

Rooted in Community. Focused on the Future.

A Remarkable Evening for Northaven

Northaven's annual GALA brought together friends, supporters, and residents for an evening centered on community, generosity, and the people who make Northaven special. The result was a tremendous show of support for the programs and care that help residents thrive every day. From heartfelt moments to spirited giving, the evening reflected the strength of a community that continues to show up for one another.

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FREE MARKET DAY BRINGS GROCERIES & GOOD CHEER

Fresh food, pantry staples, and household essentials come directly to Northaven residents in a welcoming, worry-free setting.

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THE NORTH 40 IS OPEN

Accessible garden beds and gathering spaces give residents a new place to garden, relax, and enjoy summer together.

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MEET SHARI CROSSLAND, MSW

For nearly 19 years, Shari has helped residents stay informed, supported, and independent through resources, programs, and guidance.

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FIVE YEARS OF HOLIDAY CHEER!

For five years, Michele Flinn, Ann O'Neil, and Tanya Thackeray-Wilson of Windermere Seattle-Wedgwood have helped make the holidays brighter at Northaven. Through their Gather and Give Team, they turn resident needs and wishes into thoughtful gifts, bringing generosity, joy, and a little extra holiday magic to our community each December.

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An Evening in Full Bloom

THANK YOU FOR A RECORD-BREAKING GALA

On May 8, our supporters filled the room for the 2026 Hearts of Northaven Gala, and what a night it was. ***Together we raised more than \$100,000 for the programs, services, and everyday care our residents count on.***



“Every bid, every gift, every moment matters.”

– 2026 Gala Host

With the final bids, pledges, and matching gifts now in, we can say with confidence that every dollar goes straight back to the low-income seniors we have served in North Seattle for more than fifty years.

Gee Scott kept the room going as emcee and auctioneer, bringing energy and good-natured competition to the bidding. Michael Powers provided live music, while Mojito Restaurant generously donated a delicious spread filled with flavorful dishes and festive bites.



The heart of the evening belonged to Northaven resident Patricia Lass, who shared her story and reminded everyone exactly who this work is for.

The evening also featured our first resident silent art auction, with residents donating their own artwork to support the place they call home, a reminder that those we serve give back right alongside everyone else.

We are so grateful to our sponsors: BECU, our Gold Sponsor, and Jana W. Helmuth, CPA, returning as our Crystal Heart Sponsor. Their steady support helps make an evening like this possible.



Congratulations to Gordon Thomson, this year's recipient of the Bob and Joyce Mays Award for Service to Northaven, honoring those who give so much to our community.

To everyone who came, bid, gave, and showed up for our residents: thank you. You did more than help us reach a goal – you supported the people who make Northaven what it is and reminded them how deeply this community values and appreciates them.



BID. GIVE. GROW.

A Steady Hand. A Listening Ear.

Meet Shari Crossland, MSW

YOUR RESIDENT SERVICES COORDINATOR

Shari Crossland, MSW, has served Northaven residents for almost 19 years, coordinating speakers, support groups, and connections to needed services. Her free consultations help residents and families find resources, plan ahead, and maintain independence.

Bringing the Experts to Us

Over the past year, Shari coordinated more than a dozen presentations and clinics with outside providers, including Medicare counselors, low-vision and hearing specialists, and hospice educators. Topics covered Death With Dignity, dementia communication, diabetic foot care, cognitive changes, and prescription assistance. Several also included one-on-one Medicare consultations, vision clinics, and custom diabetic shoe fittings, all held at Northaven.

Sessions Built Around Your Questions

Shari also develops her own presentations based on questions residents bring to her. Topics include hiring and paying for in-home help, free and low-cost transportation, paying for assisted living, care options beyond independent living, and making informed decisions about palliative care and hospice. These are important things to understand before you need them, and there is always time for questions.

Groups and Connection

Shari created and facilitates four monthly groups: Low Vision Information and Support, Diabetes Information and Support, Rainbow Seniors, and Journey Together. She also coordinates resident volunteers for weekly group meditation and helped start a Hearing Support Group and Senior Vision Clinic.



SUPPORT THAT MAKES A DIFFERENCE

Behind the scenes, Shari also manages and supports:

-  Medicare Open Enrollment Education Each Fall
-  Senior Farmers Market Nutrition Program
-  Free Basic Wills
-  Low-Vision Calendars
-  End-of-Life Planning Documents
-  Provides Newsletter Content
-  Participates in the Northaven Wellness Team

WHY A SOCIAL WORKER?

