Inspire Positive Aging Awards LunchIN 2020

Recognizing The Contributions Of Older Adults Whose Lives Inspire

Advocacy + Activism  Health + Wellness
Community Service  Lifelong Learning
Defining Inspiration  Intergenerational Impact
Thank You to All Nominees and Nominators
Monique Ming Laven of KIRO 7 volunteers for Sound Generations through our Volunteer Transportation Program, where she drives older adults to and from their healthcare appointments. She finds joy in interacting with our clients who share their wisdom with her.
COMMUNITY SERVICE
CAROL SANDOVAL, 72

A dedication that goes above and beyond is how Carol’s volunteer efforts are described. Having volunteered for the Meals on Wheels program for 9 years now, she handles office tasks, assists with the coordination of the program, helps train new volunteers and calls participants for their weekly meal order. Carol was recently chosen to be part of the Burien Home Service Commission, where she advocates for the needs of the residents and ensure the elderly are included. Her actions show her passion and care for Meals on Wheels and the program participants. Carol is actively involved in her community and is a blessing to all who are fortunate to know her.

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Chris is a dedicated and charismatic Park Ranger at the National Park Service’s Klondike Gold Rush National Historical Park. He does what no book or website can do – helps all ages learn the history of Pioneer Square through his captivating storytelling. His rich knowledge of the city, with a deliver that tugs on the emotions and feelings of those who participate on his guided tours is enjoyed by folks who go on the Trail to Treasure tours. Chris is the personification of the Trail to Treasure program mission to provide an interpretive, historic trail through Pioneer Square to foster community and enrich the lives of residents and visitors. Chris is committed to public service and has inspired others to follow the same path.

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COMMUNITY SERVICE
DENISE CRUTCHFIELD, 62

Community oriented is a word that best describes Denise. She has volunteered at Sno-Valley Senior Center for Pie & Cake auctions, but recently transitioned to making take out lunches for seniors as a response to the COVID-19 pandemic. Denise has inspired her granddaughter and other teenagers to volunteer at Senior Centers. Through her commitment, many of her peers have found themselves wanting to volunteer on committees to serve the community.

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Currently battling COVID-19 and winning, this fighter has been a long-time advocate for others. Diane has a track record for aiding seniors who have been taken advantage of or a marginalized person who has been limited in some capacity. She volunteers as a receptionist for the West Seattle Senior Center, where she’s given sound advice and has been a listening ear for those who need it. Diane hosted a moonshine making party at her senior living apartments and invited a few folks from different generations to make holiday drink gifts last year. She is a woman of action and she is also a very kind person. Diane checks in on you and helps you build your confidence. She is known to be funny and stylish and bold and honest.

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Advocacy and Activism are linked arm-in-arm and give a voice to your passion. Voice can be the literal verbal expression of thoughts, ideas and arguments but it can also be reflected in our actions. It is the volunteer who spends an hour everyday reading books at an elementary school. It is the volunteer who packs boxes of food for families in need. It is the volunteer who hosts a house party to share information about the challenges local immigrants face. It is the volunteer who visits Olympia to share their story with state legislators. It is the volunteer who takes the time to follow an issue and then pens a letter to the editor of their local newspaper. It is the small acts of kindness and compassion which are the mightiest forms of advocacy.

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Dori is energetic, aging her way and nothing short of inspiring. She leads by example by living her life by her words and demonstrating what it means to age positively. Whether it’s climbing Mount Kilimanjaro, or participating in the Womxn’s March with her friends, both young and old, Dori lives life to the fullest. She spends a good deal of her time speaking about aging and hosting presentations designed to shift how we thinking about aging and our older neighbors. Through use of humor and personal stories, Dori teaches that your older years don’t have to be molded by preconceived ideas about aging. Through Wisdom Cafés she ignites conversations about aging, even delving into topics that we usually don't discuss when it comes to older adults.
Doug’s heart beats for the arts. He is the residential manager of the Tashiro Kaplan Artists Lofts (The TK) and a pillar in the community he serves. He serves the Pioneer Square Arts community in two capacities: as an artist and as a support person for artists and their families. Doug is a long term artist; as a photographer and much lauded picture editor, he has devoted his 30 plus year career in the arts to documenting the moments of people of all ages. His career began with an internship at The Village Voice in New York City, in the late seventies and was destined to evolve into a celebration of life. Doug’s dedication to community building, photography and support of the TK artists has been an inspiration.

