

Do my bifocals make me look old ?

Wonderful.

Celebrate aging!



Resident Janey

Celebrate Aging: Bayview's New Anti-Ageism Campaign

By Nancy Weinbeck, CEO of Bayview

At Bayview, we love our work because we love our residents! We become better people in their presence.

George Eliot wrote of her protagonist Dorothea in *Middlemarch*: "the effect of her being on those around her was incalculably diffusive: for the growing good of the world is partly dependent on unhistoric acts; and that things are not so ill with you and me as they might have been, is half owing to the number who lived faithfully a hidden life..."

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AgeUp: Research

In 2018, Bayview partnered with Seattle Pacific University to explore the effects of positive and negative images of aging. As we look into the coming years, we are excited to develop new collaborations with community partners. Stay tuned for more!

AgeUp: Education

Episodes from our latest AgeUp Podcast are available online at AgeUp.org. A huge thanks to the Vera Project for their collaboration on this. Look out for more episodes including an interview with resident Kitty Hodges who recently tandem skydived with her family.

AgeUp: Innovation

Bayview is always looking for new and innovative ways to share stories and spread our mission and vision. We have upcoming projects with Scott Jackman Films and HiHoKids, a viral video storytelling company. We can't wait to show what we have in store for you.



Nancy Weinbeck, Bayview CEO

Hot News!

Inspired by Kitty Hodges, 103 year-old resident at Bayview, a group of residents will be skydiving on September 26th at Skydive Snohomish!

Hot News!

Continued from cover page...

Our residents are far from hidden, but like Dorothea, their wisdom, grace, sense of humor, creative approaches to problem solving, perspective, experience, generosity, spirit, are gifts of age that we as staff are eager to absorb and nourish in the development of our own humanity.

Research is beginning to uncover the value of shifting mindsets around aging. We are learning from research scientists like Becca Levy at Yale University that changing the way one thinks about aging can extend longevity and promote better health outcomes as one ages.

Loving our residents means gaining a different understanding and appreciation for the latter part of the life span. For some of us, this means thinking about growing older in a more positive way. For others, it means reaffirming our sense of

Three Generations Tandem Skydive at Skydive Snohomish



At 103 years-old, resident Kitty Hodges, her two sons and granddaughter experienced the thrill of a tandem skydive! Congrats to the Hodges family on this amazing achievement! ■

Does my grey hair make me look old ?

Awesome.

Celebrate Aging!



Resident Sam

Do my wrinkles make me look old ?

Excellent.

Celebrate Aging!



Resident Constance

beauty and wonder at all aspects of human development. In either case, shifting mindsets translates to better health outcomes and greater sense of well-being as we age. We refer our readers to the many published articles by Becca Levy and her colleagues for those who are interested in diving into the research.*

Our AgeUp team decided to take a twist on an old anxiety-ridden phrase and turn it on its head. Looking at physical stereotypes

of markers that can indicate old age (like wrinkles), we turned them into statements of acknowledgement, acceptance and appreciation. The more we are exposed to positive images and messages around aging, the more easily our mindsets can shift in a positive direction. We believe this will not only make us more compassionate, but will help us as we ourselves age. ■

**Longevity increased by positive self-perceptions of aging. Levy, Becca R., Slade, Martin D., Kunkel, Suzanne R., Kasl, Stanislav V. Journal of Personality and Social Psychology, Vol 83(2), Aug 2002, 261-270.*

Savoy 2019: Masquerade

An evening benefiting Bayview Manor Foundation

Though attendees hid behind masks in keeping with the masquerade theme, it's no mystery as to why this year's Savoy event was the most successful yet, with \$50,000 raised by Bayview Manor Foundation! This far exceeded the fundraising goal of \$39,000 - the average cost in 2018 of one year of financial support to a Bayview resident.

The secret to Savoy's success?

Sponsors. Fourteen fabulous sponsors underwrote the cost of the evening's food and entertainment for guests.

Presenting Sponsor:
Auburn Mechanical



Promoting Sponsors: Anonymous Bayview Resident, BNY Mellon Wealth Management, Caffè Appassionato, Fedelta Home Care, Infinity Rehab, Ken Graff Homes, Medline Foundation, Mercury Pharmacy Services, Ziegler Investment Banking.

Friends of Bayview Sponsors: CliftonLarsonAllen, Moves Made Simple, RiceFergusMiller Architecture, US Foods.

Residents. Bayview residents are famous for getting involved but this year they blew the top off with their fantastic support! Approximately two dozen volunteers did everything from donating and designing decorations and centerpieces, to inflating balloons, registering guests and providing auction support. Their hard work and energy made a huge difference!



Resident Jo with son, Quinn and his wife, Debbie

Donors. Guests reserved their attendance through donations ranging from \$25 to \$2,000! Many who couldn't attend also sent in donations. A new twist to the night this year was a small but exciting live auction that included a "raise the paddle" portion; 192 spirited guests raised well over half the event's proceeds just during the auction!

Bayview Manor Foundation, a 501 (c)(3) organization, thanks everyone for their generous support of their mission to: First and foremost, help those residents of Bayview who, through no fault of their own, are without sufficient financial resources to continue to live with their friends and neighbors at Bayview; Enrich the retirement years of Bayview residents; and Fund any other programs and services furthering Bayview's mission.

Mark your calendars for Savoy 2020 on Friday, September 11. To donate, go to BayviewSeattle.org. ■

Nahleen, Director of Wellness and Resident Jack



Any Age is the Right Age

Practice, persistence, and joy. The result of that combination is confidence and creativity. Resident Jack has been part of the Happy Feet Line Dance class consistently for the past year. Over time, he has really enjoyed the class and even practices on his own! Dancing can increase proprioception (awareness of your body's position), cognitive ability, memory, and acquiring new skills. You end up learning things you never thought you could do, like dancing in front of other people! Dancing can allow us to be free in our own bodies, something that is beneficial to our mind and body connection. ■



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A POINT OF VIEW

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Hi, my name is Jill, editor of our newsletter. Want to see more or less of something? Message me at jchang@bayviewseattle.org

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



Step into Magic

An event fit for a prince or princess.



Wednesday, October 16

11:00 am - 2:00 pm

11 W Aloha St | Seattle, WA 98119

Get a special live preview of the Seattle Opera's "Cinderella" at Bayview. Enjoy personal tours and indulge in decadent hors d'oeuvres, complimentary sparkling cocktails, and songs performed by the artists.

Space is limited, so RSVP today.

Call 206.281.5744