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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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SAVOY: WE'VE GOT RHYTHM

Research shows listening to music that harkens back to your youth releases dopamine, the "feel-good" chemical. It makes you feel happier. Engaging socially with friends and loved ones leads to better health outcomes. Plus we all know that dancing is great exercise. At Bayview, we've got you covered with our annual Savoy Gala.

Bayview's fifth annual Savoy event on September 7th was the best yet! It really was wonderful to see how many Bayview residents dressed the part and enjoyed the evening "South of the Border." The steadily increasing number of family members and community neighbors who come each year only add to the fun!

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Thanks to the support of our event sponsors*, party-goers were treated to another fabulous night. *Easy Street Band* once again provided fantastic music, the *Dean Paton Dancers* led many people to great enjoyment on the dance floor, and caricature artist Vincent Yee was on hand to capture the fun. As always, an abundant variety of hors d'oeuvres and beverages produced by Bayview's Dining Services staff helped keep everyone's energy up!

The evening raised \$28,910 in support of *Bayview Manor Foundation*, which acts as a safety net for Bayview residents who through no fault of their own, find themselves without the necessary resources to stay with their friends and neighbors at Bayview. A heartfelt 'thank you' to everyone who contributed their time, talent and energy, as well as financially supporting the *Foundation's* efforts to provide resident assistance. Mark your calendars for next year's Savoy on September 6th, 2019! We look forward to you joining in the fun next year! ■

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Missed the Party? You can still support residents with a donation to Bayview Manor Foundation
(<http://www.bayviewseattle.org/>)

AGEUP BOOK OF THE MONTH

Welcome to the AgeUp Book of the Month feature! This month, the book club continues to delve into "The Gift of Years: Growing Older Gracefully" by Joan Chittister. They recently discussed the chapter on "Letting Go". There is temptation to cling to times and things behind us, however this chapter discusses the blessing of going into the here and now. "We have spent so much of life preparing for the future rather than enjoying the present. We talked about the difficulties and the freedom that comes from letting go," said Marian Karpoff, AgeUp taskforce member and book club participant.

The book club is next considering "The Book of Joy: Lasting Happiness in a Changing World" by the Dalai Lama, the Archbishop Desmond Tutu and Douglas Carlton Abrams. It is an authentic look at all of life's phases and finding real joy in the midst of it. ■

Image Below: Bayview Chaplain
Juliana Bateman



AGEUP PODCASTS: PROGRESSING ON THE PATH

Progressing on the path is a topic recently discussed on our new Podcast series. That's right, our AgeUp task force, including staff and residents of Bayview, ages 36-88, are now part of a monthly podcast series, available on SoundCloud, iTunes, and our www.ageup.org website. Progressing on the path is a statement made by one of our AgeUp members, and the sentiment fits well with our move to the podcast.

Our task force acknowledged that great conversations and profound moments were coming out of our monthly meetings. We thought what better way to capture this dialogue than by recording it and offering it up on a podcast. But how to do that? We learned of a nonprofit neighbor just blocks from our door, The Vera Project, housed in space at Seattle Center. This local nonprofit

engages youth in music and arts, not only hosting performances and arts programs, but also training youth in audio engineering, live and studio recording, event production training, and more. We reached out to them with our podcast idea, and a partnership was born.

Check out our podcast link on our website and tune in to a group of folks exploring inspiring and challenging thoughts and feelings about growing older. What you hear may just surprise you. And might prompt you to push beyond self-imposed limitations and taste some of the freedoms that come with age. Join us and share your thoughts, we'd love to hear from you. You might just be our next podcast guest. ■

FAREWELL MR. PICKLES

Sometimes a very special cat enters our lives...their presence changes our hearts forever. And we can call ourselves blessed for having known them.

Mr. Pickles entered the lives of Bayview residents many years ago, capturing the hearts of not only residents, but also staff, family members, and the greater community. His unlikely story captivated audiences around the world and even was told by *National Geographic Kids*. We had to say good-bye to Mr. Pickles early in October due to his advanced age and medical issues, but our hearts are still with him. Thank you, Mr. Pickles for the wonderful memories. ■



MEET BAYVIEW'S NEW CHAPLAIN: JULIANA BATEMAN

I grew up in rural Oregon and was raised first in the Quaker Friends tradition and then in the Catholic Church, both of which I loved. As a country girl, I longed to experience living in a city, and thus, decided to study Theology and Global African Studies at Seattle University. I was blessed to have the opportunity to be an international student at the University of Ghana in West Africa for a semester. After college, I did two years of AmeriCorps and was placed in Washington, D.C., at a home for formerly homeless women who were HIV+, many who were also dealing with mental illness. During my time in D.C, I began to do some religious exploring, as I still felt called to ordination. I ended up in the United Methodist Church, where I still plant myself. Following a life-long interest and passion, I attended seminary at Union Theological Seminary in the City of New York and served as the pastor of a small United Methodist congregation in Baltimore, MD. By then, the Pacific Northwest was loudly calling me back. I come to Bayview by way of Harborview Medical Center, where I served as a chaplain on the Psychiatric ICU, and Medical ICU. I live in the Columbia City neighborhood of Seattle, with my two cats, Zeke and Kesha. I love and appreciate the arts: theater, poetry, dance, music, and visual art. ■



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

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Enjoy a chef-prepared lunch and a presentation on financials, admission fees, monthly fees, and contract choices. Please RSVP to Lea Miller at 206-281-5744 or Lmiller@bayviewseattle.org. Free valet parking. Bring a friend!