

KLINE GALLAND HOME • (206) 725-8800
7500 Seward Park Ave S., Seattle
Recognized as one of the finest skilled nursing facilities nationally; KGH is dedicated to comprehensive, compassionate, personalized care. Patients are viewed holistically; team of professionals cross-coordinates to meet the full spectrum of individual needs. Established in 1914, we take pride in evolving and leading the way in Long-Term Care, Short-Term Rehab and Memory Care.

THE SUMMIT at FIRST HILL • (206) 652-4444
1200 University Street, Seattle
Independent and Assisted Living community just steps from downtown shopping, theater, cultural venues, green spaces and the finest medical facilities. Residents thrive in a dynamic, enriched lifestyle embracing Jewish culture and traditions. Elegantly appointed apartments, comfort and 24-hour security allow residents to “age in place” and enjoy *Retirement Living at its Best*. **Memory Support now available.**

HOME CARE • (206) 805-1930
Home comfort, confidence, companionship and care. Workers are carefully screened, trained, bonded, insured and supervised. Wide range of non-medical support services are customized to make a significant difference in quality-of-life, health and independence...all enjoyed at home... long or short-term, 'round the clock or a few hours each week.

HOME HEALTH • (206) 805-1930
Whether recovering from illness, surgery or accident; transitioning back to health and independence is the goal. Clients receive, *at home*, assistance of nurses, therapists, social workers and other specially-trained caregivers to maximize health and function. A physician referral initiates these Medicare-certified skilled services which are delivered with an extra dose of tender loving care.

KLINE GALLAND complies with Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.

SUGGESTIONS FOR A SUCCESSFUL LIFE

by **LESLIE BOHER**
Recent Resident, Kline Galland Home



WORDS FROM LESLIE'S ETHICAL WILL.

I have found that maintaining a positive attitude has been the biggest asset in my life. Life does have its ups and downs, which add excitement as well as grief. Retaining a belief in yourself and your ability to overcome adversity will always help you land on your feet. Of course, hard work, perseverance and a bit of luck also help. Do not be afraid to take a chance, and do not fear failure.

It is important to maintain a sense of humor and a sense of optimism. Always be loyal to your family and go out of your way to be helpful. Not only will it make you feel good, but will probably come back to you. Talk to people, introduce yourself and find out about them. Do not be overly intimidated by wealth or degrees. Treat everyone well, especially those weaker or less capable than yourself. Ask people their names, remember their names and use them. Always be honest, but try to be diplomatic. It is very important to be reliable – if you give your word, KEEP IT. Try to be the person that can be counted on. Remember to have fun in your life.



FROM FLORIDA, WITH LOVE

A DAUGHTER'S PERSPECTIVE
by **MELISSA BOHER JACOBSON**

MELISSA: My brother and sisters are right there in Seattle and so attentive. But for me, being so far away from home, you worry. I am so grateful to The Summit and Kline Galland Home for everything they have done for my parents. It's really extraordinary care.

THE ONLY CONSTANT IS CHANGE.

by **JEFF COHEN, CEO**



The past 12 months have seen the future of health care discussed and debated as never before. It has caught the attention of the entire nation – quality-of-care and quality-of-life are front and center.

That's nothing new at Kline Galland. For over a century now, we have been shaping the future of senior care. It is both a tradition and a responsibility, ones we take quite seriously. These are changing times; and Kline Galland is changing with them.

In 2017 we launched two major programs which reinforce our position of being *Your Single-Source Senior Care Resource*.™

The **Senior Care Resource Line**, launched in May, has already logged over 1,000 calls. This line (206-723-INFO) connects community members with a live advocate offering expert consultation and support for senior care services throughout King County. It's a no-cost, no-obligation resource to have concerns and questions resolved over the phone – a resource to help make informed decisions about health and wellness for seniors.

We are equally proud of our new **Memory Support Program at The Summit**. Our incredible staff at The Summit made it happen. We heard the community's request for specialized Assisted Living Memory Support within a Jewish setting – and now you have it.

Looking back and looking ahead, the only constant at Kline Galland is that we will continue to change and evolve as the community's senior care needs and desires do the same. I am truly proud to be a part of such a vibrant and wonderful organization.

As 2017 comes to a close, I want to wish you a **Happy and Healthy New Year**.

