



AgeUp Task Force w/ SPU Research Students and Dr. Micheál D. Roe

Nancy Weinbeck Steps in as New CEO of Bayview, a nonprofit 62+ Life Plan Community

After 18 years of serving Bayview residents as Director of Residential Operations, Nancy Weinbeck was chosen to lead Bayview as CEO following the retirement of Mary Cordts in April. While Nancy’s previous role focused on the “residential” portion of the community Bayview, a not-for-profit 62+ Life Plan Community, also includes Assisted Living, Memory Care, Skilled Nursing and Rehabilitation, as well as an Inter-generational Children’s Center.

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AgeUp: Research

Bayview was represented at the Seattle Pacific University 2019 School of Psychology, Family, and Community Research Conference on May 29. As part of our AgeUp initiative, Bayview partnered with SPU to explore the effects of positive and negative images of aging.

AgeUp: Education

The AgeUp Campaign began in October 2016 with a big vision and a small taskforce at Bayview. Keep an eye out for all of our educational platforms: quarterly newsletters, ageup website & blogs, podcasts, stories on Facebook, Twitter, Youtube, and much more!

AgeUp: Innovation

Bayview was selected by Mather LifeWays as an honorable mention for the Promising Practices Award for developing innovative approaches that are reshaping the Aging Services Industry. The program AgeUp is an ambitious strategic initiative to combat agesism.

Hot News!

Bayview will be competing at the 47th annual Milk Carton Derby on Saturday, July 13 for another year of creativity, science and boatmanship!

Hot News!



Nancy Weinbeck takes helm of nonprofit Queen Anne Life Plan Community after 18 years of service



Not So Ancient Mariners: Milk Carton Derby 2019!

Last year, Bayview was the first ever - and only - Milk Carton Derby entry from a retirement community, making Seafair history! Come cheer Bayview on at Green Lake on Saturday, July 13th! ■

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Nancy has always been a follower of research. Her academic background in anthropology, gerontology, and clinical psychology feeds her hunger to learn and understand the new frontier of aging, as adults are living longer than ever before.

Nancy sees older years as a “liminal” time where expectations and responsibilities of middle age have fallen away. The absence of clearly defined roles combined with increased capacity for creativity, problem solving, generativity, and wisdom yield a rich and fruitful capacity for transformation.

Nancy’s lifelong passion for working with seniors drives her work at Bayview, where her

respect and love for the residents she serves inspires her to innovate and differentiate Bayview as a community of choice for older adults. She went back

Nancy sees older years as a “liminal” time where expectations and responsibilities of middle age have fallen away.

to school for a Master’s Degree in nonprofit management to help her bring her vision to fruition. Her goal is for Bayview to become a living laboratory for innovation in care and services to older adults, and also a community where older adults can live their best possible life and continue to give back and enrich the greater community. ■

AgeUp Podcasts: the vital question facing everyone: How do we live well in the present in the midst of change?



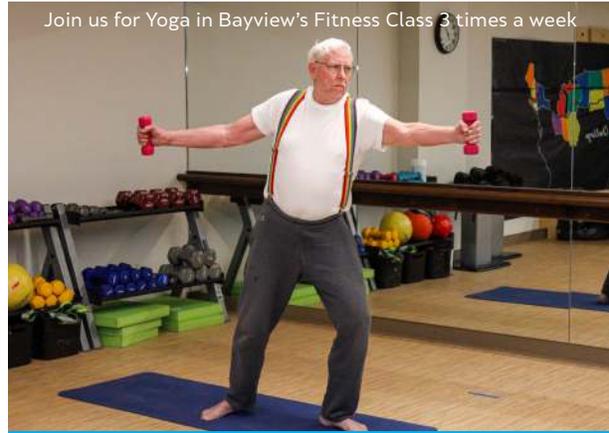
If you are a follower of this newsletter, then you already know that AgeUp's mission is to change the way people think about aging. Research is showing that how you think about aging impacts how you age. Our AgeUp task force at Bayview started podcasting back in October of 2018 so that our conversations and dialogue on aging could be shared.

Ranging in age from 33 to 88 years old, the theme of our most recent podcast was "transitions." Transitions in our lives happen all the time. Of course, we see them at Bayview because the move to a Life Plan Community from one's home is an enormous transition as one becomes part of an integrated community where dining, socializing, participating in classes, watching entertainment, and other programming are all done with fellow residents.

Transitions can also refer to an entirely different experience.

We were delighted that Lilian Blair, our sound engineer at the Vera Project, a nonprofit arts program for youth, joined us for this Podcast and shared her experiencing transitioning from male to female. Participants discuss everything from working to keep the ability to tie one's shoes to finally feeling one can live one's life as one's self after transitioning to one's rightful gender.

Please visit www.ageup.org/podcasts ■



Join us for Yoga in Bayview's Fitness Class 3 times a week

Will Proves it's Never Too Late to Try Something New

International Yoga Day is celebrated yearly on June 21st. Resident Will Newsom has been doing yoga three times a week for the last 6 years and has barely missed a beat. His best kept secret? Consistency. He enjoys his improved strength and flexibility, the social aspect and the great instructors he's had. Will acknowledges, "It feels good to know people are looking out for me." ■



Meet Heather Smith, New Director of Resident Services at Bayview

With Nancy Weinbeck now in the CEO role, we're excited to welcome Heather Smith!

Born in Spokane, Heather has lived in Iowa, Arizona, Hong Kong, and the Philippines, settling in Lynnwood last July.

Heather dual-majored in PR & Advertising at Northern Arizona University, earning her Bachelor's Degree. After almost a decade in digital marketing, with a focus on social media, Heather decided to make a career switch and is thrilled to join the Bayview community.

Bayview is equally thrilled as we look forward to Heather putting her intelligence, creativity, and volunteer experience working with seniors to benefit our residents.

When not working with residents in committees or on a wide variety of programs and activities, Heather can be found outdoors fishing, hiking, or playing with her two pups - Summer, a German Shepherd, and Charlie, a Sharpei-mix - or indoors folding origami flowers and painting miniatures. ■



BAYVIEW

A POINT OF VIEW

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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

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SAVOY: MASQUERADE

◆◆ *Save the Date* ◆◆

**September
6th, 2019**

Masked in mystery and draped in decadence, dance the night away in celebration and support of Bayview's Foundation. The Bayview Manor Foundation raises charitable support for the mission, programs and residents of Bayview.