THE健安連線 2019 FALL/WINTER KIN ON NEWSLETTER

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We are delighted that a few of our new residents have moved in and chosen Kin On
as their new home in the last two months! One of them shared: "I came here alone. But now I got a new home and I feel like everybody is my family."

在過去的兩個月中,我們很高興因為有幾位新住戶搬進來,並選擇了健 安作為他們的新家!其中的一位分享,說:「雖然我一個人來到這裡,不 過我當大家都是親人了,而這就是我家。」

LETTER FROM THE CEO

When the leaves start to fall, I can't help but reflect on all the things we have gone through the past few years. With the support from our dedicated staff, volunteers, and donors, we weathered through some tough times and challenges. Thank you for standing with us.

This year, we heavily invested in our staffing, bringing on 15 new nursing staff and filling three key operations positions, Director of Nursing, Dietary Manager, and Environmental Services Manager. This gives us opportunities to identify existing gaps and to improve our operations by promoting employee learning and development. My goal is to ensure that our team is focused on what we do best day in and day out – serving our residents. Nothing is more important!

In 2019, our home care program increased its service capacity in King County. As more and more elders would prefer to age in place; being able to take care of them in their homes is a vital component of our continuum of care model. I am confident that we can fulfill the needs of the community and provide over 100,000 hours of service in 2020.

We are also really excited about two new programs – the assisted living and adult family home. It has been a long journey! Although the number of units is limited, each resident is precious to us, as we provide the highest quality of services for them.

What a difference you've made.

One recent evening, as I walked towards the newly built Adult Family Home, I was wondering how the residents were doing. So I stopped in and decided to have a chat with Ms. Resident (name hidden for privacy).

"Are you happy to be here?"

She paused as though to gather her thoughts, then replied, "I am happy to be here because if I had stayed at

致健安之友:

當樹葉開始掉落時,我不禁要反思過去幾年中我們經歷的所 有事情。在我們敬業樂業的員工、義工和善長的支持下,我 們度過了整個療養院行業的艱難時期和挑戰。感謝您與我們 一起同行。

今年,我們在人手調配上放入大量的資源,有15名護理人員加入我們復康及護理中心的團隊,亦填補上護士長、膳食部經理及環境部經理等三個重要職位空缺。這使我們有機會找出現存的缺漏,並通過促進員工的學習和發展來改善我們的營運。我想確保我們的團隊專注於我們最擅長的領域——為院友服務。沒有什麼比這更重要!

在2019年,我們的家居照顧計劃增加了在金郡的服務能 力。隨著越來越多的耆老希望留在家中安渡餘年,讓護理 員在耆老家中看顧他們是健安全面照護模式的重要組件。我 有信心,我們能夠滿足社區的需求,並在2020年提供超過 100,000小時的家居照顧服務。

我們對於兩項最新的照護計劃之開辦也感到非常興奮——者 老生活輔助中心和成人家庭護理中心。籌辦的過程的確非常 漫長!不過,即使居住單位數量相對較少,但每一位院友對 我們來說都是非常珍貴的。

因你 不再一樣

有一天的晚上,當我走向新建成的成人家庭護理中心時,我 想知道院友的生活狀況,於是便找了一位老人家聊天。

「在這裡,你快樂嗎?」

她停了下來,思考了一會,然後說:「我很高興來到這裡, 因為如果我待在家裡,我每天早晨都會起床,坐在那裡,凝 視著電視,等待夜幕降臨。在這裡,我可以享受自己喜歡的 食物,與看護者共享對話,並與其他院友交誼。我們還可以 學習一些新遊戲,一起看電視或進行一些有趣的活動。我感 到更安全,因為護士會回答您的問題。我對現階段的期望並 不高,而我覺得自己已經很幸運可以獲得這些服務。」

這正正就是健安的使命。這就是您三十五年前決定創辦一 個計劃去照顧我們的長者的原因。但是,我們仍有許多工 作要做。 home, I would be just getting up every morning, sitting there, staring at the TV, and waiting for the night to fall. Being here, I can enjoy the food that I like, share a conversation with the caregivers, and socialize with other residents. We can also learn some new games, watch TV together, or do some fun activities. I feel safer because there is a nurse who would help answer questions. I don't have high expectations at this stage, and I consider myself lucky to have all these services."

This is the mission of Kin On. This is the reason why YOU made the decision 35 years ago to create a program that takes care of our elders. But there is still much work to do.

