



Zeta Phi Beta's Values in Action at Full Life



Members of Zeta Phi Beta take a break with Santa

Volunteers greatly enhance the services offered by Full Life Care while simultaneously benefiting from the experience of giving back, as the women of Zeta Phi Beta learned.

“As much as we try to help Full Life Care, it sometimes feels like they are the ones helping us,” says Brenda Palmer, the chapter’s vice-president. “The chance to work with them and the programs are truly rewarding. We know it’s something that our chapter enjoys and it’s one of the reasons we’ve been coming back for so long.”

Longtime supporters of Full Life Care, the Zetas have become a staple of our volunteer programs. Whether it be Beer for a Cause in spring, the fall Annual Benefit,

holiday parties, or working with our residents at Buchanan Place, it’s hard to find events that don’t have the sorority’s fingerprints on it.

Like many Greek organizations, Zeta Phi Beta has a set of guiding values passed down from generation to generation. One of these commitments is the requirement to give back to their community, which

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THE
DATE

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2. OR call (360) 725-2544 or 1-800-422-3263 to leave a voicemail with your name and street mailing address.

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is why the sisters embrace the importance of philanthropy.

“It’s something we are more than happy to do,” says Valarie Anderson, the chapter’s president. “We understand the value of being engaged around the community. It’s something everyone in the chapter takes very seriously.”

Over the past half decade, Zeta Phi Beta has provided hundreds of volunteer hours for Full Life Care. One of their most common opportunities comes at our Memory Care Assisted Living homes where some of the sisters spend the afternoon with our residents. The visits provide an extra

bit of fun for the residents, who are always excited to enjoy spending time with the Zetas.

Working with Full Life Care has helped Zeta Phi Beta fulfill its commitment to its national governing body and the Z-HOPE initiative, Zetas Helping Other People Excel. The initiative focuses on the organization’s members empowering people in all walks of life.

“We do feel like we are doing something a little different,” says Valarie. “Working with Full Life has given us a chance to volunteer with a population that most people don’t think about. It feels like we are really focused on a marginalized community, which is something our

chapter and national organization really appreciate.”

The women of Zeta Phi Beta came to Full Life Care looking for a chance to give back and quickly found a community that welcomed them.

“It’s really been a fantastic partnership and it’s been so nice to meet everyone in the Full Life community,” says Brenda. “It’s moving to see people that care that much and it’s even better to be a part of the effort!”

For information about volunteer opportunities at Full Life Care in 2018, contact Danielle Rogers at (206) 224-3764.

Growing a Friendship

Lydia Arguelles emigrated from Argentina in the 1960s to study in the United States. After her doctoral studies, she became a professor at the University of Washington, where she taught Latin American literature. In recent years, a stroke and her adult son's care needs confined her to home, and her only forays were to the doctor and grocery store. Her only regular social connections were in-home caregivers and the social worker who referred her to ElderFriends.

A couple years ago, Lydia signed up for an ElderFriends Thanksgiving delivery. Lucia Vojtech, a scientist who desired an elder match with someone who likes to talk about ideas, was assigned to make the visit.

"She brought two placemats with turkeys made out of hands," Lydia recalls. "My son loved them and I hung them on the wall over his bed. They're still there!"

Their academic backgrounds and shared interests sparked a desire for regular visits, where they often talk about current events.

"Lydia and I love talking about politics and it's very enlightening to hear her perspective coming from Argentina, a country with a lot of political turmoil," says Lucia. "She really knows how to put current events in a historical and international perspective"

On an early visit, Lydia mentioned a plant sale that she had hoped to get to and Lucia offered to take her there. They picked out some flowers together, which still hang in a basket in Lucia's garden. The trips to purchase flowers have become a springtime tradition for the two. You could say they've grown alongside the friendship.

Over the past year, Lucia's family grew when she added a baby boy. She continued to visit throughout her pregnancy, which even led to a scolding from Lydia when she realized



Lucia Vojtech with Lydia Arguelles

that Lucia had biked over to visit. Lucia now enjoys bringing her newborn son to the visits and is excited about Lydia getting the chance to watch him grow up.

Lucia helped Lydia acquire a new computer through InterConnection, which provides low-cost computers to low-income individuals. Lydia uses it to connect online with other parents of disabled children to share resources and support one another. She looks up topics such as the latest research on autism, or how to prepare a new zucchini dish for dinner.

"It's more than volunteering – she's like a sister, more than a friend, she's family," says Lydia. "Lucia has her husband, baby, career, and still, she cares about me."

