Chai Lites



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OUR MISSION

A *living* commitment, inspired by *Jewish* values, to provide *exceptional* senior care by *exceptional* people...every day, in every way, for *every* one.

OUR VALUES

COMPASSION • RESPECT • EXCELLENCE DIGNITY • INTEGRITY • TRADITION

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PREPARING FOR LIFE'S SURPRISES

by Jeffrey D. Cohen

am pleased to share part two of our Chai Lites series, Preparing for the Unexpected. This section focuses on the knowledge, preparation, and resources you should consider when thinking about how you experience aging—for your loved ones, and for yourself.

There's a phrase that I think about often, that says "Time is Undefeated." It means that no wishing or praying will delay what is meant to be. But with the right consideration and thoughtfulness, we can be more prepared and have more input into the care we will inevitably need.

In any situation, we work diligently every day to keep Kline Galland as our community's Single-Source Senior Care Resource. You can call our no-cost, no obligation Resource Line at (206) 723-INFO (4636) to connect to a live, experienced care specialist that can help answer questions and provide clarity that you may need as you navigate options. For whatever you are navigating, or planning for, know that we are here to support you.

As always, thank you for your continued support.

Jeffrey D. Cohen Chief Executive Officer



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The right level of care can ensure you live your best possible life, even if your health changes. At the same time, the choices can feel overwhelming – especially if you don't know the differences. So, here's some essential information about senior care levels, including the different assisted living options.

IN-HOME CARE

When polled, 77% of seniors say that they want to age at home. In-home care provides extra assistance to ensure that individuals can remain in their current residence for as long as possible. Many in-home care providers assist with non-medical care like personal hygiene (including bathing and dressing), grocery shopping and meal preparation, light housekeeping including laundry, medical reminders, and pet care. Kline Galland's Benaroya Community Services prioritizes home comfort, confidence, companionship, and care.

SHORT-TERM/ REHABILITATION CARE

Short-term/rehabilitation care helps individuals recover from an illness, injury, or surgery in a supportive environment. A personalized treatment plan is developed by a team of medical and service professionals to ensure the best outcomes possible. Rehabilitation plans can include physical therapy, occupational therapy, speechlanguage therapy, and medical nutrition therapy. Kline Galland Home in Seattle has the largest rehabilitation program in the state of Washington, with inpatient and outpatient services.

ASSISTED LIVING

For people who need help with daily care, assisted living provides the opportunity to receive help while living in an active community. Residents have their own apartments while enjoying activities and amenities. Often, assisted living communities offer individualized plans according to care needs, access to 24-hour staff, including nurses and caregivers, and on-site meals. Kline Galland offers personalized assistance in your

own apartment with assisted living at Mary Schwartz Summit. They also offer Assisted Living Plus for residents who need more than the typical services provided in assisted living.



SKILLED NURSING

Designed for people who need additional medical care, skilled nursing includes a wide range of health and personal care services. An interdisciplinary team supports each individual's needs, which may include help with daily living activities, nutrition, medical treatment, medications, and rehabilitation. Kline Galland Home's long-term care delivers skilled nursing in an environment that encourages socialization and mental stimulation.

MEMORY CARE

Memory care is residential long-term care designed for people with memory issues, such as those with Alzheimer's and other forms of dementia. It is a safe and structured environment. Skilled professionals offer support that helps residents make the connections they need in order to manage their world. Kline Galland's memory care at Kline Galland Home focuses on what residents can do (their choices and quality of life) instead of what they can no longer do.

The best way to have continuity in your care over time is to select providers that can adjust to your needs as your health changes—what Kline Galland calls our Continuum of Care—designed to meet your goals and needs, as your health changes over time. It is never too early to start planning for the future—ensuring you have the most options when the time is right, or necessary.



PREPARING FOR THE FUTURE WITH ADVANCE DIRECTIVES

If you suddenly became ill and unable to communicate, who would make healthcare decisions on your behalf? Advance directives work to ensure your wishes and desires are met, ensuring that your values and preferences are at the center of any medical care you receive.

WHAT IS ADVANCE CARE PLANNING?

Advance care planning is a process of thinking, talking, and deciding about future healthcare decisions. Specifically, it helps your loved ones understand what is important to you in case they need to make medical decisions for you. As Honoring Choices Pacific Northwest explains, "Talking with your loved ones and healthcare providers is the best way to make sure your voice is at the center of your healthcare." Completing the proper legal and medical forms will ensure that your care follows your wishes.

WHAT IS AN ADVANCE DIRECTIVE?