JeffC@KlineGalland.org

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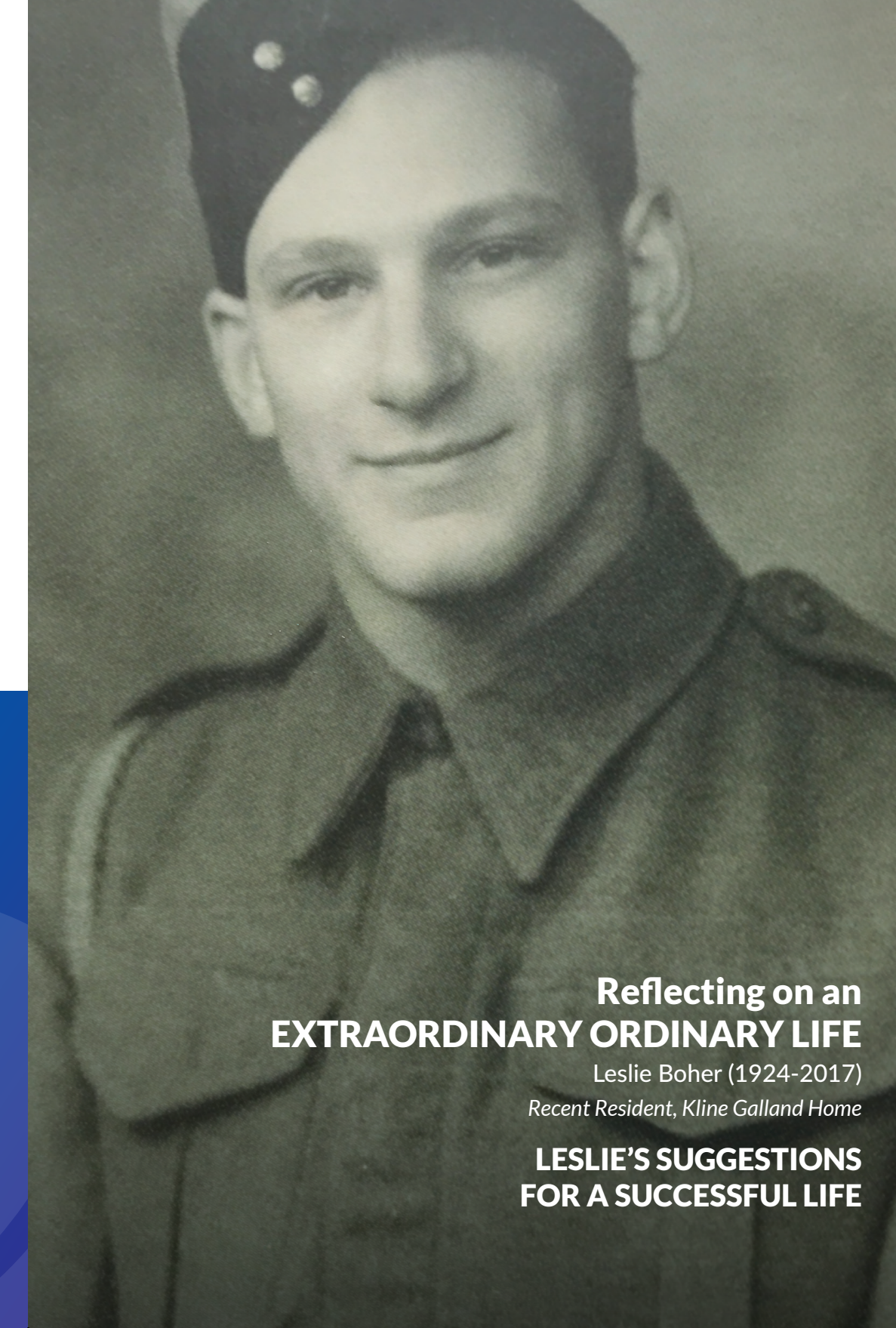
**KLINE
GALLAND**
Honor Thy Father & Mother

THE KLINE GALLAND CENTER
7500 Seward Park Ave S.
Seattle, WA 98118-4256

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VOLUME 103 - ISSUE #4 - 5778 - WINTER 2017



Reflecting on an EXTRAORDINARY ORDINARY LIFE

Leslie Boher (1924-2017)
Recent Resident, Kline Galland Home

**LESLIE'S SUGGESTIONS
FOR A SUCCESSFUL LIFE**

Honoring an Extraordinary Ordinary Life

Earlier this year, we were fortunate to chat with Leslie & Anne Boher on the eve of their 62nd anniversary. Our intent was to explore Leslie's incredible journey from Depression-era childhood in Liverpool to, as he described, "an older gentleman being treated beautifully at Kline Galland Home." Many of the recollections are pulled from Leslie's memoir *An Extraordinary Ordinary Life*, which he penned nearly a decade ago at the age of 84. "I have had a stormy and wonderful life, filled with tales of survival, lucky breaks, guardian angels, love and loss." Read on!

