



# Funds Distribution Report

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**Recipient Organization:**  
**Phinney Neighborhood Association**

**Address:**  
6532 Phinney Ave N  
Seattle, WA 98103

**Contact:**  
(206) 783-2244  
<https://www.phinneycenter.org>

**Organization's General Goals:**  
The Phinney Neighborhood Association (PNA) builds, engages and supports our diverse community through programs, services and activities that connect neighbors and foster civic engagement.

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<b>Date of Award:</b>	<b>Level:</b>
2019 Q1	\$2,501 to \$5,000

**Specific Use for This Award:**  
For more information, please read the attached report from Phinney Neighborhood Association.

8802 27th Ave NE  
Tulalip, WA 98271

**TulalipCares.org**

Disclaimer: This report may be a summary of content provided by the recipient, not always complete quoted material.

January 30, 2020

Marilyn Sheldon, Director  
Tulalip Tribes Charitable Contributions  
[www.phinneycenter.org](http://www.phinneycenter.org)  
Report Code: **Q1 2019 14.2**

Dear Ms. Sheldon,

Thank you sincerely for the [REDACTED] grant in support of the PNA's Memory Loss Program at the Greenwood Senior Center (GSC). Support from Tulalip Tribes was used to protect the ongoing activities of the Memory Loss Program to ensure that no one is ever turned away due to an inability to pay. **During the grant period of June 2019 – December 2019, these ongoing activities included:**

**The Gathering Place:** The Gathering Place is a weekly enrichment program that focuses on creativity, meaning, and purpose for those with memory loss. Based on the Brookdale Model of social/educational day programs for people living with early stage memory loss, the Gathering Place emphasizes memory enhancement through cognitive stimulation, education, arts, and socialization. The program is specific to people living with Alzheimer's, mild cognitive impairment or other kinds of diagnosed memory disorders impacting their daily lives. The GSC offered this program quarterly to two cohorts. **The Gathering Place served 18 individuals through 297 visits during the grant period.**

**The Alzheimer's Café:** Held monthly in collaboration with a local nonprofit theatre, the Café is a space for people living with dementia to interact with their families and caregivers in a social and welcoming environment. **The Café served 28 individuals through 65 visits during the grant period.**

**All Present Song Circle:** This choir is specifically for people at early and middle stages of memory loss. This program utilizes music and singing and helps people living with dementia improve their mood, manage stress-induced agitation, stimulate positive interactions, facilitate cognitive function, and coordinate motor movements. Sessions are eight weeks in length. **The Song Circle served 53 individuals through 266 visits during the grant period.**

**Physical Activity:** Along with physical activity in the Gathering Place, we also offered a gentle Zumba class for those living with Memory Loss. **Gentle Zumba served 9 individuals through 14 visits during the grant period.**

**Art Classes:** Dementia Friendly Ceramics was a new class during the granting period. This ceramics class focused on basic techniques for hand building with clay, and **served 18 unique participants with 63 visits total.**

**Support Groups:** The Greenwood Senior Center resident social worker offers five vital support groups targeted to individuals diagnosed with Alzheimer's or other memory loss issues, as well as their caregivers. Support Group offerings include Adult Daughters Caring for their Mothers, Alzheimer's Caregivers, and early, middle and late stage memory loss for spouses, caregivers, and diagnosed individuals. **These activities served 98 individuals through 251 visits during the grant period.**

**Special One-Time Events:** We screened our short documentary, *Living with Memory Loss: In Our Own Words*, about members of our memory loss community. In July of 2019, the GSC hosted a viewing party, which attracted 21 attendees. We also hosted our second Dementia Caregiver Retreat in November 2019, which attracted 30 individual attendees.

**Referral Network:** GSC staff has built several relationships with partners including Kaiser Permanente and the University of Washington to ensure newly diagnosed patients are armed with resources and have access to the Memory Loss Program. Early intervention is critical and these important partnerships ensure individuals throughout the Puget Sound can access these services.

**In total, these Memory Loss Programs served 177 unique participants during the grant period.** 85% of Greenwood Senior Center participants, including Memory Loss Program participants, reported being less isolated, facing less stigma, and feeling more connected and supported.

Thank you for your investment in these critical programs. Your support enriches our community and makes all of this possible.

With Gratitude,



Dar'Nesha Weary  
Executive Director

