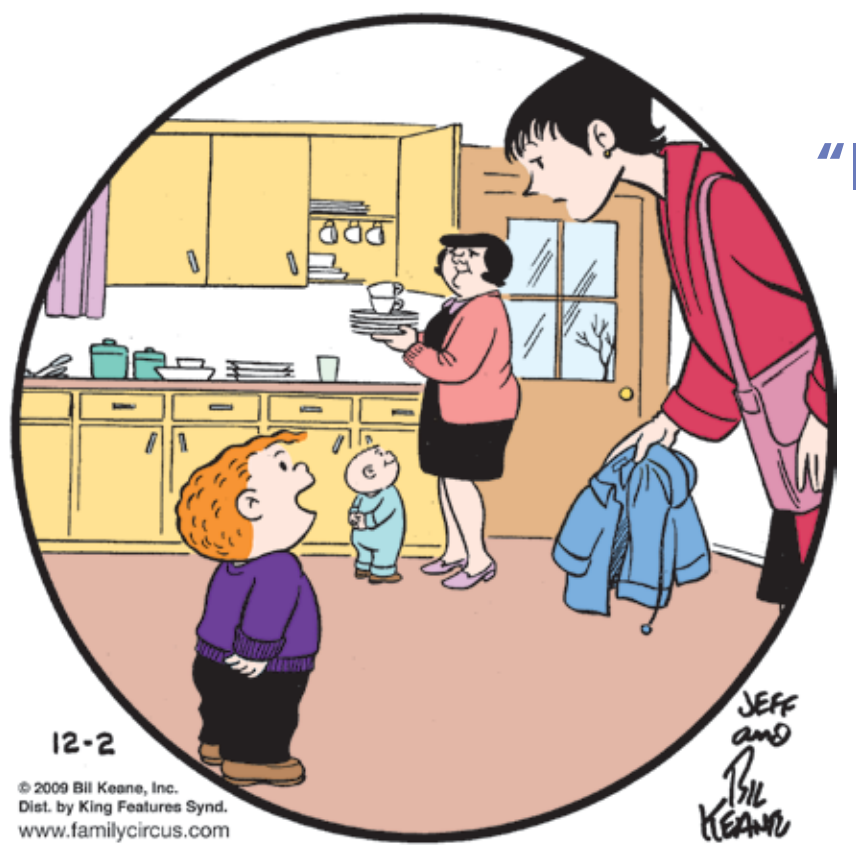




Photos courtesy of chipshotphoto.com and Heather Curbow



**"If Grandma is goin' shopping too,
I'll come with you,
but if she's not,
I think I'll stay home."**

12-2
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Enthusiast Masthead Design: Al Abbott
Enthusiast Design: CarrotStick Marketing
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A PUBLICATION OF TACOMA LUTHERAN RETIREMENT COMMUNITY FOUNDATION

Chairman's Message WHAT WILL YOU GIVE THANKS FOR THIS HOLIDAY SEASON?



I recently read a book by cognitive psychologist Timothy Miller, Ph.D. To facilitate *wanting what you have*, he suggests developing habits of thinking that revolve around three synergistic principles: compassion, attention, and gratitude. Compassion breaks down the illusion that any one person is any better or worse, more or less important, than any other person. Attention is the skill that enables you to live fully in the present moment. Gratitude is the intention to count your blessings every day while avoiding the belief that you need or deserve different circumstances.

As the year comes to a close, most of us reflect on what we are grateful for. Tacoma Lutheran Retirement Community is certainly on my list. I am grateful for: our residents, and their contribution to making TLRC a place to find kinship and fun; the staff, and the level of expert care and compassion they demonstrate daily; the administration, and their leadership and dedication to making TLRC a wonderful place to call home; and for the Foundation and my twenty-two fellow Trustees, and their commitment to celebrate what is good at TLRC while focusing on helping fund a continuously improving environment.

But most of all I am grateful for you, and your support that lead to Tacoma Lutheran Retirement Community being named the "Best Retirement Facility" by South Sound Magazine... again! If you are reading this issue of *The Enthusiast*, you are a valued member of TLRC's *family*. As we reflect on just the past few years, the trust and generosity of our supporters - like you - have helped the Foundation raise funds that contributed to the building of the Emerson Wellness & Clark Aquatic Center, purchased specialty vehicles to transport residents to and from medical appointments, and will vastly improve the dining experience for residents. Our supporters are, indeed, making a positive impact on all those TLRC touches. My sincerest thank-you!

