thurs • April 25 • 11:30am–1:30pm

**"BEEN THERE. MOVED THAT." SUCCESS W/ LEA MILLER**

Wed • May 8 • 11:30am–1:30pm

**"HAPPILY EVER AFTER" APARTMENT TALK & TOURS**

Tues • May 14 • 11:30am–1:30pm

It's never too late to live happily ever after. Spring forward into your best life with these Bayview events. Please RSVP to Lea Miller at 206-281-5744 or [Lmiller@bayviewseattle.org](mailto:Lmiller@bayviewseattle.org). Bring a friend!