Advance directives are legal documents that outline your instructions on the type of medical care you want. They only go into effect if you cannot make decisions about your own healthcare. There are two types of legal documents that are usually used as an advance directive, either separately or together:

1. With the durable power of attorney for healthcare. or DPOAH, you name a person you trust who would be authorized to direct your care. This healthcare agent or "proxy" would make decisions only if you cannot. Often, the DPOAH also includes additional information, like what your spiritual beliefs are, what a good day looks like for you, or what brings you comfort. It's good to name both a primary healthcare agent and a couple of alternatives so that someone is always available to advocate for you.

2. The healthcare directive is often called the living will. This document lets you pre-select decisions for common life-sustaining medical treatments. In Washington state, these choices only apply if you are permanently unconscious or not expected to recover. An example of choice would be if you would like artificially provided nutrition and hydration.

Often, the portable order for life sustaining treatment (POLST) is included in the discussion about advance directives. Unlike the legal documents listed above, the POLST is a medical order that alerts emergency and other providers about your preferences on cardiopulmonary resuscitation (CPR), artificial nutrition, and the general level of treatment you want.

HOW TO GET STARTED

The best way to start is to think about what is important to you. Knowing how you want to live will inform what medical choices might be best for you.

Talk about your decisions with your loved ones and medical providers. Don't forget to ask your doctor questions if you want more information about options like CPR. Then, either start the written documents or revisit what you've already completed. Often hospitals or clinics can provide DPOAH and living will forms to fill out. Prepare for Your Care is an online resource that has documents that are legal in all 50 states and video guidance as well.

You can learn more at www.prepareforyourcare.org

Death is an inevitable part of the human experience, but we often avoid talking about it because it's an uncomfortable conversation topic. Unfortunately, the avoidance of discussing death can lead to even more difficulty and stress later on in life. Planning for end-of-life care with your loved ones is never easy, but this brief list of points might help you navigate this conversation and process.



Create a plan. Begin by deciding all the points that need to be discussed with your loved one. Some questions to consider may be:

- 1. Where would they prefer to be at home? In a hospital? Are there circumstances that would change the answer to this question?
- 2. Who will help make decisions in the event that they cannot for themselves?
- 3. Is there a point at which they would like care or treatment to cease?
- 4. When the time comes, would they rather be alone or surrounded by loved ones?
- 5. Are there affairs that need to be put in order now or in the near future? There are many things to consider on this front, including a living will and possibly appointing a health care proxy.
- 6. Do they know what their ideal funeral and burial arrangements look like?

Set up a conversation: Before you meet with your loved one, it may be helpful to seek out a friend or counselor and have a "practice" discussion prior. While it may still be a difficult conversation to have, this may ease some nerves and tension and bolster confidence.

Then, set an appropriate time and place to chat. While they may feel the most comfortable in their own home, provide a few options of times and places to meet. And more importantly, give them a heads up as to what you will be discussing to help your loved one avoid being caught off-guard.

Remember that while this conversation is difficult for you, it may be even more difficult for your loved one. Try to pay attention to their body language and answers to questions, and if need be, pause the conversation and circle back at a later point in time. Death is overwhelming, and there may need to be a bit more time and space to realize answers. Be patient, understanding, and calm.

Follow up with family/support team:

With answers gathered, it's important to communicate any relevant answers to decision-makers in your loved one's life. Make a list of any to-dos to help accomplish their wishes and follow-up with your loved one to let them know what timeline you are on to help with any preparations.

aking sure that a plan is in place and things are in order when the time does come is one of the most important (and loving) things that one can do for their family.

Estate planning once entailed having to sit down with teams of lawyers to discuss plans, but today, the process is much less daunting, and much more human. Here are some of the steps to consider and where to find information:

· List out beneficiaries and make a will: This is the least fun of the money management strategies, but it is likely the most important. By listing out beneficiaries, you can ensure that your accounts are directed to the correct person and avoid a long and complicated process for your family. Doing this will allow you peace of mind in knowing that your funds will go exactly where you'd like them

- · Will planner-everything you need to know about creating your own will can be found at www. klinegallandlegacy.org/planyourwill
- · Forever letter-a centuries-old Jewish tradition (also called the ethical will), used to share values. traditions, wisdom, love, and life
- Estate planning guide-answers to all your questions about estate planning can be found at: www.klinegallandlegacy.org/willsguide

If you have questions about Estate Planning, please contact Nate Nusbaum, Chief Development Officer, at (206) 456-9702 or via email at NateN@KlineGalland.org.



