



TulalipCares.org

## Tulalip Charitable Contributions Funds Distribution Report

**NAME OF AGENCY:** Mercy Housing Northwest

**ADDRESS:** 6930 Martin Luther King Jr. Way, South, Seattle, WA 98118

**CONTACT:** (206) 838-5700; <https://www.mercyhousing.org/washington>

**GENERAL GOALS:** To create stable, vibrant and healthy communities by developing, financing and operating affordable, program-enriched housing for families, seniors and people with special needs who lack the economic resources to access quality, safe housing opportunities.

**SPECIFIC USE FOR THIS AWARD:**

This award was used as support for operational expenses and programs.

For more information please read the attached report from Mercy Housing Northwest.

August 29, 2017

Tulalip Charitable Fund

RE: 2016 Grant Final Report (**CODE Q3 2016 14.2**)

Mercy Housing Northwest

Report Contact: Kat Reuter, Associate Director of Philanthropy

[www.mercyhousing.org/northwest](http://www.mercyhousing.org/northwest)

Thank you again so much for the Tulalip Tribe Charitable Fund's grant award of [REDACTED] to support Mercy Housing Northwest's Service-Enriched Housing to low-income seniors and disabled adults at three affordable housing communities in Snohomish County. **We served a total of 97 adults.**

Mercy Housing Northwest (MHNW) used grant funding from the Tulalip Tribes Charitable Fund to support the Service-Enriched Housing program at three of its affordable housing communities in Snohomish County: Lake Village East in Lake Stevens (30 apartments), Pilchuck Apartments in Marysville (30 apartments), and Woodlake Manor in Snohomish (58 apartments). Grant funds were used for staff salaries ([REDACTED]) and program supplies ([REDACTED]).



We had a Community Health Promoter (CHP) staff vacancy between March and June 2017, but hired a new CHP in June, and she is meeting residents and building key relationships again. The CHP helps low-income seniors connect with needed services to maintain their health and independence, and has introduced several new programs, including balance and mobility classes, heart health, health education classes, and men's health classes, and health fairs (pictured, left), where residents can get screenings from the comfort of their own community.

The CHP has also been continuing Dinners Made Easy, a healthy cooking and nutrition education program. Participants practice preparing a recipe and then enjoy a meal together at the end of the class. They also receive a bag with all the ingredients to



make the dish again at home, reinforcing what they have learned. The class also exposes seniors to foods they may not have been familiar with or known how to prepare.

We continue to partner with many local Snohomish community organizations to bring quality services to our senior residents, helping them individually and in group settings to help them reach their goals, including:

- SeaMar: Living and Cooking with Diabetes workshops; Medication Safety; Mental Health Month event; Health Fair; Tai Chi classes; heart health workshop; Senior Health & Fitness Day
- Senior Services of Snohomish: Fraud Prevention; Nutrition education; Balance and mobility workshops
- United HealthCare: Insurance workshop; heart health workshop; kidney health event; men's health education
- VCA Animal Hospital: Moving Your Pets Safely workshop
- Hope Heart: Heart education workshops
- YWCA: Living Tobacco-Free Programs
- Bailey and Bailey: Conflict resolution workshops
- Safeway: Holiday food bags
- Molina Hospital: Senior health workshops
- Snohomish Food Bank: Weekly food delivery
- Washington Department of Health: tobacco education workshops
- Red Cross: Emergency Preparedness workshops

Our Community Health Promoter is a key support for the residents, and is often the “go-to” person for residents in crisis or who just want a friendly face to spend a few minutes.

Here are two stories:

- Two residents at Woodlake Manor, Elaine and Jerry care for each other and both share a love of music. Jerry has Alzheimer’s disease, and music has been shown to help with cognition in Alzheimer’s patients. Below is a screenshot of their video: <http://www.today.com/health/music-memory-love-longtime-couple-renews-their-relationship-every-day-t73426> )

HEALTH & WELLNESS

## Music, memory and love: A longtime couple renews their relationship every day

Linda Dahlstrom Anderson  
TODAY

Feb. 14, 2016 at 5:21 AM

*Whoa, my love, my darling, I've hungered for your touch ...*

The voice singing “Unchained Melody” floats down the quaint main street of Snohomish, Washington, weaving into shops whenever a door opens.



- (Written by CHP) Jenny has lived at Lake Village East for about 11 years and has seen staff come and go. Her housing was in jeopardy due to lease violations, crisis situations, and lack of emotional support. One day, Jenny was very upset and wanted to talk to the property manager who was out at the time. Jenny was crying and yelling about a lot of different things that were bothering her and could not calm down. I sat with Jenny in the community room for a long time, just listening and helping her calm down so that she could tell me what she needed. That's when Jenny opened her door to me- literally and figuratively. She allowed me to come into her home and talk to her about what was going on and to learn what she needed help with. It became apparent that Jenny was in need of a caregiver. I helped Jenny apply for the COPES program online so that she could receive state benefits that would pay for care giving services. We called Senior Services of Snohomish County and spoke with Cynthia who was invaluable at helping us navigate the red tape of DSHS. I met with Jenny and a case manager from COPES for an assessment and helped Jenny understand the financial guidelines of eligibility. Finally, Jenny was approved financially for COPES services and we scheduled a meeting with someone from a care giving agency which led to a caregiver placement. Unfortunately, she was not a good fit, and was matched with a new caregiver.

MHNW projected the following outcomes:

1. Vulnerable seniors and disabled adults avoid homelessness
  - Indicator: 80% of households maintain stable housing for 12 months
  - Indicator: 80% of households have timely rental payments

*97% of households have been successful in maintaining their housing for a 12-month period and no households had late rental payments. These results demonstrate the power of on-site supportive services to help seniors get and stay on track.*
2. Seniors and disabled adults improve their access to support services
  - Indicator: 60% of residents participate in on-site programming
  - Indicator: Residents access a total of 2,500 points of service over 12 months.

*Since November 2016, 86 of the 97 residents (89%) at the two properties have taken advantage of service opportunities, which is an increase over last year. We saw the highest participation in Health and Wellness education programming and in community social events, and this area continues to be in high demand. We also know that for many seniors, isolation can be devastating, so we are pleased that so many seniors stay engaged in community activities.*

In 2016, MHNW completed extensive renovations at Woodlake Manor in Snohomish and began renovation work at Lake Village East in Lake Stevens (now nearly complete). Residents have been thrilled to move back into their like-new apartments. In addition, we expanded program services to Pilchuck Apartments in Marysville.

Thank you again for your continued support! I can't wait to celebrate with you at the celebration in October!