What will you give thanks for this holiday season? The American playwright Thornton Wilder remarked, "We can only be said to be alive in those moments when our hearts are conscious of our treasures." On behalf of the Board of Trustees, I wish you and your family a joyous Christmas season.

Best Regards & Blessings, David Snow

If you have any comments, please call us. Ruthmarie Zimmerman, Director, TLRC Foundation 253.756.7560
Robby Lanouette, Development Specialist 253.284.7508, Nancy Caldara, Foundation Assistant 253.284.7538

Live Well at TLRC



Walk down the hallway and you will see residents going here and there. Walkers, wheelchairs, canes.....none of these slow down our residents.

Because TLRC is their home, most of the programs and services they need can be found on our campus. Residents can get their hair styled at the beauty salon, shop at the gift shop, talk about sports over coffee, check out books from the library, use the computers to e-mail friends and family, and participate in exercise and swimming classes. Residents have access to daily activities including musical entertainment, movies, karaoke, bingo, Wii parties, gardening, arts and crafts, and more.

Our team of nine Life Enrichment staff members are attentive to the needs of our residents. Residents can participate in as many or few activities as they desire.

Day trips are especially important for residents. Most of our residents don't drive. Our 14 passenger coaches take residents on drives to see the neighborhood, local destinations such as Point Defiance and the Puyallup Fair, and lunch outings. One challenge we encounter is our lack of volunteers to drive the vans (no special license required). If you are interested in learning to drive a TLRC van for these local outings, your help would be greatly appreciated.

Pet therapy is also important to our residents. Our pet therapy program includes two dogs: Rusty in the Health Center and Oso in the Assisted Living. We also have cats, cockatiels, chinchillas, and fish. The animals bring great joy to the residents. Many residents have "adopted" them as their own.

With all of these activities, plus gardening and special parties, Life Enrichment is helping to provide residents with quality activities and quality life.

If you would like to donate to the Resident Activities Fund or for information about volunteering, please contact the TLRC Foundation at 253.756.7560 or donate on-line at www.tacomalutheran.org.

Donor Profile

SIDNEY AND HELEN BATES



To everything there is a season, and a time to every purpose under heaven. Ecclesiastes 3:1

Helen Bate's relationship with Tacoma Lutheran Retirement Community dates back many years. All the way back to 1938 in fact. It was in 1938 that Helen's oldest sister, Christine Thoren and her husband Vincent founded and directed what has now become Tacoma Lutheran Retirement Community. What began with 17 residents on the hill in Puyallup has grown to our current campus where we provide care for 400 seniors every day.

As a member of First Lutheran Church, Helen has maintained a close connection to TLRC. She served on the board of First Lutheran and was involved in both the affairs of the church and TLRC. Her quick wit and sharp memory (even at 93) make her a great story teller and she can recall events in great detail.

Sidney worked at Tacoma Boat for 25 years. He still loves to work with his hands, and in his retirement has built a wide variety of items, including a church lectern, office furniture, rocking horses, and more. He is a hard worker and loves to help others, even at 98 years old!

Sidney and Helen have a deep admiration for TLRC. They have had many friends and family live at TLRC over the years, including one of Helen's sisters and her niece. They have regularly supported TLRC by taking out several Charitable Gift Annuities, belonging to the Heritage Society (including TLRC in their will), and by donating to campaigns over the years.

If you ever meet Sidney and Helen, you will never forget them. We appreciate their many years of support of the residents of TLRC. They are true friends. Thank you!

For more information on how you can be part of the Enthusiast Club, (\$300 or more annually) please call 253.756.7560 or donate on-line at www.tacomalutheran.org.



Cathy Kostelecky

'Tis the Season: Giving More Through Life Insurance



For many people, the holidays bring a strong impulse to do something more than just the usual gift giving to family and friends. There is a way to provide a significant charitable gift that doesn't require an individual to have a six-figure income: The Gift of Life Insurance.

A life insurance gift is simple. The insured can name the charity as his or her beneficiary, meaning the charity receives the contract's death benefit at the donor's death.