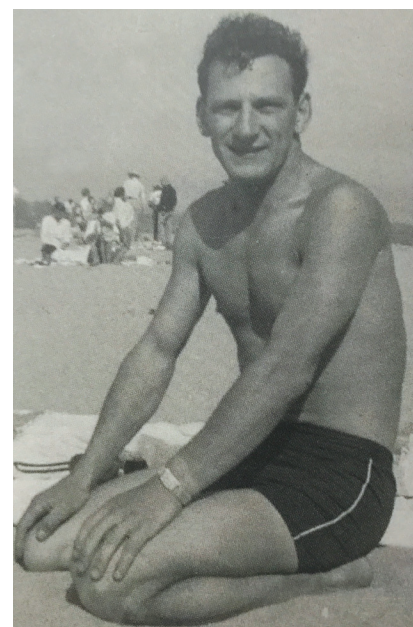
FROM THE BEGINNING

LESLIE: I was born in England on March 11, 1924, the third of four children. My mother and father met when they were both 16. They were very much in love. My father was an excellent tailor, like his father, but because of the Depression, nobody was buying suits. He was forced to become a door-to-door peddler, selling anything that would make a living. My mother bought the Alt Park Milk Bar outside of Liverpool. All the family worked there, including my father on weekends. I was mostly paid in trade – candy and ice cream, and that was fine with me. Life was good in spite of the Depression. When I was seven, I was enrolled in the Liverpool Collegiate. I quickly learned the teachers were not impressed by charm, only performance. I did receive an excellent education that has stood me in good stead, and prepared me for the troubles and tribulations that have contributed to a wonderful life.

THE DAY THE WORLD CHANGED

LESLIE: On September 3, 1939, war began, as expected. At age of 18, I was drafted into the British Army and sent to Salisbury Plains as a member of the Royal Horse Artillery Regiment, without a horse mind you, and was trained as a Surveyor. I was stationed not far from my home in Liverpool. From there – so many stories, so many train rides, so many assignments, so many encounters with the atrocities and faces of war.

I'd say the liberation of Rome was a turning point in my life. Just to see St. Peters and the Basilica and then to be addressed in Hebrew by the Pope was a revelation in itself. There were many more battles along the Italian peninsula; but Forli had great significance to me, because that was my first encounter with the Jewish Brigade in action. The Brigade was formed by Britain to have a battalion of Jewish soldiers actually face the Nazi Army, wearing the Star of David as their badge. It was made up of Jews from Palestine and many refugees who had escaped the Nazis. They fought valiantly; many gave their lives. I had the good fortune to be invited to work with the Jewish Brigade as Liaison to their Artillery. The Brigade contributed greatly to the Italian campaign. The recognition of the Jewish Brigade as a fighting force in the British Army gave me such a wonderful feeling, a sense of suddenly being recognized for who we were. The Star of David badge on the



Left: Leslie & Anne on their wedding day. Top: Baby Leslie, 1925 Above: Day at the beach a few years later

uniforms had an unbelievable impact on the German soldiers, and even more so as the fighting ceased in Italy. There was no one better equipped to interrogate the Nazis than the soldiers of the British Brigade, and they did one hell of a job.

CALIFORNIA, HERE WE COME

LESLIE: I was discharged in 1946. After the war, there was a terrible wave of anti-Semitic harassment against the entire Jewish community in England. My mother was visiting California at the time as my sister Sybil was giving birth to her first child. Mom sent a telegram saying simply, "Planning move to the U.S.A." Sybil's wealthy in-laws had offered to sponsor us. Leaving England and my friends was very hard, but I wanted to start a new life in America.

We arrived at the docks in New York, then took a train to Chicago to visit my mother's family. It was quite an experience meeting all those unfamiliar aunts, uncles and cousins. Then a train ride to L.A., and another to Fresno where my sister Sybil and husband lived. Having just arrived from the English climate with an average temperature of 55 degrees, Fresno was quite a shock – it was like 115 degrees in the shade. The first night we were awakened by the ground shaking and a terrible noise. I thought I was back home in the blitz. We ran outside, everyone was in the middle of the street in their nightclothes. It turned out to be a major earthquake. Welcome to America!

LOVE & MARRIAGE

LESLIE: I had moved to San Francisco. I was most fortunate to meet my beloved Anne Gordon. I found her pretty, smart and just what I had been looking for in my three years in the U.S. We wasted no time and were married within three months of our meeting. It was a wonderful ceremony on Labor Day, 1955. Somebody upstairs was trying to tell us something, because while exchanging vows the chandeliers in the Synagogue shook to the vibrations of a 4.5 earthquake. It was an indication that our life together would be a challenge, an adventure and, most of all, a match made in heaven.

