

the wesleys

for people who love life™



GRACE, 1940S



GRACE AND T.A. WILSON, LATE 1990S

The Graciousness of Grace Wilson

Indomitable. Unpretentious. Generous. Simple words, but their depth of meaning described Grace Ellen Miller Wilson. Born on April 27, 1922, Grace was the youngest of three children. She attended Broadway High School in Seattle and received her Applied Art degree from Iowa State. It was at Iowa State that her brother Buck introduced her to future Boeing CEO T.A. Wilson. After marrying in 1944, Grace and T settled in Normandy Park, a popular neighborhood for Boeing engineers. They had three children: T3, Dan and Sarah.

An Indomitable Spirit

Grace developed rheumatoid arthritis in her early twenties, but she never complained. The disease didn't stop her from doing the things she enjoyed: playing bridge, gardening, traveling, beachcombing, the zoo, ferry rides and hanging out with friends. She loved fishing and always caught the biggest fish. She also loved her Wednesday night card group, the waterfront, the Ballard Locks, Arch Cape in Oregon, and animals. The Wilson's Normandy Park residence often had dogs, a box turtle, geese, cats, ducks, a goat, and a parakeet that would sit in Grace's hair.

Despite her arthritis, Grace liked to do things herself. As her dexterity declined, everyday activities became harder. "She never gave up. She was the most wonderful lady," said friend Bobbe Sachs.

Her Unpretentious Life

Raised in the Mt. Baker neighborhood, Grace was born at a time when Seattle didn't have much of a class system. She and T "fit the liberal, unconventional Seattle attitude that resisted class distinction," said Dan.

Wesley Homes

is a faith-based organization providing retirement communities and a network of services for older adults.

With love and joy, we are called to meet the physical, social and spiritual needs of those we serve.

We affirm the worth of all those we serve and those who provide service.

Wesley Homes is a not-for-profit organization that provides a network of services offering a continuum of care for older adults. It is affiliated with the Pacific Northwest Annual Conference of the United Methodist Church.



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The Graciousness of Grace Wilson (CONTINUED)

“There were two things about my mother. One, wealth was not a big deal to her identity, and two, [flaunting wealth] was uncharacteristic of her generation in Seattle.” Grace carried that attitude throughout her life. She didn’t brag and cherished what she had.

“I didn’t know she was such a prominent lady because of her simplicity,” said caregiver Sabina Njorge. “She wasn’t into new stuff. What she had was fine. And she always made you feel welcome.”

With Grace, what you saw was what you got. She was down to earth, practical and fun. “Once she asked me if I could talk in burps. When I said no, she taught me. Buck taught her, and she taught me,” said Dan.

Subtle Generosity

Dan recalled the only time he saw his mother cry. “I asked her what was wrong. She said ‘I just don’t know why we have so much,’” said Dan. He didn’t know what she’d seen or who she’d spoken to, but he could see her generosity and compassion. There was “an awareness of what we owe to those who helped us or educated us.”

T and Grace gave to several organizations together, and Grace continued her philanthropy after T passed away in 1999. Grace then joined her sister Jean Perkins at Wesley Homes. Grace loved Wesley Homes and was vocal about it to friends and family. A resident since November 1999, Grace gave over two million dollars to help her neighbors at Wesley Homes. “She delighted in her relationships at Wesley Homes. That speaks strongly to where her heart was,” said Dan.



T & GRACE, 1943
GRACE, 1997

Grace’s estate gift of one million dollars was the largest single gift given to Wesley Homes, but she also gave during her residency there. “It’s because of Grace that the Adult Day Center was built. Her gift got Wesley Homes to believe we could raise funds for the Center,” said Kevin Anderson, President and CEO of Wesley Homes. Grace also gifted Wesley Homes with a donation toward the greatest need. That gift went to Circle of Concern and will help her neighbors in need.

“Grace liked the idea of helping people who have simply outlived their income,” said friend Jean Keller. “But she never talked about how much she gave.”

“She really cared about the community and giving back. She had a big heart. I learned that from her, and I’m teaching it to my kids. It goes from generation to generation,” said daughter Sarah Parkinson. Those generations include six grandchildren and two great-grandchildren.

Grace passed away December 30, 2009. She is missed dearly, but her legacy of spirit, humility, and charity live on through friends, family, and recipients of her generosity.



GRACE WITH HER BROTHER
BUCK AND SISTER JEAN, 1993



A MESSAGE FROM
Kevin Anderson

During some time in our lives almost everyone will ask this of themselves: What is the legacy I am leaving, and what did I do to make the world a better place?

Grace Wilson was no exception to this question. She and her husband T.A. were valued members of the Puget Sound area and Grace was a valued member of Wesley Homes. Grace knew that there were many people who were far less fortunate than she, people with many different needs. She wanted to make a difference and she did! Her legacy of giving to others will be known and appreciated for many years.