Investing in the future.

The nursing home is over 20 years old now; and last year, we invested heavily in a much-needed roof replacement. In the next few months, we will be replacing three 10-ton heat pumps that will provide airflow to all our residents. Following, our goal is to renovate the HVAC system with cooling and heating units to ensure our residents are comfortable all year round, offering room-by-room temperature control. It will be the most extensive renovation project since the construction of the nursing home. We want everyone to stay healthy and comfortable; and with YOUR support, we can provide the best facility and care to our residents.

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NIGEL LO Kin On CEO **盧兆章** 健安行政總裁

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We had pictures taken to celebrate Mr. Ran as the first resident of the Ark & Winnie Chin Legacy Home, along with his family. 我們很高興歡迎新大樓的第一位居民冉先 生的到來,入住當天特別與他及其家人合照作為留念。

投資未來

現存的療養院院舍已有二十多年的歷史。去年,我們投入巨 資更換了屋頂。在接下來的幾個月中,我們將更換三個10噸 重的熱水泵為院友提供更佳的氣流。我們的下一個目標是翻 新冷暖系統(HVAC),以通過分體式的系統,讓每個房間都可 自行控制溫度來確保最佳的個人舒適度。這將是院舍自1996 年落成以來最大規模的翻新工程。我們希望每個人都保持健 康舒適,而在您的支持下,我們可以為院友提供最優質的設 施和照顧。



A Fun Day for Active Older Adults to Celebrate Healthy Living

健安銀髮節 長者樂活學新知

By Carol-Ann Smith

E arly this September, we welcomed over 350 attendees, including staff/volunteers, sponsors/ exhibitors, performers, and visitors to join our Seniors' Day celebration at the Eastside Baha'i Center in Bellevue.

Every year, we collaborate with community partners to promote healthy living. Throughout the morning, over 150 attendees gathered for six workshops led by public health students and industry professionals, including 今年9月初,我們邀請超過350名參與者,包括員工/志 願者,贊助商/參展商,表演者和參觀者,參加在東區 Eastside Baha' i中心舉辦的健安銀髮節慶祝活動。

為持續提倡健康生活,健安每年都會與社區夥伴合作舉辦 健安銀髮節。當日上午,有150多位觀眾聚集到六個由公共 衛生專業學生和機構專業人士們(包括我們自己的註冊營養 師)舉辦的講座,講座專題包括欺詐預防和財務管理,醫療 應急準備和營養膳食等。今年,有14個社會和衛生服務機



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感受到大家的歡樂,並且得到許多知識 與資訊,希望健安每年都能舉辦這個 尊敬老人、提倡健康生活的活動!



one of our own registered dietitians. Topics ranged from fraud prevention and financial management to emergency preparedness and nutrition. Fourteen social and health service agencies participated in our resource fair this year, where they shared information on elder law, health insurance, social services, and residence options. One of our goals is to increase our seniors' access to the knowledge and tools they need to manage their own health and finances. We also want to provide education for family members to better support their elders.

We were able to successfully connect with many people because of everyone's combined efforts and their passion for community service. Special thanks to the tireless staff and volunteers who helped with setup, cleanup, directing guests, translating, passing out lunches, and keeping the event running smoothly. For some volunteers, Kin On gave their grandparents a place to call home, and this event was an opportunity to give back. 構參與了我們的資源展覽會,在那裡他們分享了有關老年人 法,健康保險,社會服務和居住選擇的信息。我們的目標之 一是使長者獲得管理自己的健康和財務所需的知識和工具。 我們還希望為家庭成員提供教育信息,以更好地支持他們的 長輩。

鑒於大家的共同努力以及對社區服務的熱情,健安才能夠舉 辦此盛會讓社區人們共同參與。特別感謝辛勤的工作人員和 志願者,他們幫助完成了場地佈置,歡迎來賓,使活動順利 進行。對於一些志願者來說,健安給他們的祖父母一個叫做 家的地方,這次活動是一個回饋社會的機會。

除了資源展覽會,健安銀髮節的重頭戲就是讓健安康健樂頤 計劃的會員們展現才藝與成果。我們的會員們都參與製作了 精美的手工工藝品、花卉佈置、書法和手工縫製的袋子。縫 紉班的導師收到了許多希望購買手工袋的客人的咨詢。導師 鼓勵他們親自參與課程來學習、自己動腦動手做。與會的藝 術家們技藝精湛,我們十分感謝他們每年以無私的奉獻和精 湛的手藝不斷豐富我們的活動。





In addition to the resource fair, we also celebrate the talents and contributions of our elders. Many of our Healthy Living Program (HLP) participants set up brilliant displays of handmade crafts, floral arrangements, calligraphy, and hand-sewn bags. The sewing class instructors received many offers from guests who hoped to buy the kits. They responded by encouraging them to attend a class where they could learn to sew their own. Our participating artists are incredibly skillful, and we appreciate their efforts and craftsmanship that continue to enrich our event each year.