Nine months later, we were blessed with our first daughter, Karen. I had proven myself to be a successful salesperson, but found working on the road tough as I needed to be with my family. We moved to Burlingame. I bought a dry cleaning business and created a new way of life for my family and me in my new country. Life changed again with the arrival of our son Howard – a year later, daughter Janine – two years after that, Melissa. I cannot express the happiness and sense of accomplishment that this noisy brood gave me. Meanwhile, we bought more dry cleaning plants and relocated to Los Altos to our home with an orchard, horse pasture and pony for each of the children.

ON THE MOVE, AGAIN...AND AGAIN

LESLIE: By 1973, the quality of life had deteriorated in Los Altos due, in part, to the Days of Rage in reaction to the Vietnam War and new drug culture. We knew it was no longer a safe haven for our children. Not long thereafter, we were visiting beautiful Victoria, B.C and were quickly convinced, for a variety of reasons, we

should call it home. I sold the business, we moved north of the border and I went into sales – first cars, then real estate. Then, in 1975, a heart attack – my heart actually stopped. Six months later, a triple bypass. We had five good years in Victoria, but the changes in the government and my heart's health brought us back to the U.S. We bought a beautiful home on Mercer Island; I continued with real estate. On January 13, 1981, there was an explosion at the house – miraculously we were unharmed and got out just in time to see it go up in flames. In 1994 a quadruple bypass at U.W. Medical Center. We sold the property on Mercer Island – then stops in Mill Creek, Trilogy, Bellevue, The Summit at First Hill and Kline Galland Home.

RETIREMENT LIVING AT ITS BEST

ANNE: Leslie retired from commercial estate well into his 80's. He was always very active, very involved – "meeting and greeting people" was both his profession and hobby. In the Bellevue apartment, he didn't know what to do with himself. One day we came to the The Summit at First Hill for lunch. They served a very nice salmon meal, which was Leslie's favorite. We had friends who lived at The Summit and were happy. Leslie visited them, fell in love with the place and said, "We had to move there." So I said, "OK, if that's what you want to do." It was the right move for us at the right time. That was 2011. Leslie became a very prolific artist, which he never was until he took a class in watercolors at The Summit. Three years ago now, his leg was amputated—peripheral artery disease. He was extremely brave about it and worked very hard at learning to walk – rehab at Kline Galland, then back home to The Summit. Very few people would actually learn how to use prosthesis at that age. He persevered and he actually walked into the dining room one day and everybody at The Summit stood up and clapped for him." As Leslie observed, "it was very special."

A few hospitalizations followed and Leslie became a permanent resident at Kline Galland Home. Funny thing is, Leslie started volunteering at the Polack Adult Day Center while we lived at The Summit, and then became a regular participant himself – baking, painting, ceramics, music programs, bingo and even poker. I'm still at The Summit. It was difficult being separated – other than that, we have had a good life here.

"It helps if you believe in guardian angels."



HOSPICE CARE • (206) 805-1930
Highly specialized care maximizes every aspect of quality for individuals facing end of life. Coordinated team of health care professionals is committed to meeting the physical, emotional and social needs of patients and families. Provided wherever an individual resides, emphasis is on comfort, respect, kindness and compassion... caring for spiritual and cultural wishes as well.



PALLIATIVE CARE • (206) 805-1930
Patients battling serious illness or living with chronic disease receive consultative services to help manage and cope with symptoms. Team of specialists provides the support that enables patients to make informed medical choices, identify supportive services, reduce emergency room visits and carry-on with their daily activities. Comfort and quality-of-life are the primary goals.



REHAB/TRANSITIONAL CARE • (206) 805-2372
7500 Seward Park Ave S., Seattle
Inpatient and outpatient rehabilitation to get you back functioning at your best. Regarded among Washington's most popular rehab centers, care is from the same team of in-house therapists/therapeutic professionals to ensure continuity and maximize outcomes...making our Rehab/TCU the optimal place to heal on the way home.



POLACK ADULT DAY CENTER • (206) 725-8800
7500 Seward Park Ave S., Seattle • Mon. – Thurs.
Provides socialization, recreation, health monitoring and lunches for older adults...in addition to much-needed respite for caregivers. Participants benefit from activities and interaction in a supportive, supervised environment including exercise, art, discussion groups, entertainment, outings and Jewish cultural celebrations.



KLINE GALLAND FOUNDATION
Simon Amiel, Chief Development Officer; (206) 456-9702
The Foundation raises funds for endowments to generate financial support to provide quality-of-life and quality-of-care to those served by Kline Galland.

For more information, please visit www.klinegalland.org