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COMMUNITY SERVICE
HARRY & CLARADELL SHEDD, 84

Harry and Claradell show that age has no boundary when it comes to being engaged in the community and giving back. Through countless organizations, they spread their love, give their time, talents and treasures back to the community selflessly. The Shedd’s lead by example and inspire the community contribute to the worlds work because the joy of service is invaluable and teaching younger generations adds value to the community. Harry Chairs the Citizens for Sammamish (CFS) civic group. Presenting city issues to the community and allows them to further engage in what’s going on locally. Claradell has serves on the Sammamish Arts Commission. She has been instrumental in many art projects around Sammamish, but most notably has single-handedly taken her passion for our city’s history and wrapped utility boxes around Sammamish with historically notable people and places.

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LIFELONG LEARNING
ISMAIL MOHAMMAD, 61

Ismail is considered an inspirational leader because he never let his age limit his education. At the age of 49, he earned his Bachelor’s Degree from the University of Washington in 2008. In 2010, at the age of fifty-one, he completed his Master’s in Public Administration from the University of Washington. There was a time when Ismail felt overwhelmed with school and providing for his family, but after speaking with his wife and son about the matter, he knew quitting was not an option because he was setting an example for his children. He said that your age should not define your decisions. Ismail says, “Learning never stops. You cannot just be involved in education; you must be engaged in learning.” He inspires us all never to give up, and age is just a number.

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LIFELONG LEARNING
JACQUELINE COOK, 80

Jaqueline’s persistence and tenacity has been inspiring to those she has worked with. That determination was evident when even cancer wasn’t a match for her. Not only does she teach free tech classes, but she is one of four tech support people at Northaven. Jacquie inspires people through her generosity and good nature. She volunteers with the Lake Forest Park/ Shoreline Senior Center as a teacher. “I enjoy it and I believe if you have a talent, you need to share it.”

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Age has not held Jan back. Over the years, she’s led her sorority’s philanthropy efforts, girl scout troops, and PTAs in K-12 schools. She’s been a servant leader at home, church and around the globe. After being involved with “Water in Africa Through Everyday Responsiveness” that put water wells in villages in Ghana, she co-founded Water Access Now to continue those efforts. Her relief efforts raised more than $1.7 million and built over 150 wells, schools and toilets. Jan’s faith and service in action give young people a prime example of the tireless efforts of an older generation to make the world a better place.
DEFINING INSPIRATION
JESSIE STRAUSS, 82

Jessie is a life changer and leader not just in her own community, but around the
world as well. Considerate, forward thinking, vibrant and always fun are words that
best describe her. She takes leading by example to a new level as she has led 40 in-
ternational Habitat for Humanity trips and 5 Habitat trips in the United States. Jessie is
invaluable to everyone who comes in contact with her. She is a wonderful listener, the
type of friend everyone wishes they had and has a special way of being inclusive and
creates community anywhere. Jessie takes great care of herself and stays active so
that she can show how to age gracefully and continue to support her community in
any way she can!

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Inspiration can come from so many places. We celebrate all life journeys and the occasions that make us take time to celebrate the large and small victories we encounter along the way. As they say beauty and inspiration is in the eyes of the beholder.

Biella Foundation applauds the work that you do to make our community a more inspiring place to live, thrive, and age with grace.
Known as “the glue,” John has made the Arrowhead Gardens a great place to live for close to 500 seniors. While living there, he volunteered in so many ways. He has done odd jobs for residents such as helping residents move, fixing computer problems, restoring family photographs, and creating posters for the Arrowhead Gardens social calendar, among other things. Prior to living at Arrowhead, his volunteer work since the 1970s has included answering the phones at the Seattle Crisis Clinic for five years and fundraising for the PAWS animal shelter in Lynnwood. John regularly takes photos of the seniors having fun at social events and has also driven residents to Beverly Park Elementary School to tutor 2nd graders in reading.

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DEFINING INSPIRATION
JOYCE CHAMBERS, 60

Joyce has a positive attitude and a presence that cheers up the people around her. She has the gift of being funny and making people around her happy. Although she’s in a wheelchair, she never lets her disability limit her. She drives all over in her accessible van assisting others. She deals with challenges with grace and humor and inspires other to do and be more. Joyce exemplifies the mission of the Sno-Valley Senior Center by being supportive, inspiring and empowering seniors to lead healthy, enriched lives. She is a dedicated volunteer who has worked as a receptionist and store cashier at the Sno-Valley Senior Center and is very committed to the senior center and its mission.