Reminder: No Legal, Tax or Accounting Advice. The information provided here including linked articles, guides and materials, is intended for general information purposes only. While we strive to offer accurate and helpful content, we are not providing legal, tax or accounting professional advice. Every situation is unique, and we seek only to provide educational resources to assist you in providing professional guidance to your client, in support of their planned giving.

ARE YOU OUR SECRET ADMIRER?

If you have already included Kline Galland in your estate plans, we would love to know about it! Whether you'd like us to shout it from the rooftops to help inspire others, or whisper it to us and remain anonymous, knowing your plans allows us to express our gratitude and

prepare care for the generations of seniors to come.

We can also welcome you as a member of the Caroline Legacy **Society, a group of dedicated like-minded donors** who have made a provision in their estate plan to support future generations of

For more information or to let us know, please visit https://www.klinegalland.org/are-you-our-secret-admirer/

13 12

seniors.

MOTHER'S DAY 2024

Cline Galland, we Join us today in

At Kline Galland, we believe that Mothers should be honored daily, not just one day out of the year, yet it is always a joy to take the time to recognize and appreciate those who give so much and in so many ways. Our highly anticipated annual Mother's Day Celebration will be held on Sunday, May 12th, 2024, and is a beacon of hope and enjoyment for our residents, patients, caregivers, and families alike.

Join us today in honoring our 110th year of celebrating mothers and grandmothers alike at Kline Galland with a gift of \$110, or a donation of any dollar amount. Your support will provide funding for programs and services, ensuring our residents are provided with the highest level of care today and in the future. To make your donation visit www.klinegalland.org/mothers-day-celebration or call (206) 456-9710.





AN EVERLASTING TRIBUTE

Kline Galland's Tribute Walls are a beautiful way to honor the memory of your loved ones

Prominently displayed at Kline Galland Home and the Mary Schwartz Summit hangs the beautiful memorial tribute walls. These displays, designed specifically for each location, feature individual panels with the names of loved ones and anniversary dates (in both English and Hebrew) of passing.

Panels are programmed to automatically illuminate on the anniversary of your loved one's passing.

If you would like to know more about adding your own tribute to one or both of these displays, please contact:

Nate Nusbaum Chief Development Officer at Kline Galland (206) 456-9702 NateN@KlineGalland.org





THIS LISTING IS FOR GIFTS RECEIVED

November 1st, 2023 - February 29th, 2024

Thank you...

for your Tributes honoring family and friends... and in memory of loved ones. Your generous donations help sustain programs and activities that are so vital in enhancing the lives of our community.

To learn more about Tribute gifts, please contact:

Kelsey Robinson (206) 456-9718 philanthropy@klinegalland.org

If we have omitted or incorrectly listed your name, please accept our heartfelt apology and know your support is greatly appreciated.

Anniversary

JUDY & JOSH ELKIN Sharon & Sam Eastern

VICKIE & STEVE KATZ Karen & Robert Epstein € Mauricia & Jerry Spring ∓

Happy Birthday

JACK ALMO Laura & Irv Karl

SYLVIA ANGEL 80th Birthday Frances Ohringer Jeannie & Warren Moskowitz Gail Wiener

JOAN BASKIN Anita & Arny Reich Bonnie L. Stone

ROSANNE COHN
90th Birthday
Mauricia &
Jerry Spring & Family +

JOAN HIRSHBERG FREIDMAN 98th Birthday Shari Hirshberg

JOHN MUSCATEL Special Milestone Susan & Jim Pass

ALLAN STEINMANDenise & Bob Coe

To Honor

THELMA BLOCKDiane & Larry Herman

BEATRICE EGGER Ruth Egger €

JESSIE FAUBION Anonymous

JULIE &
RABBI JAMES MIREL
With Appreciation
Our Chavurah

SHERYL REEDER
Retirement!
J. Bruce Reeder €

IRIS & STEVE SCHWARTZ Valerie & Lee Shapiro

BOB SIMON Anonymous

STEPHANIE KING, LINDSEY BEAUCHAMP, & ALL THE NURSES & AIDES OF THE SOUTH NURSES STATION Andrea & Paul Blustein

Well Wishes

LEA BEHARMarshall A. Weinberg

BETH HUPPIN BENNETTLoretta Kuznetz

BOB LOWELoretta Kuznetz

BARBARA & NORM WALKER Andrea & Jeff Cordova

Memorials

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Rebecca & Steen Bratner

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Anonymous ♥
Anonymous
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Sandra & Dave Altaras
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Allan Kligerman **
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- **∓** Spring Tzedakah Fund
- ♥ Staff Fund/Staff Appreciation
- Mary Schwartz Summit



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