Later in the afternoon, over a hundred guests squeezed into the auditorium as performers sang, danced, and led fitness demos on stage. The energy in the room was high, and audience members followed along with the dances; moving energetically, swinging their arms and legs. Many volunteers and attendees were members of HLP. After the performances, many more friends were convinced to join the wellness program.

One volunteer shared, "I feel everyone's joy today and got tons of knowledge and information that benefited me a lot. I hope that Kin On can hold this event that respects the elderly and promotes healthy living every year!"

Even though only a few guests left with raffle prizes, everyone left with a smile and a little more knowledge on how to lead a healthy life.



I feel everyone's joy today and got tons of knowledge and information that benefited me a lot!



活動的下午,有超過百人在禮堂一起欣賞和參與舞台上的歌唱,舞蹈和帶動跳。歡聲笑語充滿整個禮堂。觀眾們跟隨舞步,與周圍的新朋友一起跳起來。許多志願者和參與者都是 健安康健樂頤計劃的會員。表演結束後,也吸引許多新朋友 現場報名參加康健樂頤計劃。其中一位觀眾分享說:「今天 感受到了大家的歡樂,並且得到許多知識與資訊,真是受益 良多,希望健安每年都能舉辦這個尊敬老人、提倡健康生活 的活動!」

儘管只有少數朋友獲得抽獎禮品,但每個人在銀髮節結束時 都帶著微笑和了解更多關於如何過健康生活的知識。

Is Pain a Natural Part of Aging?

hronic pain is often perceived as an age-related condition. For many older adults, they believe pain is a part of daily life, and people should expect to live with it. Some may not even tell us they are suffering from pain because they think it is normal. Or they fear possible addiction to pain-relieving medications.

But if left untreated, chronic pain can impact residents physically, mentally, and socially in many ways and also lead to health consequences such as depression and malnutrition. It affects your ability to sleep, and the lack of sleep makes the pain seem worse. As one resident put it, "when you don't sleep well, you don't have enough energy or desire to do anything."

We recognize how essential pain management is to the quality of life of our residents, especially to those who are cognitively impaired. With support from the Sheng Yen Lu Foundation, we acquired a piece of new equipment with muscle stimulation and ultrasound functions. It helps residents to relieve chronic pain and to increase mobility, joint elasticity, and muscle strength. It also provides our physical and occupational therapists additional treatment options and documentation of treatment outcomes.

Managing chronic pain in an older adult is a complicated task. But in the past few months, we saw increased improvements during our assessment. One resident notes, "I wish to have more treatment like this to ease my pain."



Along with this equipment, we also purchased two spot monitors that required replacement through the SYL Foundation funding. The monitors provide vital sign measurements such as blood pressure averaging, spotchecking, and interval monitoring. This equipment is necessary to gauge how healthy an individual is before they engage in a rehab exercise.

Although complete elimination of pain may not always be attainable, when properly cared for, seniors can greatly reduce and prevent further pain from happening. As we incorporate suitable pain-relieving medications, complementary therapies, and daily activities, we hope to reduce pain and maximize function for our residents.



疼痛是自然老化的進程嗎?

