

Blessings

Celebrating the Community
that is Marianwood



A New Generation of Super Heroes

We ♥ our Super Heroes. Caregivers at Providence Marianwood have been at the heart of this global pandemic since COVID-19 emerged in our region, supporting our ministry when we need them most. Their steadfast commitment to our residents and patients, their loved ones, and to each other is an inspiration to us all.

With already strong infection control protocols in place, we were able to quickly adopt the Centers for Disease Control and Prevention recommendations and the Governor's proclamation as we kept pace with the evolution of COVID-19. Our goal was unanimous. We vowed to keep COVID-19 out of Providence Marianwood. We activated our incident command center, tasking our leaders with roles and responsibilities to combat this terrible virus around the clock.

"We are the new generation of Super Heroes. It is not easy but it is worth it. Our work is more fulfilling than ever before," said Marianwood Administrator Maricor Lim.

By the first week in March, we immediately implemented a process to daily screen every resident and patient for symptoms. We screened anyone who entered the

ministry. We worked with our caregivers to ensure that we were able to minimize movement inside the facility. Delivery vendors received strict instructions to ensure everyone was protected.

Then we collaborated with system leadership, county and state government officials, and the community to institutionalize a robust COVID-19 management plan that included restructuring daily operations and a testing cadence strategy. This was paramount to obtaining test kits and personal protective equipment that are necessary to keep our patients, residents and caregivers safe.

We continue to monitor for COVID-19 as we open our doors to new patients. All new patients must test negative for the virus 48 hours before being admitted into a specialized unit we created. We are gradually getting back to capacity and increasing our census. Even though we've had fewer patients because of COVID-19, we have continued to employ our caregivers.

All of this has put a strain on our budget. And, as usual, the cost for care is much higher than the amount we are reimbursed from Medicaid.

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Blessings Newsletter is published annually. Story ideas are welcome. Please call 425-391-2895.

If you would like your name removed from our mailing list, please call 425-391-2895.

My Purpose at Marianwood

A conversation with Susanne Rossi, Activities Director
(Life Enrichment Director)



What is your background working with seniors?

Throughout the span of my 42-year career in healthcare, I have worked in skilled nursing, social work, geriatric care management for home health agencies and at one point I provided marriage and family counseling to family caregivers. My life's work has been to help seniors access the best services for their needs. I stay active teaching on dementia and other healthcare topics.

What resonates most for you about the work of Providence Marianwood? Why are you passionate about the aging population?

The need is enormous. My purpose at Marianwood is to enrich the lives of the residents while they are here. My goal is to do whatever I can to make their life so much better. It could be a cooking class stimulating fond memories of making a meal for their family or a sing along to a familiar favorite tune. I was drawn to Marianwood because the culture of care is so specific to the individual needs of the residents. Whatever we do, we think about the resident first. This approach helps the residents know they are loved.

What do you appreciate about the model of caring for residents and patients?

We care for the whole person. Our person-centered approach focuses on residents' specific needs and unique personalities. Our team coordinates regular care conferences to ensure any changes or adjustments for residents are implemented. We work to keep their lives as normal as possible by creating social opportunities during various holidays, giving them a sense of purpose. Resident families are invited to special gatherings to celebrate memorable occasions like Grandparent's Day, we have lemonade socials and even an annual Mardi gras parade.

What do you enjoy about engaging residents in activities? Why should someone volunteer at Marianwood?

I enjoy creating meaningful activities for residents that brings back their excitement for doing things. We offer activities to remove boredom and keep residents challenged. They find new friends in each other and the joy of living in a loving community. When you volunteer at Marianwood, you can bring your own creativity and personal passions to engage with the residents.

Super Heroes, continued from cover

During this pandemic, many of the residents have suffered from increased feelings of isolation and loneliness because they are unable to visit with family, engage with volunteers or even socialize with each other. Recognizing this, we quickly invested in technology to bring back the human connection for residents and help them stay engaged with their family as social distancing restrictions continue. In addition, we created the Marianwood COVID-19 Facebook

group to help celebrate our amazing team members and supporters who work so hard to keep our ministry safe and healthy. We are thankful to donors who have generously given supplies, meals and financial contributions. And to all of our neighbors who have written cards of encouragement and appreciation for our Super Heroes, we thank you too.

Thank you all. We can't do it without you!

Welcome New Leaders

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If you are interested in board membership, please contact Brooke Wiles at 425-391-2895.

