



BAYVIEW

A Bayview Publication
Issue 31

ageUp

JOIN THE REVOLUTION.

AGEUP IN ACTION

A Culture of Giving

BAZAAR 2017

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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.

Visit www.AgeUp.org

AGEUP IN ACTION: A Culture of Giving

By Jan Anderson, Director of Spiritual Care

That's what Bayview has been over the years, because generations of elders KNOW how to give of themselves, their time and energy, their passion for humanitarian causes, their skills and talents, and yes, their monetary gifts. Elders know the importance of giving from the values they gleaned in their involvement in religious institutions, community groups, social justice work, and social causes in which they have been involved—and especially through the values they learned in lean times and times of war or natural disaster. In those times, banding together with neighbors and friends to raise children, plant community gardens, share resources, and help out each other was a necessity and a preferred way to thrive as a community. The value of community itself is important to them as well, nurtured by shared tasks that benefit others. *Continued...*

CHARITABLE GIVING LOWERS BLOOD PRESSURE AND STRESS, RAISES SELF-ESTEEM, AND PROMOTES A GENERAL FEELING OF HAPPINESS



Continued from front...

Bayview celebrated the success of our whole community in raising funds from last year's Bazaar to Queen Anne Food Bank (Image left)



THE LITTLE BAZAAR THAT COULD

What does the “culture of giving” look like? Every fall for the past four years at Bayview, it takes the shape of our Holiday Bazaar and Bake Sale, with proceeds of up to \$4500 given to a local charity! Originally started by several staff and residents, our original mission for the bazaar was in-house and personal. We were interested in creating an event that would draw in our newest residents, ameliorate the “holiday blues” and build new friendships, and to give talented residents (and staff) a way to use their gifts and skills to be part of something bigger than themselves: a way to be relevant.

After year one, things took off! More and more people got into the act as event organizers and clerks; others made baked goods, candy, jewelry, scarves, knitted items, donated artwork, contributed small vintage items, or helped with set-up and clean-up. We began to realize that our proceeds truly make a difference

to local non-profits like Queen Anne Helpline, Medic One, Mary's Place. Our focus was to create enticing merchandise to maximize proceeds for these institutions, while still fulfilling our original goals for the resident community!

OTHER WAYS WE GIVE BACK

In addition to the holiday bazaar, our in-house congregation gives up to 4 Chapel Offering Grants (usually \$1,000 each) to local non-profits. Food, hygiene, clothing, and school backpack drives are held annually. In addition, our resident knitting group creates handmade items for Babies at Swedish Hospital; impromptu disaster funds are created for the Red Cross and other groups; and several residents bake weekly for church homeless shelters. Many residents volunteer to usher at events, chair or serve on boards and committees, staff our library, or work with children in the intergenerational daycare center in our building.

WHY A CULTURE OF GIVING?

We hold giving as an important value and we give because there are many social causes that need our help as citizens and it also feels good to give back! Elders, no less than other age groups, need to be needed, useful, a part of a greater cause, and united with others—while having a good time doing it. Research shows that volunteering as we age increases cognitive, social, and physical wellness, lowers dementia and mortality risk, and decreases depression symptoms¹. Charitable giving by elders lowers blood pressure and stress, raises self-esteem, and promotes a general feeling of happiness². So lace up those sneakers and find a way to be part of a “great-cause” community just waiting for your wisdom and help. It will help YOU too!

1. The benefits associated with volunteering among seniors: A critical review and recommendations for future research. *Psychological Bulletin*, 140 (6), 1505-1533 The Bravo Team (2014) 1. Anderson, Nicole D., Damianakis, Thecia., et al.
2. Bea, Scott, PsyD (2016, Nov. 15) “Wanna Give: This is Your Brain on a Helper’s High,” Health Essentials: Brain and Spine Team, Cleveland Clinic.

Bayview's Holiday Bazaar & Bake Sale on Wednesday, November 15, 2017: 11:00-2:00 pm

ALL BAZAAR PROCEEDS BENEFIT: OPERATION NIGHTWATCH

Bayview residents selected Operation Nightwatch to be the recipient of this year's Bazaar proceeds. Operation Nightwatch, founded as a Seattle non-profit ministry in 1967, strives to bring comfort, companionship, and care to the poorest in our midst. It's self-stated vision is, "in everything we do, we look for ways to bring relief, whether this means giving out a sleeping bag, a bus ticket home, or replacing someone's ID. If we can get someone back to work or return them to a loved one in another city, Nightwatch will do all we can to love our neighbors...There's always more to be done."

Operation Nightwatch, with the help of its crew of volunteers, provides resources in three areas: 1. Food and Shelter for the homeless 2. Affordable housing for 24 low-income seniors 3. Street Ministry, providing a variety of supplies, friendship, and support to homeless people in a variety of settings. For more info, visit <https://www.seattlenightwatch.org/>

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A POINT OF VIEW

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Hi! My name is Jill, editor of our AgeUp Newsletter. Stay tuned for more great stories in our next issue!

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SAVOY 2017: A SWINGIN' SUCCESS!

On September 8, approximately 160 residents and friends of Bayview reveled in an evening of entertainment and inspiration at the 4th annual Savoy event! Guests came together to celebrate Bayview as a generous and caring community and toasted to Bayview's future.

Over \$26,000 was raised in support of Bayview Manor Foundation! This was made possible by both the generosity of all the individual supporters, and the support of the companies who underwrote the entire cost of the evening – Partner Sponsor Andersen Construction, Leadership Sponsor Auburn Mechanical, and a dozen more.

The event truly speaks to Bayview's sense of community. Thank you to all who planned, participated, and donated.

Megan Swann Photography



BAYVIEW OPEN HOUSE | SAVE THE DATE | DECEMBER 6TH

If you've ever considered rebalancing your life, look no further. Watch your mailboxes for an invite to Bayview's Open House, Wednesday, December 6. Tour our newly renovated spaces including our bistro, arts and culinary studio, and sky lounge on our 10th floor. Questions? Call Lea Miller at 206-281-5744.