Another option is to irrevocably name the charitable organization as owner (and 100 percent beneficiary) of the contract. Upon transfer of ownership, the donor continues to pay all premiums. This gift may allow the donor to receive a current income tax deduction.

Whether a person donates an existing contract or starts a new one to fund a charitable project, life insurance offers a unique way to leverage relatively modest annual payments into a sizable charitable gift. During this season of gift giving, don't forget to consider giving a charitable gift. Through life insurance, many people can give a larger gift to charity than they thought possible.

For a financial checkup or to discuss how Thrivent Financial can help you achieve your financial goals, contact Cathy Kostelecky, FIC, at 253.445.2423. x 209 or Cathy.kostelecky@thrivent.com today, or visit thrivent.com

Planned Giving

ETHICAL WILL



Sara Elward, KCTS, Ethical Will Presenter

Your Testament

So often we focus on creating a will. But our lives add up to more than just accumulated financial assets and possessions. That is why an ethical will is a valuable tool for us to pass on to our heirs. An ethical will allows you to pass on your thoughts, feelings, stories, and wisdom to those you most want to share with....a legacy.

Because it's not a legal document, an ethical will works in conjunction with your will: "Last Will and Testament." An ethical will has no formal guidelines; it can be short or long; it can be written, videotaped, or recorded. It is a testimony of your life and the reason for your choices.

To get you started, here is an example of an ethical will: Dear Family, As you know, I have always had a passion for the aging population. I appreciate all they have done to make our family, nation, and community strong... etc. Therefore, I have left 20% of my estate to TLRC and the remaining 80% equally to you, my four children. My life has been extremely blessed and I have felt fulfilled. My many travels have allowed me to see the world and has brought me great joy. Seeing the world helped to shape my views...etc. I love you very much.

If you would like more information on ethical wills, contact the TLRC Foundation at 253.756.7560.

Donor Events

CAREGIVER YOU



Valuable Training for Caregivers

Caregivers are hard working individuals who serve their loved ones selflessly. We understand it can be difficult, and designed Caregiver YOU to support the community.

Our Caregiver classes were so successful last spring that we will be offering them coming up in the spring of 2011. Newly designed and updated, caregivers will be sure to feel encouraged and educated.

We are partnering with Sound Options to offer these free classes to the community on February 5, March 5, and April 2. Classes are from 10 am to noon, and topics include planning ahead, finding and using resources, communication and family dynamics, self care for the caregiver, dementia and chronic illness, and financial planning. Brunch is included and our dining department is fantastic!

If you are interested in attending these classes, please RSVP to the TLRC Foundation at 253.284.7538.

Our Annual Dinner and Auction Gala was another huge success!

On November 6th over 560 residents, family members, staff, business and community leaders gathered at the Greater Tacoma Convention and Trade Center to support TLRC and our Redesigning Dining Campaign.

Attendees were greeted at the spectacular event with over 200 silent auction items, photographers, stilt walkers, and a host of unique characters. At 7:00 three characters blowing conch shells signaled the end of the silent auction and the ballroom doors opened for dinner!

Guests were eager to discover who the surprise entertainment would be. During dinner one of the "waiters" stepped onto the stage and informed the audience that he had been given a tip to sing a short aria. As the audience watched in amazement at the magnificent voice of this "waiter," a second "waiter" declared he had also received a tip to sing an aria. The two "waiters" began dueling musically, and quickly the audience discovered these were no ordinary waiters. A third "waiter" appeared, and the audience was treated to several beautiful operatic songs by the "The Three Waiters." The mystery was revealed, and all enjoyed the musical talent the entertainment displayed.

Auctioneer Ken Carson, the voice of the Seahawks and Sounders, then facilitated the live auction. We auctioned off trips, cruises, Seahawk tickets, catered dinners, and much more. Many stayed for the After Party and danced to the music of Daryl and the Diptones. All had a great time!

We are grateful for the widespread support for another successful event. The proceeds will help to update the dining experience for our residents. Meal time is an especially important social time for our residents, and residents look forward to the much needed updating of the dining rooms. On behalf of our Board of Trustees, residents, and staff, thank you for your generosity.

P.S. Mark your calendar as you won't want to miss next year's event on November 5, 2011.