Staff



Valarie Andal, RN, MSN joined Marianwood in March 2020. Valarie is the Residential Care Manager for the Transitional Care Unit. She earned her master's in nursing leadership and management and brings 20+ years' in healthcare. Valarie enjoys running, soccer and traveling. Fun fact about Valarie: She absolutely loves going to the dentist.



Jennifer Bergstrom joined Marianwood in October 2019 as Admissions & Marketing Manager. She earned her bachelors in Business Administration and brings 13 years' in the Senior Living industry. She enjoys watching her son play basketball. Fun fact about Jennifer: She lived in Germany for two years.



Latoria Ndungu joined Marianwood in April 2019 as Staffing Coordinator. She is a certified CNA with more than 20 years' in healthcare. She enjoys home design, cooking and reading. Fun fact about Latoria: She wears her heart on her sleeve.



Susanne Rossi joined Marianwood in July 2019 as Activities Manager. She earned her BA in Business Administration & Human Resources Management and a Master of Counseling in Marriage, Family & Child Counseling. Susanne brings more than 40 years' in healthcare. She enjoys travel, cooking and crafts. Fun fact about Susanne: She was a certified financial stockbroker.



Dr. Abdullah Oz joined Marianwood in March 2020 as our onsite Medical Director contracted through Team Health. Dr. Oz was born in Turkey and earned his Doctor of Medicine degree in Istanbul and a Master of Public Health degree from the University of Michigan. After finishing his residency in 2001, Dr. Oz worked as a hospitalist, then a newly emerging specialty of treating adult patients in the hospital with acute and life-threatening illnesses. Dr. Oz gained many years of experience in hospital medicine and in 2011 he started practicing in a long-term acute care hospital, treating patients needing prolonged time for recovery. Since August 2019, Dr. Oz has been treating his patients in skilled nursing homes. Dr. Oz is a dedicated physician who values his long-term relationship with his patients and who believes that the quality of medical care that comes from continuity is not matchable.

Donor List

A Sincere Thank You To Our Donors During 2019!

Gifts in memory or in honor of someone are listed with the donor's name. The Providence Marianwood Foundation makes every effort to provide an accurate and correct list. If you feel there has been an error, please contact the Foundation's office at 425-391-2895. Thank you so very much for your support throughout 2019!

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Don't miss this tax benefit

Ideas for Giving and Moving Forward in 2020

Providence Marianwood continues to move forward with its important work. In the midst of all that is going on, many of our friends and supporters are looking forward to the future when they can enjoy community with friends and resume their regular activities. In response to the current situation, Congress recently enacted several tax law changes. We have created a list of resources to help you with your tax planning and to offer some ideas for you to consider if you are thinking about making a gift in support of our mission during this time.

1. CARES Act

This recently passed law includes several charitable tax provisions to encourage giving. These include:

- A new deduction for charitable donors who do not itemize when filing their tax returns. If you do not itemize but make a cash gift to charity, you will be allowed to take a special tax deduction, up to \$300 (per taxpayer unit), to reduce your tax liability.
- An increase in the deduction limit up to 100% of a donor's annual income for cash gifts (previously the deduction was capped at 60% of annual income). If you make a gift you will be able to deduct more this year.

2. Donor Advised Funds

If you have a Donor Advised Fund (DAF) and wish to help us this year, you can make a gift from your DAF to support our work without affecting your personal financial security.

3. Charitable Gift Annuity

If you are concerned about your financial security given the ups and downs of the stock market, you may want to consider making a gift to fund a charitable gift annuity. You might be surprised by the benefits. You can exchange your low-performing stock, CDs or cash for guaranteed, lifetime fixed payments. If you make a gift of an appreciated asset, you will not have to pay capital gains taxes when you fund the annuity. You may also benefit from a tax deduction this year and a portion of your payments could be tax free.

If you are interested in learning more about any of these ideas, please contact Brooke Wiles at 425-391-2895. Please also let us know how we can help you during this time.

4. Restricted Gifts

If you have already made a gift to support our cause and your gift is restricted to a particular project or purpose, we would like to ask you to consider contacting us to remove your gift restrictions. This is an easy way for you to help us meet our current, most pressing needs, which will allow us to continue to support our staff and meet overhead expenses during this time.

Removing a gift restriction will give us flexibility to allow your gift to meet critical needs and it doesn't require any additional gift from you.