慢性疼痛通常被認為是與年齡有關的疾病。對於許多老年人 來說,他們認為疼痛是日常生活的一部分,我們必須忍受與 之同住。有些人甚至可能沒有告訴我們他們這兒痛那兒痛, 因為他們認為這是正常的。或者他們擔心可能會過份依賴於 處方藥物。

但是,如果不加以治療,慢性疼痛會在許多方面影響院友的 身心和社交的能力,並導致諸如抑鬱和營養不良等健康後 果。它會影響您的睡眠品質,而睡眠不足會使疼痛更糟。正 如一位院友所說的那樣,「當你睡得不好,自讓就沒有足夠 的精力或渴望做任何事情。」

疼痛管理對短期復康和長期護理的院友們之生活質量非常重要,尤其是那些認知能力受損的院友。在盧勝彥佈施基金會的捐助下,我們購置了一台具有肌肉刺激和超聲波功能的新設備。它可以幫助院友們舒緩慢性疼痛,並增加活動能力、 關節彈性和肌肉力量。同時該設備還能輔助我們的物理和職 業治療師提供另類療法和治療結果的資料,方便制定疼痛管 理療程。

控制老年人的慢性疼痛是一項複雜的任務。但是在過去的幾 個月中,我們在評估過程中看到了進一步的成效。一位院友 指出:「我希望得到更多這樣的治療以減輕關節疼痛。」

此外,我們更換了兩台生理訊號監測儀。監測儀提供生命體 徵測量,例如血壓平均值、心律抽檢和間隔監護。在進行復 康治療之前使用此設備,有助於評估院友的健康狀況,繼而 作出適當的調配。

要完全讓疼痛消除的確很難,但事實上,疼痛的狀況並不一 定會持續惡化。而當我們的團隊致力採用合適的藥物治療, 加上輔助療法和日常運動,我們的目的就是希望能有效地減 輕疼痛並最大程度地提高院友們的機能,讓他們盡可能地過 安逸的生活。



C an I donate from my IRA, save on taxes, and help Kin On all at once?"

The simple answer is yes, yes, and yes!

If you or someone you know is like my mother-in-law, who is over 70 ½, and doesn't need a lot to live off of, her required annual IRA distribution/withdrawal simply feels excessive for her. In fact, she is actually annoyed that she even has to take it out and pay the taxes for that income every year.

If this describes you or someone you know, you may be interested in something called a QCD, a Qualified Charitable Distribution. Here's how it works:

A QCD is a direct transfer of funds from your IRA [Traditional, Rollover, Inherited, SEP (inactive plans only), and SIMPLE (inactive plans only)], payable to a qualified charity like Kin On. QCDs can be counted toward satisfying your required minimum distributions (RMDs) for the year. So in addition to the benefits of giving to a charity like Kin On, a QCD excludes the amount donated from taxable income, which is unlike regular withdrawals from an IRA. Also, keeping your taxable income lower may reduce the impact on certain tax credits and deductions, including Social Security and Medicare.

Also, QCDs don't require that you itemize, which due to the recent tax law changes, means you may decide to take advantage of the higher standard deduction, but still use a QCD for charitable giving.

Simply put, if you are at least 70 ½, don't need your required annual IRA distribution for day to day expenses, hate having to pay the taxes on it; then doing a QCD to a charity may be very beneficial for you. Plus you'll be taking care of our seniors at the same time!

If this perks up your ear, please see your financial advisor or a representative from your IRA custodian today. Why give money to Uncle Sam, when you can maximize its power for impact on a senior's life today!

If you have questions, please feel free to contact me at 206.556.2273 or htam@kinon.org.

rter Way to Impact Lives at Kin On 冬年人的另一方式 _{by HERMAN TAM 譚康文 Director of Philanthropy 慈善事務總監}

「我可以同時從我的退休金帳戶(IRA)捐款、節省稅款並立即 幫助健安嗎?」

簡單的答案是:「當然可以同時滿足這三個願望!」

如果您或您認識的人像我的岳母一樣,年滿70歲半,並且 沒有太多日常開支,但必須從退休帳戶提領強制最低提款 (Required Minimum Distribution,簡稱RMD),對她來說 有點不必要。而實際上,她對此感到煩厭,因為在提領強制 最低提款的時候需為此收入繳稅。

如果這描述了您或您認識的朋友,或許您會對稱為合格慈善分配(Qualified Charitable Distribution,簡稱QCD)的內容 感興趣。運作方式如下:

QCD是直接從您的IRA退休帳戶:傳統、滾存、繼承、簡化 雇員養老金(僅非活躍帳戶)和員工儲蓄激勵匹配計畫(僅非活 躍帳戶)中直接轉移資金,捐給像健安這類符合資格的慈善 機構。此QCD款項將算入強制最低提款要求之中。

因此,除了給健安這樣的慈善機構帶來好處外,QCD這一 筆款項便無需作為當年收入繳稅,與一般從IRA退休帳戶提 領強制最低提款不同。降低應稅收入亦可能會減少對某些 稅收抵免和扣除的影響,包括社會安全金和聯邦醫療保險 等福利。

同樣,QCD不需要您採用列舉扣除。新稅法將標準扣稅額大幅度提高,許多長者的慈善捐獻都不能夠扣稅,使用QCD將部分或全部提取的退休金捐出,的確是可以為你省稅。

簡而言之,如果您的年齡至少為70歲半,不需要以IRA退休 帳戶的提款來支付日常開支,不喜歡為此而要納稅,那麼對 慈善機構作出QCD的捐贈可能對您非常有益。再者,您的舉 動將同時照顧我們的老年人!