There are many others like Grace at Wesley Homes who are creating their own legacies. Some will do it through gifts of money. Others will do it by the many hours of volunteerism they give to help others. Still others will do it by what they did during their careers or how they raised their families. Some individuals will have a greater impact on more people; others will only have an impact on a few. Nonetheless, all will leave a legacy that will be remembered.

Wesley Homes also has a legacy: a reputation of providing quality care and services to people with needs. It is a legacy that has been established over many years and one that we want to continue. That is why last September the Board of Trustees directed staff to develop a continuous quality improvement program called Quality First. Since that time, staff, Board members, residents and outside stake holders have been meeting in committees to develop key indicators that will be monitored on a dashboard. At each Board meeting these quality indicators will be reviewed and acted upon to help ensure quality care is being delivered. This has been a huge undertaking for us, but we believe that today and in the future we will be judged on the quality of our services and not solely on what we made on our financial statements.

Legacies are important to all of us! What will your legacy be?

Kevin Anderson
PRESIDENT / CEO
Wesley Homes

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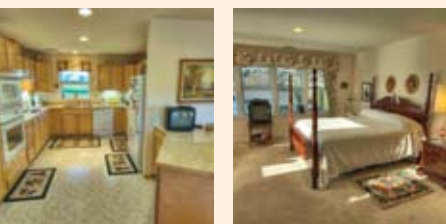
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communities update



VILLAGE HOME, LEA HILL



COTTAGE, DES MOINES

Community Living is Just Like Home

Both Wesley Homes campuses offer a unique style of retirement living. In Des Moines, they are called Cottages, and at Lea Hill, they are called Village Homes. People who choose this type of accommodation benefit from all of the services and amenities the campuses offer while enjoying maintenance-free living with the space and privacy of a home. Residents are encouraged to furnish and decorate for their own comfort.

There are many reasons to choose a Cottage or Village Home at Wesley Homes.

- Maintenance-free living
- Availability of care and services on campus
- Chance to live near long-time friends or family members
- Chance to make new friends
- Opportunity to participate in group and individual activities such as:
 - Fitness program and walking club
 - Social outings and excursions
 - Cultural events and activities
- Choice of participating in the dining program on campus or cooking in your own fully-equipped kitchen
- Pet friendly. Well-behaved dogs and cats are welcome in Cottages and Village Homes.
- Longevity, reputation and commitment of Wesley Homes
- Reasonable rates. Financially, there has never been a better time to move to Wesley Homes. Entrance Fees have been held at 2007-2008 rates! Plus, at Wesley Homes Des Moines, we've made it easy to defer up to 80% of your payment for a full year with no additional cost to give you time to sell your home.

To learn more about moving to a Wesley Homes retirement community, please contact:

Wesley Homes Des Moines
Carrie Bruton 206.870.1101
or toll free 866.937.5390

Wesley Homes Lea Hill
Geri Montoya 253.876.6000

or visit www.wesleyhomes.org





Continuing the Legacy of
Philanthropy at Wesley Homes:
one gift at a time.

foundation news

Support Your Neighbors with Legacy Gifts

The generosity of earlier generations has allowed some of today's Wesley Homes residents to enjoy the peace of mind, security, and friendships they have found here. Though the capacity to give varies among individuals, everyone can make a difference with a gift that is meaningful to them and helps those who are less fortunate. It is this spirit of generosity that has helped make Wesley Homes what it is today. Wesley Homes Foundation has several options for Legacy gifts. Here are some ways you can support your neighbors and future generations in their time of need.



RESIDENT LIZ WALN

- A **bequest** may be an ideal solution for you. Bequest donors are able to utilize their assets during their lifetime while leaving a gift through their will. Bequests may be for an exact dollar amount or percentage of your estate and can be designated for a specific purpose.
- A gift of **retirement assets**, such as an IRA or pension plan, is easy. Just make Wesley Homes Foundation the beneficiary of your qualified plan. This reduces your taxes while making a gift that benefits the mission of Wesley Homes.
- A gift of **life insurance** can be made by naming Wesley Homes Foundation the beneficiary of your whole policy or by designating the remainder of a policy.
- A **life income** gift provides opportunities for you to make a deferred gift, while also providing a lifelong income stream.
 - A **charitable gift annuity** is a simple contract between you (one or two Individuals) and Wesley Homes Foundation. A principal gift is irrevocably transferred to Wesley Homes Foundation to be invested. In return, you receive income on a quarterly, semi-annual, or annual basis for the rest of your life.
 - A **charitable remainder trust** is an irrevocable trust in which payments are made to you or a specified beneficiary. You can stipulate that the payments be for life or for a specified number of years.

Giving what you can is always immensely appreciated by those who rely on the generosity of their neighbors and Wesley Homes Foundation.

For additional information on any of these and other gift options, please call **Sten Crissey** at 206.870.1126 or **Kari Rallo** at 206.870.1331 at the Wesley Homes Foundation. We are happy to answer questions or provide additional information.