While social work training is not required, Northaven values the clinical background and experience it brings and the benefits to residents and their families.



Independent living does not mean going it alone.



HERE FOR YOU

To schedule an appointment with Shari, sign up in the lobby or email scrossland@northavenseniiorliving.org

THE NORTH 40 IS OPEN

Summer is in Full Swing



The North 40 is officially open and already becoming one of the best spots on campus. Residents are tending the raised beds, watching the first green shoots come up, and enjoying a space designed to make gardening easier on backs and knees so more people can take part.

The North 40 got a proper welcome on June 1 with our 4th Annual Ice Cream Social, complete with sunshine, blue skies, and a light breeze. Since then, it has become an easy part of summer at Northaven – a place to garden, visit with a neighbor, or simply enjoy some fresh air. Come find your spot.



COMMUNITY PARTNERS **GATHER & GIVE**

Five Years of Spreading Holiday Cheer



For five years, Windermere brokers Michele Flinn, Ann O'Neil, and Tanya Thackeray-Wilson of Windermere Seattle-Wedgwood have brightened the holidays for Northaven residents through the Gather and Give Team. Each year, the three "elves" ask Northaven staff what residents need and want, then share the list with clients, colleagues, and partners who shop or donate. In December, they dress festively, wrap everything, and deliver the gifts before Christmas.

Over the years, donations have included individual gifts, books and puzzles for the library, large-print Reader's Digest and other subscriptions, dining-area seat cushions, everyday supplies, and more. As the team says, it's a win-win to give items residents truly need, and their clients love shopping for Northaven residents and staff.

We're deeply grateful to Michele, Ann, and Tanya for five years of generosity and support.



The Northaven Resident Council



The Resident Council is Northaven's resident-elected voice; neighbors who show up, speak up, and get things done. Meeting monthly, the Council works alongside Northaven's Life Enrichment and Wellness staff to shape programming, weigh in on dining and daily life, and keep the community connected.

It also stewards the Northaven Food Pantry, open to every resident, no questions asked. Through its "Resident Corner" column, the Council keeps neighbors informed and reminds us what makes Northaven feel like home: people looking out for each other.



FREE MARKET DAY

Bringing Groceries & Good Cheer to Northaven



When federal and state food benefits were placed on hold, many Northaven residents worried about keeping fresh food and pantry staples on hand. Rather than wait for the uncertainty to pass, Allison Mims, Occupancy & Marketing Specialist, created Free Market Day, bringing groceries and household necessities directly to our community.

Thanks to Allison's vision and hard work, a stressful situation became a welcoming, worry-free way for residents to get what they need close to home. At our most recent Free Market Day, residents filled their bags with fresh produce, dairy, bread, and pantry staples while sharing conversation, laughter, and heartfelt thanks.

Free Market Day reflects who we are at Northaven: a community with heart, where seniors are supported with dignity, security, and neighbors who have their backs. Our deepest thanks go to Allison and to our generous donors, whose kindness stocked the shelves and made every bag possible. Watch the Northaven Times for news about the next Free Market Day.



NEIGHBORS HELPING NEIGHBORS

Most Needed Items for Food Pantry

Help keep Northaven's resident-run Food Pantry stocked with the everyday essentials our community needs most. In addition to the Free Market Days hosted by Northaven staff, there is also a resident-run Food Pantry, organized and maintained by the people who live here. The pantry is available to residents who may need a little extra help keeping everyday essentials on hand. It's a simple but meaningful example of neighbors looking out for neighbors.

Residents can stop by when needed to pick up pantry staples and household necessities, while donations from throughout the Northaven community help keep the shelves stocked and ready.



WANT TO HELP?

Donations are always appreciated, and right now the pantry is especially in need of:
Peanut Butter - Chili - Canned Fruit - Individual Fruit Cups - Ensure - Cereal/Instant Oatmeal
Toilet Paper - Ritz Crackers - Top Ramen

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Our Values



RESPECT

We treat all people with compassion and dignity.



INTEGRITY

We are truthful, trustworthy, and transparent in our actions.



RESILIENCE

We are creative and adaptable to meet future challenges.



INCLUSIVITY

We embrace diversity, equity, and inclusion, believing our differences make us stronger.

Independent Living

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Assisted Living

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Northaven West

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The Nook at Northaven

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NORTHAVEN
COMMUNITY LIVING WITH A HEART
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