若希望進一步了解,請立即與您的財務顧問或IRA退休帳戶 的代表聯繫。當您的慈善捐款可以立刻發揮的最大力量,為 老年人提供社康、家政及護理服務時,為什麼要給山姆大叔 上繳稅項呢?!

如果您有任何疑問,請隨時通過206.556.2273或 htam@kinon.org與我聯繫。

QCD QUALIFICATION KEY POINTS:

- You must be 70½ at the time of the distribution.
- The organization must be a 501(c)(3).
- A QCD can only come directly from your retirement account.
- You can take a maximum of \$100,000 per year in qualified charitable distributions. (If you file taxes jointly, your spouse can also make a QCD from his or her own IRA within the same tax year for up to \$100,000.)
- For a QCD to count toward your current year's RMD, it must meet the same deadline as a normal distribution, generally December 31.

符合QCD捐贈之要點:



- · 你的年齡必須為70歲半。
- · 該慈善組織必須是501(c)(3)的組織。
- · IRA託管人必須直接將資金轉移至(或發 出支票予)符合條件的慈善機構。
- · 每位IRA持有者每年的QCD最高金額為 十萬元。已婚伴侶則每年可以從各人的 IRA捐贈最多十萬元。
- · 要使QCD計入當前的強制最低提款中, 你必須在其截止日期(通常是12月31日) 之前完成捐贈的手續。

Your Gift is Truly Appreciated 感謝您的慷慨

This fall, we met with a small group of donors over a congee brunch at our community center (congee homemade at Kin On). The purpose of the event was two-fold; to share about Kin On's financial standing in light of the recent closing of Keiro NW's skilled nursing facility, as well as, what's coming next for the organization.

Our CEO, Nigel Lo, spoke about the Medicaid reimbursement rate structure and how it's impacted by the types of services we provide, occupancy levels, and the acuity of residents. He also shared about the cost of care per resident (which is \$287/resident/ day as of Sept. 2019) and Kin On's Medicaid Reimbursement Rate (\$278/resident/day, but subject to change twice a year).

Lastly, Nigel addressed the question, "Where does our donors' money go?" He shared that donations help to pay for the cost of uncompensated care, staff investment, facility upkeep, and to grow and create additional senior programs such as the recently completed Assisted Living Facility and Adult Family Home.

The event was a success and we look forward to more in the future!

The congee brunch for donor appreciation is a very good idea. It is delicious, simple and fun to prepare, and is an intimate setting for volunteers, staff members and donors to connect. It really reflects the basic values of the community in which Kin On serves.

為捐贈者而準備的粥品早餐會是一個非常好的主意。 準備起來既美味、簡單又有趣,並且讓義工、職員 和捐贈者之間有親密接觸的機會。 這正是健安服務這個社區的基本價值。

> BIK LAM LEE Kin On Supporter 健安之友

It was good to hear about Kin On's financial stewardship and future plans for Kin On and AiPACE. Kin On provides an invaluable and much needed service to the Asian senior community and I look forward to continuing my support.

非常高興聽到關於健安的財務管理以 及健安和AiPACE的未來計劃。 健安為亞裔耆老提供了寶貴而急需的 服務,我期待繼續提供更多的支持。

WILSON CHIN

Son of Ark & Winnie Chin 陳德堯及鍾麗華伉儷之子

在剛過去的秋天,我們於健安社區中心以自家炮製 的廣東粥品餐款待了一小群捐助者。這次活動的主 要目的有兩個:鑑於最近日本Keiro養老院關閉所 帶來的疑問,盧兆章總裁特意與大家分享了健安的 財務狀況,亦談及到健安的未來發展。