Prevent Falling by Using These Easy Tips

For those that are 65 and over, falling can have a devastating effect. We're more likely to have a serious injury from which it takes longer to recover. We also lose confidence in our capabilities, which can lead to a loss in our ability to live independently. If you've fallen once, you're more likely to fall again within 30 days of your last fall. Wesley Homes Home Health staff takes falls seriously. Each client is assessed for their risk of falling and an improvement plan is developed.

The plan may include the following:



BE MINDFUL OF WHERE YOUR PET IS

Exercise

- Make sure your exercise program addresses balance, endurance, flexibility, and strength. Walking is a great start.
- Gradually increase the difficulty of your exercises. If you feel pain, stop and contact your doctor. Tired muscles are okay. Don't overdo it.
- Use a chair, cane, or counter to assist you.
- Speak with your doctor before starting an exercise regimen. Together, you can develop a program designed just for you.

Health and Medications

- Ask your doctor or pharmacist if your medications will make you drowsy or dizzy.
- Have your eyes checked at least once a year.

Home Safety

- Clear the walking path and stairs. Put away anything you can trip over.
- Make sure you have clear lighting. Use nightlights.
- Install handrails in the stairway and grab bars in bathrooms near the sink, toilet, and shower/tub. Or use a toilet seat designed to give you something stable to hold onto.
- Use a shower chair or transfer bench in the bathroom. Use a bedrail or cane when getting in and out of bed.
- Use non-slip mats under area rugs, in bathtubs, and in shower stalls.
- Wear shoes when you're inside and outside your home.
- Put things you use often in easy-to-reach places to avoid using a step stool.
- Be mindful of where your pet is, particularly when you're in the kitchen.

Wesley Homes Community Health Services offers in-home nursing, therapy, and personal care services to people in King, Snohomish and Pierce counties.

For more information or an in home evaluation, call **206.870.1127** or toll free **866.850.5774**.

resident profile

Jeanne Brookman



Volunteering is a Way of Life

What's the secret to Jeanne Brookman's ability to get people to volunteer at Lea Hill? It's the continental breakfast. "It's a real social occasion," said Jeanne. "I've gotten to know a lot of people there. And I'm not shy about asking people to volunteer!"

Jeanne's strategy is working. Campus Administrator Scott Hulet credits Jeanne with helping increase resident volunteerism to up to twenty-five percent of the campus. "Jeanne is the volunteer of volunteers. She's a strong, articulate voice on campus," said Scott.

Born in Key West, Florida, Jeanne traveled a lot because her father was in the Navy. The family eventually settled in Washington, DC, before Jeanne moved to the Seattle area. As a former legal secretary in DC and Seattle, brokerage firm and uranium mining firm secretary in Salt Lake City, housewife, and teaching assistant at Highline Community College, she has always had to be organized and focused.

When Jeanne moved to Lea Hill, she didn't know those traits would continue to be so significant in her life. As one of the first residents on campus, she and husband Darrell chose a Village Home because Lea Hill made the transition easy. Then Community Relations Director Geri Montoya asked Jeanne to be the volunteer coordinator for the Grand Opening. And when Geri asked her to volunteer again, Jeanne said yes again. This time, she had ideas on how to make improvements and discovered she really enjoyed working with volunteers.

"I like listening to people's needs," said Jeanne. That ability to see a need and address it led her to chair the Technology Committee, where she helped lead the charge for an infrastructure upgrade for high definition and digital TV. If a resident has a computer question, they can call Jeanne. When a receptionist is needed, Jeanne is often requested. She leads by example by volunteering for open houses, volunteer appreciation parties, and library committees.

"She's always there for us, no matter what," said Geri. "When she does a project, she follows through. And she always has good input." These attributes were vital when Jeanne helped Geri develop the Ambassador Program. She was instrumental in developing the tour guidelines and choosing the ambassadors to help market Lea Hill to prospective residents.

Jeanne volunteers so much that Darrell offered to get her a sleeping bag to keep up at Eby Lodge. She recalled another comment Darrell made that makes her smile. "He wanted me to have an outlet for my energy. He says it was his master plan," said Jeanne. Lea Hill is grateful his plan worked.



WESLEY HOMES™

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join us for our Autumn Harvest Open House!



Des Moines
1:30 – 4:30 pm
Sunday, Sept 26, 2010

Lea Hill in Auburn
1:30 – 4:30 pm
Sunday, Oct 3, 2010

- Sample fresh fruits and vegetables, local cheeses and bakery items from our farm stand
- Enjoy the taste of fall in dishes prepared by Wesley Homes' own Executive Chefs
- Learn about safe and healthy edible gardening from a Garden Hotline Educator from Seattle Tilth
- Take a self-guided tour of our beautiful campuses and see a variety of resident homes with views of Puget Sound or Mt. Rainier
- Visit with Wesley Homes' residents
- Enjoy an old fashioned ice cream cone at Wesley Homes Health Center
- Take home a free miniature pumpkin, plus

**Enter to win a trip to Victoria B.C., a \$400 Value,
or a catered dinner from Wesley Homes' Executive Chefs**



Call toll free **866.WESLEY.0** (866.937.5390) or visit us online at
www.wesleyhomes.org for driving directions and more info