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COMMUNITY SERVICE
KEVIN CRUTCHFIELD, 65

Active and community minded are the words that best describe Kevin. He has been instrumental in the operations and support of Valley 104.9 FM. He stands in as a hands-on board engineer at times, takes care of the social media, keeps the broadcast equipment functional. He participates in the fundraising, management and policy setting of the radio station as well. Kevin is a supporter of local business and makes sure that the Sno-Valley community is thriving. He helps out the Sno-Valley Senior Center with everything from serving lunch to installing new locks and doors. Kevin is a positive influence and an excellent example of how aging doesn’t have to diminish learning and knowledge of technology.

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Learning something new on a daily basis and sharing it with others is one thing that Lou Annie is known for. She works in a variety of ministries at her church and is an inspiration to everyone she encounters. Age doesn’t hold Lou Annie back because she sees it as just a number and not a major factor. She currently serves on the program committee for the ushers in Seattle, as well as the education department, literature department and was a teacher with the School of Ushering. Her positive spirit is very apparent by her application, experience, knowledge and good judgement.

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COMMUNITY SERVICE
MOHAN KHANDEKAR, 77

Retirement gave Mohan the ability to take his passion for volunteering to new heights. He is an active volunteer and spends 20-22 hours per week in these various activities. Mohan has been a lead volunteer at Northshore Senior Center, an Information Resource Person for SeaTac, an assistant badminton coach at Kirkland Middle School and Lake Washington High School, is a board member for the Kenmore Community Club, is the audio/video/still photography and graphics resource chief for India Association of Western Washington, and works with children at the Seattle Art Museum in the “Youth and Family Programs.” His enthusiasm and good cheer makes him a living example of a person who has aged well and inspires others to do the same.

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Inspirational and patient are words that are used to describe Nick. At almost 70 years old, he is very tech savvy and has helped Lake City Senior Center with troubleshooting and their scanning system. Nick has changed people’s view on aging because of his continuous interest in learning. He shows others that aging doesn't always mean losing volunteer opportunities but instead being able to volunteer and give back to your community through their strengths.

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After 35 years as a professor of computer science at the University of Washington, Richard wanted to move from theory to impact. Growing up the hearing son of two deaf parents, he combined his expertise in computers and technology with an innate understanding of the needs and wants of people with disabilities. Richard is developing accessible technologies for disabled people. He has worked with graduate students to create a prototype he calls MobileASL, which gives access to U.S. wireless networks so that deaf people can have two-way sign language conversations. His research demonstrates his own passion for lifelong learning, and commitment to a life of learning in the blind and deaf communities.

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Known to some as simply just “Pastor Bob,” Reverend Dr. Robert Nicholson is said to be a wonderful and inspiring person. At the age of 88, he is a role model for healthy aging. He still drives, travels around the country, makes time to invest in all his relationships and is a truly loving people. Pastor Bob is passionate about fostering intergenerational relationships and collaborations. Prior to COVID-19, he was working with others to launch a monthly series called the “8 Generations Dinner” – inviting one person from each decade between the 1920s to the 1990s. Planned to be hosted at his assisted living community, this dinner would be co-facilitated by him and would create a space for greater understanding and new friendships to form over dinner.

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Rosie has a passion for fitness and is a phenomenal trainer. Her high intensity strength and cardio classes at Seattle Fitness are engaging for all ages. Word around the gym is that her classes are inspiring and motivating. Rosie's positive attitude, comprehensive understanding of fitness techniques, and her passion for accessible health for all and wellness activities has been an inspiration to everyone who comes into contact with her.

At Kaiser Permanente, the heart of our work is our mission: to provide high-quality, affordable health care services and to improve the health of our members and our communities. It’s also driven by our heritage of prevention and our conviction that good health is a fundamental right.