盧總裁談到醫療補助報銷費率結構及釐訂方式,例 如報銷費率會因我們所提供的服務類型、入住率和 院友的身體狀況作出相對調整。目前健安每位院友 的護理費用為每天287元(截至2019年9月份),而醫 療補助只提供健安278元(此費率每年會更改兩次)。

最後,盧總裁就「捐贈者的錢究竟去哪裡?」為題, 與大家分享捐款不但有助於支付提供護理的費用, 亦支持員工培訓、設施維護以及發展和創建其他服 務老年人的計劃,例如耆老生活輔助和成人家庭護 理這兩棟新落成的項目。

我們期待著將來以不同的方式讓大家了解到您的每 一筆捐款,是成就著一份重大的意義。



True to Giving Back. True to Paying it Forward. 關懷耆老 攜手編寫健安未來

e are excited to invite you and your loved ones to join us in celebrating Kin On's 35th Anniversary Gala on March 14, 2020.

Kin On was born out of a deep need and the generous support of the Asian community. Throughout the last 35 years, we continue to lead the way with our ever-expanding array of care options.

At this upcoming gala, we will be celebrating the progress Kin On has made in the last 35 years of service. Generations of Asian Americans have sacrificed and paved the way for all of us, and we hope you can come and hear about Kin On's plans moving forward, and how you can count on us for the next 35 years and beyond.

At this Future Forward Festival, we will be remembering and honoring one of our longtime founders and supporters, Fred Yee, through our brand new Kin On Community Advocate Award. Please join us for a wonderful evening to commemorate his life and the work of Kin On.

We hope to see you and your loved ones at the gala!

WENDY ZHENG and CHERRIE LEE Kin On Gala Co-Chairs 我們誠意邀請您和您的親人,於2020年3月14日 與我們共同慶祝健安三十五週年慶典。

健安的誕生源於亞裔社區的強烈需求和慷慨支 持。而在過去的三十多年裡,我們致力提供更廣 泛、更多元化的護理和社康服務。

在即將舉行的慈善籌款晚宴中,我們將慶祝健 安在過去三十載的工作,同時,我們希望再次向 您、您的親人和社區作出承諾,於今天以致未 來的三十五年,將會堅守服務耆老及其家人的理 念,忠於為社區送上關懷的使命。上一代的開拓 和付出,就讓我們這一代繼續承擔。

慈善籌款晚宴以「承傳創新·展望將來」為題,並 設立「健安社區倡導者獎」來紀念和表彰我們的創 始人和長期支持者之一,余海量先生。希望您能 夠邀請您的朋友與一起度過一個美好的夜晚。

期待您的支持、信任與肯定。

鄭文迪 陳韻玲 健安慈善籌款晚宴聯合主席



AiPACE Capital Campaign Steering Committee and key community leaders gathered to discuss the importance and impact of the new aging-in-place program - a collaboration between Kin On and ICHS. A \$20M capital campaign is underway to build a 25,000 square-foot adult day center at the Pacific Medical Center north lot on Beacon Hill. AiPACE建設基金籌募運動的指導委員會和社區的 領導們聚首一堂,討論這項就地養老計劃的重要性 和影響力。兩個服務亞太裔社區有悠久歷史的醫 療保健組織——國際診所(ICHS)和健安合作,我們 現正為此全新的「全面照顧老人計劃」項目籌募2千 萬元的資金。佔地25,000平方英尺的成人日間中 心,將於碧近山太平洋醫療中心的北部設立。



Kids love Halloween, but it is not just for children. Residents at our Adult Family Home gathered around the dining table to decorate sugar pumpkins with silly faces. These pumpkins were also on display outside of their home. But the fun doesn't end there. Our staff has plans to scoop out the insides to make sweet pumpkin pie and pumpkin bread, a perfect treat in time for the holiday season! 孩子們都非常喜歡萬聖節,但這個節日不只限 於孩童享受。我們的成人護理家園的住戶們於 十月底的一個下午聚集在餐桌旁,裝飾著大大 小小的南瓜。這些南瓜亦在他們家的門口展 出。而樂趣更不止於此。健安的同事已計劃將 南瓜籽挖出,再製作甜南瓜派和南瓜麵包這類 於感恩節中不可缺少的點綴!

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Kin On 35th Anniversary Gala

Saturday, March 14, 2020 Hyatt Regency Lake Washington

· Join the Kin On family for a magical evening celebrating how far we've come together and where we're going.

Purchase tickets at kinon.org/gala or 206.556.2270