While Lucia's life is busier than it was two years ago, she still calls to check on Lydia, her health, and her son. On Lydia's birthday this summer, Lucia brought her coworker from Lydia's home country of Argentina, and they spent the day together – making a barbecue in the garden. Lydia remembers it fondly and points to this as a powerful example of how ElderFriends makes sure she isn't alone.

FULL LIFE IS A LIFESAVER

Wendy Lustbader spoke volumes as featured speaker of Full Life's Benefit Luncheon on October 5, 2017 in Seattle.

Her story of a woman living at Jefferson Terrace in 1981, who attended adult day health, illustrated how fragile adults can live with dignity, autonomy, and privacy, while fully engaged in relationships and a purposefulness to their days.

Full Life Care continues to meet that need. Wendy emphasized kindness and exalted the virtues

of having access to care especially for people of low income; she shared real-life examples from her decades-long career and closed with an original poem (sidebar).

If you are a spouse or partner and a caregiver, Wendy also shared, citing a research study, you are 63% more likely to die within four years than a non-caregiving spouse/partner, unless you get adequate caregiving support, such as is provided by Full Life's adult day programs. In that sense, she said, Full Life is a lifesaver for caregivers.

One of those family caregivers, Gina Lyons, took the stage and reaffirmed Wendy's statement, expressing thanks to Full Life for giving her and her husband John (an adult day health participant who now resides at Buchanan Place) the chance to live the fullest lives possible. Gina and John's story, and those of Tim Bridges, Thep Kethkounaroun and his former home care aide Hoda Arten, were featured in a video you can view online at fulllifecare.org.

Thanks to event co-chairs Frances Holtman and Chris Henderson, more than 400 supporters attended this fundraising event. Enrique Cerna returned as master of ceremonies, and The Bedside Trust led as presenting sponsor. Including support from all our generous sponsors and from attendees, Full Life received more than \$160,000 to continue essential services for vulnerable members of our community.



Wendy Lustbader and Enrique Cerna

WHEN MY TIME COMES

When my time comes
I hope I can retain my
dignity
and autonomy
and have love and
meaning in my life.

I hope the homecare aide
who assists me
is paid a living wage and
is treated
with dignity by her
employer.

When my time comes
I hope my helper's
caseload
is small enough that she
has enough
time to treat me with
kindness
and really get to know me.

When my time comes
I hope that Full Life will
still exist
and will still accept all
comers.

That's what I hope for.

—Wendy Lustbader—

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Navigating the System, And Loving It

By Nora Gibson, Executive Director

A friend reaches out to get together, and gives me a heads-up that she's worried about her parents, especially her father.

Over coffee, she tells me about the challenges her parents are facing. They had operated their own business but in the economic downturn lost everything; they have no retirement plan or savings. Proud people, they don't want any assistance, but it's only through financial support from their adult children that they can stay in their home.

Recently her father's personality started to change. He's increasingly paranoid, my friend says, and seems to be "seeing things." I recommended she and her mother take him to see a neurologist.

We meet again after the neurology appointment where the tentative diagnosis was Lewy Body dementia. I had suspected as much, and it explained the recent changes she observed in her father. I had a sinking feeling, knowing that the disease process would be very challenging for her father and his family.

I explained to my friend that at some point her mother would need to accept help. There's a laundry list of things that I advised them to do, things I had done with my own parents: Set up durable power of attorney for both finances and health care decision-making; plan for end of life; apply for support through COPES, the state system that helps fund services like adult day health, home care and community residential care.

My friend looked bewildered and overwhelmed. Her husband had recently suffered a serious financial setback so they were moving out of their home and into a more affordable option. They were no longer able to contribute financially to her parents. So I suggested she work with Full Life's care consultant, Lisa Bergstrom, for help navigating the system and considering state-funded options.

She asked me to meet with her mother, because she knew she would be very resistant to accepting help from the government. Again over coffee with my friend and her mother, I explained that community-based options and financial supports exist, in part, because she and her husband had contributed throughout their lifetimes to funds that the state uses to offer these supports. I explained that caring for someone living with Lewy Body dementia requires help, like a worker in the home, or perhaps attendance at a day program, but ultimately he would need residential care. All of these things would be covered by the COPES program. Her mother's resistance eased, and she said she would allow her daughter to apply for her and her husband. With tears in her eyes she proclaimed, "I'm so lucky to have such a wonderful daughter."

I love doing this kind of work for friends in my ever-growing network of people who are struggling with the care needs of their family members. Full Life Care provides so many essential services, and navigating the long term care system is one of them. It's one of the roles I love: helping others on a journey I know well.



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