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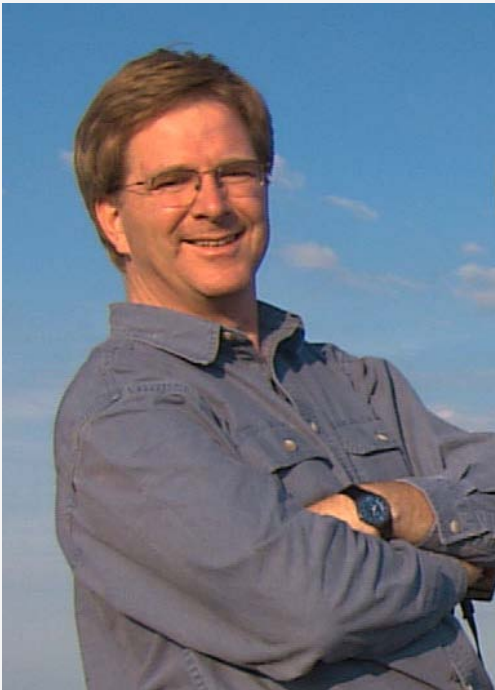
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**RSVP to our Annual Benefit Breakfast
October 1, 2009**



Rick Steves is the featured speaker at our annual benefit breakfast on October 1, 2009. For the electronic invitation and RSVP information, [click here](#).

Inquiries & Referrals
206.528.5315

Adult Day Health Centers
Activities * Nursing * Rehab

King County

- North Seattle (Ravenna)
- South Seattle (Rainier Valley)
- South King County (Kent, near IKEA)

Snohomish County

- Everett
- Snohomish, Marysville, Mill Creek, Edmonds (DayBreak Memory Care)

Why I Have the Best Job in the World

By Nora Gibson, Executive Director



My son got married on July 19th. We all had a wonderful time. As often happens at large gatherings, someone asked what I do for a living. When I replied, they gave me a sympathetic look and said that must be so challenging and sad. As a friend from social work school who worked in neonatal intensive care once said, "There's nothing like the topic of dead babies and old people to stop a conversation at a cocktail party."

In my case, many people concede that helping support older and disabled people live in a home of their choice is *not* sad. And while my work is intensely rewarding, I admit that it is challenging. . . .

[\[continue Why I Have the Best Job in the World\]](#)

Retired Pennsylvanian a Guardian Angel for ElderHealth Rehab Services

By Nora Gibson, Executive Director

I was in my hotel room getting ready for a day of touring Toronto capped off with a Blue Jays Game.

A woman named Arlene Williams called my cell phone and asked if it was a good time to talk. I mentioned I was on vacation but had time for a quick conversation.

Arlene told me she tracked me down through reporter Cliff Krauss. She asked about Quincy, the man she had just seen in a story [reprinted below] for *The New York Times*. (I had known an article about budget cuts was in the works but hadn't seen the paper that day.) "It's his picture," she said, "I can't get his face out of my mind. How much does it cost for him to get his therapy?"

I searched my mind, not knowing the exact figure, and told her about \$52. She continued, "And he goes three days a week? I think I can cover that. I want him to get his therapy."

She told me she was a retiree in Pittsburg, Pennsylvania. She was touched that all Quincy wanted was to be able to do a little more for himself and be less dependent on others. She understood that sentiment.

She made me take down her number and promise to call her when I got back to Seattle. She wanted him to start back at adult day health right away and I assured her he would. I hung up the phone and recounted the conversation to my husband, crying because I was so touched by her words and the determination in her voice.

She said she couldn't afford much but felt compelled to help Quincy. Arlene Williams has become a guardian angel for ElderHealth Northwest, all the way from Pittsburg, Pennsylvania.

Supported Living Homes
Specialized Dementia Care

- Gaffney House (Capitol Hill)
- Buchanan Place (Rainier Valley)

ElderHealth at Home
In-Home Services

Mental Health Services

Care Consultation

ElderFriends
Volunteer Companions



Stuart Isett for The New York Times

Quincy Proctor has had a series of strokes. His financing for occupational therapy at [ElderHealth's adult day health center] was cut off.

Join Our Mailing List!

The New York Times
Governors Fear Added Costs in Health Care Overhaul


By CLIFFORD KRAUSS
Published: August 6, 2009

SEATTLE - The fraying of the nation's Medicaid system has many indicators, and one of them is Connie Baugh's stockings.

Ms. Baugh received a letter the other day from the state saying that as a result of budget cuts, Medicaid could no longer pay for the compression stockings that support her circulation and keep her aching leg ulcers from flaring. "I thought, oh God, another problem," recalled Ms. Baugh, a 77-year-old retired dietitian. . . .

[\[continue The New York Times article\]](#)

Better with Age Wine Tasting
benefit for ElderFriends on September 12




Better with Age Wine Tasting
fine wine • hors d'oeuvres • classical music
silent auction & raffle fundraiser

**Saturday
September 12, 2009
6:30 - 8:30 p.m.**

Castle Bridge Winery
7645 South 180th Street
Kent, WA 98032

To reserve a ticket (\$20) or pre-order custom label wine, contact:
Joe Lofgren, 206.224.3764
joseph@elderhealth.org



Have a night out with ElderFriends! Sample 5-7 wines of your choice, enjoy tasty food, classical music, and good company. Purchase ElderFriends' own custom-labeled wines. Bid on silent auction items including a limited edition artist wood cut print and a night out at a local blues club. Or purchase raffle tickets for a chance to win fine wines, passes to the Northwest Film Forum, MOHAI, the Zoo, or TheaterSports improv show.

To reserve a ticket (\$20) or pre-order custom label wine, contact Joe Lofgren, 206.224.3764, joseph@elderhealth.org.

ElderFriends is a non-profit, volunteer-based program of ElderHealth Northwest that provides companionship, outreach, and advocacy to isolated older adults throughout Seattle and King County. Funds raised from this event directly support one-on-one matches between isolated elders and volunteer companions throughout King County.

"Better with Age" Wine Tasting
Saturday, September 12, 2009
6:30-8:30pm
CastleBridge Winery in Kent
7645 S 180th St * Kent WA 98032

"Inside ElderHealth" is an occasional e-newsletter of ElderHealth Northwest, a non-profit organization working toward a future where adults with serious illnesses or disabilities can be supported in the community rather than living in isolation or needing to resort to institutional care.

[Click Here to Suggest a Story Idea or Give Other Feedback](#) or call 206.224.3757.

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