5. SECURE Act

In December, Congress passed the SECURE Act, limiting stretch payments to IRA beneficiaries to 10 years. If you planned to benefit your children with your IRA, your heirs will now pay higher taxes on the inheritance they receive from you. When you revisit your estate plan, consider funding a testamentary charitable remainder unitrust with your IRA balance. This plan can provide lifetime payments to your heirs and spread out the taxes on their inheritance.





Bricks for Trips is a campaign to enrich the daily lives of our residents by offering regular outings and excursions.

Bricks *for* Trips

Paving the Way for Residents



The Need

Currently, we offer a variety of weekly activities such as musical entertainers, bingo, worship services and the weekly onsite manicures known as Pampered Hands

But our residents desire the outdoors. They love to experience small adventures, traveling to places beyond our building. This desire to explore, have fun, live life and build new memories is universal and stimulating. We can all look back at our school days and recall the excitement and anticipation of a field trip to the zoo or the beach.

Having something new to look forward to and plan for helps give Marianwood residents a sense of purpose in their daily lives.

Your contribution of a brick or a bench plaque will make it possible to take residents on fun and memory-stimulating day trips to local venues and attractions such as:

- picnics at local parks
- Northwest Trek Wildlife Park
- botanical gardens
- Cougar Mountain Zoo
- countryside drives to Snoqualmie Falls
- nearby Christmas light displays.



Please invest in Bricks for Trips and help pave the way for residents by remembering a loved one or someone special.

Ordering instructions and details

1. Fill out the form on page 10.
2. Message must fit within the spaces provided, including spaces and punctuation.
2. All text is one standard size and font.
3. Messages are centered automatically.
4. If you wish to purchase more than one brick, please contact our office or simply copy the enclosed form to complete more messages.

Commemorate an occasion, honor your parent, or just show someone you care.

You can purchase your brick or bench plaque:

- By completing the form on page 10
- Online at: providence.org/marianwoodfoundation

Order your engraved brick or bench plaque on page 10.



Your engraved brick will be located in the beautiful Marianwood gardens, and the bench plaques will be located throughout the grounds.

Some ideas for your brick paver inscription:



TO GRANDMA RUTH
FROM THE
JOHNSON FAMILY

YOUR COMPANY
NAME HERE

IN HONOR OF THE
MARIANWOOD STAFF
THANK YOU FOR
TAKING CARE
OF OUR MOM.
-THE BROWNS

Bricks for Trips Order Form

Name _____

Address _____

City _____ State _____ Zip _____

Email _____

Phone _____

PLEASE PRINT CLEARLY

Footprint Brick Sponsor (9" x 4.5") \$250
(3 lines, 15 characters)

Pathway Brick Sponsor (9" x 9") \$500
(6 lines, 15 characters)

Garden Bench Sponsor \$5,000
(There are 4 available benches, please
contact us to fill out plaque inscription.)

Total \$ _____

ENCLOSING CHECK (Make payable to PMW Foundation)

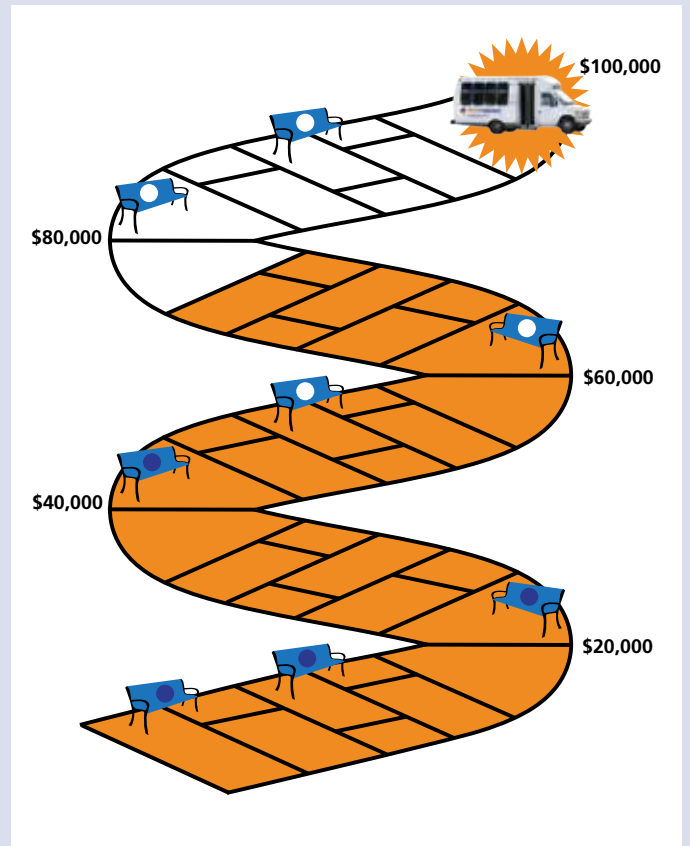
CREDIT CARD

Card Number _____

Name on Card _____

Exp. Date _____ CVC 3-Digit Number _____

Thank you for your thoughtful gift.
Your purchase is a tax-deductible contribution.



Brick for Trips Campaign Update

We are thrilled to report we have raised \$75,000 towards the \$100,000 goal through generous donations. We have been able to secure two handicapped accessible buses in good condition.

Remaining funds are needed to help cover the cost of meals, activity supplies and admissions to local attractions — allowing residents to enjoy regular all-day outings in their community.



Fill out the form, cut out
and return in the enclosed envelope.
Thank you for your support of
Providence Marianwood residents!



Padma with her family back in India.



Padma at Marianwood — with her daughter in the courtyard; with her family; celebrating Halloween.



Our Second Home

By Agni Bhatt, Padma's daughter

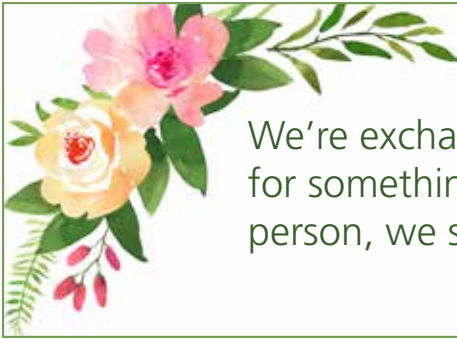
My mom is the oldest of five siblings. She started a Montessori preschool in India. Unfortunately, without help to take care of her three young kids, she could not continue this work after running it for one year. I came to the United States as a student over 25 years ago from India. After my dad passed away, my mom also moved here, splitting her time living with me and my sister in New Jersey. She had to adjust to life in the United States and did some babysitting jobs and for some time worked as a caretaker for a blind senior in Houston, Texas. About six years ago my mom started falling and I couldn't continue to care for her at my home. I found an adult family home in Sammamish and she lived there for a couple of years. She began falling more often and eventually experienced a more serious fall and fractured her hip. Our family later learned she has dementia and had suffered a mild stroke that caused her left side to weaken, which contributed to the falls. Following a short stay at Swedish Medical Center, my Mother was admitted to Providence Marianwood for rehab for two weeks.

Once my mother had recovered, I was informed by the adult family home where she had been living that it would not take her back. So, we began the overwhelming search that so many families face to find a new home for their loved ones since we could no longer care for her at home. I contacted several adult care facilities in the area, but they were either too far away or unaffordable and would not accept Medicaid.

Thankfully, a space opened up for my mom on the long term care unit at Marianwood. For the last four years my mother has found a home and her new "family" at Marianwood. This has become like a second home for our entire family as we come to visit her often. I feel welcome when I visit with my mom and am so glad about the care she is receiving.

It takes a village to care for our parents with debilitating issues. Though my mom doesn't respond much now, she used to be very active and talkative. The staff has taken time to make adjustments and customized care for her.

As the years have gone by, her needs change and the accommodations are made to make her comfortable and happy. The staff is so in tune with her needs — everything down to the kind of juice she likes or the way she likes her hair braided. There is great communication and I feel informed about my mother's care. My mom's health has been declining. While that is difficult for our family, I know she is in good hands at Marianwood. I could not have asked for a better home and care for my mom.



We're exchanging our traditional 2020 fundraising luncheon for something more unique. Although we can't meet in person, we still need you. More details soon!



Cover story:
Saluting our Super
Heroes. To make a gift
to support Providence
Marianwood's COVID-19
response fund, please visit:
[give.providence.org/wa/
marianwood/covid19](https://give.providence.org/wa/marianwood/covid19).
Thank you!

"We are the new generation of Super Heroes. It is not easy but it is worth it. Our work is more fulfilling than ever before."

— Maricor Lim, Providence Marianwood Administrator