In our quest to improve the health of the communities we serve, we put collaboration at the heart of our efforts to advance health equity and achieve lasting change. Today, we are happy to recognize the Health and Wellness recipients who are transforming our communities through total health – thank you!
INTERGENERATIONAL IMPACT
SADRU KACHRA, 79

Having grown up in Kenya and seeing the living condition of those around him, he spent his whole life giving his to others to better their quality of life. One of his favorite projects, which he says was "heartwarming and satisfying" was building two extra classrooms to a one-room school. Now that he lives in Washington, Sadru continues to spend his time volunteering at the library and the senior center. His passion to serve others, even at the age of almost 80, motivates and encourages both me and many other people in my community to give to all the people around us. Sadru teaches the youth in my community to expand their knowledge outside of school, to go to college, and to volunteer throughout their professional lives.

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COMMUNITY SERVICE
SHAIDA ADATIA, 61

Shaida has an optimistic outlook and positive energy that is inspiring to others. "There's so much one can do from home," she says. She has been told that she is an "energized battery" due to her positive spirit, and says that she has not thought about slowing down as she ages, taking life as it comes and enjoying the fact that she still has strength and energy in life. Shaida enjoys interacting with and serving the community through event planning, food preparation, and fundraisers. She has shown her community that getting older is not only an opportunity to gain more knowledge and experience, but is also an opportunity to build connections with more of the community and be able to gain their trust and help them during difficulty.

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Shelmina uses her positive energy and dedication for the betterment of her community and inspires others to make a difference through her passion. Her inspiration lies not only in her actions, but in the difference she’s made in the lives of others. She took her passion in these speeches to an organization called Girl Up. Here, as a leader of the advisory board, she created leadership programs worldwide. She took initiative to empower girls and women on developing leadership skills specifically for the movement for gender equality. This influenced many peers and younger generations to think positively about getting older by looking at the impact Shelmina was making and how much good she was doing for the world.

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A former teacher in Tanzania, Shirin continues to mentor and inspire everyone she meets. She brightens the days of the residents she visits at the Skilled Nursing and Assisted Living department of Emerald Heights, where she also volunteered to make masks to protect them against Coronavirus. She volunteered at the Fitness Center where the Fitness Exam is done twice a year, cheering for the athletes and welcoming the spectators. Shirin worked for the South East Asia Operational Department to work on Urban Projects in Korea, Malaysia, Philippines and Thailand. Her enthusiasm in her work is evident with the stories she shares and the lifelong friendships she has made. She has dedicated her life to helping others, and it’s truly inspiring.

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COMMUNITY SERVICE
TOM POE, 89

In October 2003, Tom found purpose and fulfillment after the loss of his wife. Affectionately known as “Grandpa,” he brings candy and genuine happiness to the young cancer patients at Seattle Cancer Care Center and knows everyone by name. Full of joy that he shares wherever he goes, Tom loves on the children for their entire journey through cancer; often for several years. His life motto is, “Be happy and help everyone else feel better.” He also says, "No money or financial compensation is worth the joy of the smiles on their faces." Tom is an inspiration to people of all ages.

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Trudy has dedicated years coming to understand death and grief in new and deeper ways. From 1989 to 2007, she has directed programs for AIDS CareTeam, Cancer Care Alliance and has served over 500 men and women CarePartners with AIDS. Trudy is a credentialed interfaith chaplain and owner of a small business called Heartwork. At age 76, she tried her hand at documentary filmmaking and created Speaking of Dying which coincides with her end-of-life planning sessions, annual retreats and Grief, Loss and the Holidays presentation. Trudy says that getting older is a privilege and that her life is better than ever at 82. In her yoga class, her commitment to mind, body, heart and spirit wholeness shows others what is possible for aging.

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DEFINING INSPIRATION
VAL BRUSTAD, 73

Val leads a life that makes you think of aging in terms of impact rather than years. Having been a caretaker for his mother who had Alzheimer’s, he supported his wife who was an Alzheimer’s Association support group facilitator. After Val’s wife passed away unexpectedly, he stepped up and trained to continue the group in her honor. His sense of aging is communicated in terms of being part of a community and making sure that no one is left alone. Each person involved in the support group can attest to how Val's words, his vulnerability, his wisdom has shaped their perspective to the disease, caregiving and grief. It is this influence and ability to leave a mark, that inspires those around him to be more forgiving to themselves, get up, and fight another day.

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Mission
We support people on their aging journey through community connections and accessible services.

Vision
We envision a just society where aging adults and those who care about them can live their best lives in a supportive and caring community.

Inspired?
Share photos and how you’ve been inspired by today’s program. Don’t forget to tag us and tell a friend!

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