



(L to R) Warren H. Hodges III, King 5 Reporter
Ted Land, Kathryn Rose Hodges, Tyson Harvey,
Kitty Hodges, Vladimir Ursachii)

Meet the woman behind the world record: Kitty Hodges

By Resident Flo Lentz with contributions by staff

Here at Bayview, Kathryn “Kitty” Hodges is well known for her lively sense of humor. But she is also daring. One feat that has brought her to fame: skydiving. On Thursday, August 15, 2019 at Skydive Snohomish, 103-year old Kitty broke the Guinness World Record for the oldest person to tandem skydive. Some would consider this a defining moment of one’s life. However, for Kitty, fulfilling this skydiving dream comes after a series of defining moments of life experiences and hard work.

Kitty was born on April 9, 1916 in Tacoma, Washington. We asked, “Tacoma, not Seattle?”

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AgeUp: Research

We are learning from research scientists like Becca Levy at Yale University that changing the way one thinks about aging can promote better health outcomes as one ages. We refer our readers to articles by Becca Levy & her colleagues for more information.

AgeUp: Education

The AgeUp Taskforce, consisting of Bayview residents and staff, are excited to provide basic Ageism training at Sound Generations, a nonprofit that helps older adults and adults with disabilities. AgeUp is looking forward to scaling our training program in 2020.

AgeUp: Innovation

How do you #CelebrateAging? Use this hashtag on any social media platform and tag us @AgeUpBayview & @BayviewSeattle. The more we are exposed to positive images and messages around aging, the more easily our mindsets can shift in a positive direction.

Hot News!

AgeUp’s new and improved mission statement: to shift the mindset of aging through research, innovation, and education.

Hot News!

*Kitty Hodges with tandem instructor Vladimir Ursachii
of Skydive Snohomish*



Listen to our latest podcast session with Kitty and her son, Norm Hodges at AgeUp.org/Podcasts



The Bayview Daredevils

Called the Bayview Daredevils, Residents Jo, Dottie, and Eugenia were inspired by Kitty and courageously overcame their fears with a tandem skydive at Skydive Snohomish. We're grateful for our residents who continue to inspire us each and every day. ■

Continued from cover page

"Oh yes, she answered, "I insisted on Tacoma." Kitty was the oldest of five daughters. When Kitty reached high school age, she took up swimming for the first time and loved it! Swimming became her favorite sport and changed what she perceived as possible. Kitty attended the University of Washington (UW), where she met her husband, Warren. They were married for 66 years and raised 5 sons. He passed away at the age of 93. Kitty completed a Master of

Fine Arts degree and spent her career teaching at UW and Seattle Pacific College. Her love for painting and the arts continues to this day.

Kitty acknowledges that in this period of her life, there have been challenges, including her gradual loss of sight and mobility. However, at the decent of her freefall and unfazed by the world record attempt, Kitty felt a sense of much needed liberation. "It was so awe inspiring,"

her son Norm says, "I left that day knowing that anything is possible when a 103 year-old can jump out of an airplane and get on the ground safely."

Kitty has made a big impact on the Bayview community. She says, "I'm really not so special! Bayview is full of special people." Her advice for younger generations: "Try everything. Be as good as you can but also have as much fun as you can." ■

Giving the Best Within Us

Bayview is a community of giving individuals and Bayview Manor Foundation has been at the heart of the community since 1987.

By providing a safety net for residents who, through no fault of their own, are without sufficient financial resources to continue to live among their friends at Bayview, the Foundation contributes to a life setting which enables residents to support and care for one another in tangible ways.

Beginning with Charles Kinneer's donation of the land that Bayview sits on, many have generously contributed financial support over the years. Contributions have varied - from one-time to recurring, from estate bequests to future planned gifts, from a few dollars to thousands - people have given what they could in support of a family member, a friend or a neighbor.

Bayview Manor Foundation appreciates all who have given and is proud to announce plans to unveil a donor recognition display in the near future which will publicly recognize the more than 250 individual donors who have created and sustained the Foundation's ability to continue its support of Bayview residents for so many years.

We are grateful for the opportunity to give thanks for those who "give people the best of what is within you and help others to awaken to their best self so that they, too, can live a life of abundance." ■

Visit BayviewSeattle.org to donate to the Foundation.



Meet Fernanda: Caregiver Spotlight

Fernanda Gamboa has been working in various capacities at Bayview since 2012. She is currently a Certified Nursing Assistant/Med Tech in our Assisted Living residence. Fernanda's words of wisdom for up and coming caregivers: "you must give yourself wholeheartedly, it's not about the money, it's a way of living. Count your blessings and cherish every interaction." November was National Caregivers Month and we thank you all for your dedication! ■



100% of Bayview Bazaar Proceeds go to Medic One Foundation

Bayview's 6th annual Holiday Bazaar & Bake Sale on November 13th was another big success!

Bazaar Chair Betty Blakney and a multitude of resident volunteers organized the event, choosing Medic One to be the beneficiary of funds raised.

jams, artwork and collectibles to tempt shoppers. And shoppers did come! Initial estimate is that all the hard work will provide approximately **\$3,800 in support of Medic One.**

ALL of Bayview joined in the spirit! In addition to independent residents, the kids in our Intergenerational Children's Center and residents in Assisted Living and Skilled Nursing & Rehab Center all worked to produce a large variety of hand-crafted items such as quilts and adorable baby sweaters, as well as jewelry, baked treats,

We're proud and grateful for a community of residents who make a habit of giving back by supporting the larger community through efforts such as the annual bazaar. They really are the heart of Bayview! We can't wait to see what the residents have in store for next year! ■





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A POINT OF VIEW

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Seattle, WA 98119-3743

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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



The HUB: A 55+ Community Space Set to Re-Open in 2020

The Hub is a neighborly place to stay connected and engaged. In addition to getting a hot cup of coffee in a cozy, urban ambiance, Hub attendees participate in a variety of programs geared towards your interests! The Hub is located at 20 West Queen Anne Drive and membership is free.

Upcoming programs: Coffee & Conversations with AgeUp and Poetry Workshop with Pacifica Writer's Workshop. If you'd like to stay informed with all things HUB related, please email your contact to nsalvador@bayviewseattle.org with **SUBJECT: HUB**. Stay tuned for more info and dates!

Meet Your AgeUp Taskforce:

