

ST. LAURENT

Gazette

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BACK TO SCHOOL SPECIAL

A few years ago, Nancy Hanover decided to leave Binghamton, NY, where she taught Latin for 38 years, to return to her hometown of Asheville, NC. The story, which was reported in The New York Times, did not cite the return to friends or family as Ms. Hanover's main impetus to retire to the mountains of her North Carolina hometown. Rather, the article, entitled "Older Students Bring New Life to Campuses," reported that Ms. Hanover came home in order to take advantage of a newly created program at the University of North Carolina at Asheville that enabled her to audit college courses for a nominal registration fee.

"All those years I taught," Ms. Hanover said, "I took classes that I had to take, but I could never take classes that I wanted to take. There are so many things I don't know."

About the time that Ms. Hanover went back to college, the newly-formed University of Washington, Bothell campus, introduced an identical audit program for seniors called Access. The program was new to Bothell, but had been going strong at the University of Washington, Seattle campus since the 1970s.

University of Washington Bothell Offers Retirees an Educational Opportunity That Can't Be Beat

Today, according to a Wall Street Journal article entitled "More Senior Citizens Audit College Courses", there is a program like Access in almost every major public university in the United States.



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It is simple to take advantage of the Access program at UW Bothell. According to Pamela Lundquist, Assistant Registrar, the program is available to anyone over the age of 60. Access students may audit up to two courses a quarter for a \$5.00 registration fee. While auditing students do not take tests or submit papers, they are welcome to participate in discussion, which marks UW Bothell as unique from many similar programs nationwide.

"Professors who have hosted Access students speak highly of the ways in which the students enrich class discussion with their depth of life experience," says Ms. Lundquist.

This New Year, take a chance and enroll at UW Bothell for that college course you always wanted to take. You may be pleasantly surprised not just by what you take away from class, but what you bring to it as well.

To learn more about Access at UW Bothell, visit <http://www.bothell.washington.edu/students/registration> or call the office of the registrar at 425.352.5000.

Take It or Leave It? Five Tips to Help De-stress the Downsizing Process

As you consider a new, inspired life of retirement at Chateau St. Laurent, one of your New Year's resolutions may be the streamlining and downsizing of your personal possessions.

Enter Stan and Mary Watkins. Four years ago, the Watkins decided to start a small business. They asked themselves what they were best at, and the answer seemed obvious. As former missionaries who traveled all over the world, the Watkins had mastered the fine art of streamlining and simplifying the moving process. In 2003, they opened Total Transitions in Bothell, which serves to manage all aspects of a retiree's downsizing and move.

What follows are some of Stan's tips for simplifying the "stuff" that clutters your home, to prepare you for taking that next big step in life with less stress and more comfort.

1) Give yourself plenty of time and don't try to do it all at once

Allow enough time to recall memories, share stories with family and friends and shed tears if needed. This is not a process that can be rushed at any age. Set a timer; work efficiently for your allotted time; then go on about your normal life. Some things are too time consuming to do in the midst of a move, such as organizing your family pictures.

2) Have a sorting plan

Here are suggested categories:

- Items you will keep with you as you move forward
- Items you would like to pass on to family or friends
- Items which you would like to give away to charity
- Items you would like to sell
- Items which you would like to throw away

3) Sort in place

Move things from shelf to shelf, drawer to drawer, one side of the closet to the

other in order to accomplish your sorting. In this way you keep the things you are retaining in their place, and avoid piles of things on your floor, your table, your bed, which you must put away later.

4) Begin in the areas of the home that you use least

Start by tackling the attic, basement, garage or back bedroom. This will be least disruptive to your current life. Also, these areas often contain many items which won't be missed when set aside for family and friends, charity, or disposal.

5) Remember, your goal is to simplify your life

You don't need to get rid of everything, but most people have accumulated more than they really need. Keep those items which are useful, which you use on a regular basis, which give you a feeling of home, or which provide pleasant memories. Cheerfully release the rest. You will be surprised how wonderful a simplified life can be.

Learn more about Total Transitions and other members of the National Association of Senior Move Managers by going to www.nasmm.com.



Chris' Corner

EMBRACE THE PAST
TO EMBRACE THE FUTURE

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In this New Year's issue of The Gazette, we explore several themes for enriching our lives this year. Whether you're considering auditing a few college courses, or taking steps to downsize your possessions in anticipation of a move to a vibrant retirement community like Chateau St. Laurent, I hope you found these articles interesting and thought-provoking.

I recall the most difficult move I've ever made. It was the move from Denver to Seattle for a job opportunity I didn't feel I could afford to turn down. I knew it was a move I wanted to make but that didn't make leaving easy. I knew I would make new friends and find a neighborhood of friendly people. The most difficult thing was leaving a home of twenty-two years and a daughter who had three months of high school remaining.

It was hard to start the process of packing up my home but a very dear friend came to my house one day with boxes and helped me begin. It was important to me to pack up the house myself and give the walls a fresh coat of paint. Those walls had witnessed all the laughter, the arguments, the dinners, my daughter's sleepovers, the guests, and the parties. I was indebted to these walls for what they had provided us.

I also needed time to prepare myself for the next phase of my life and grieve the life I was leaving behind. After the house was packed up, I pulled out the paint and with roller in hand, I tearfully made the inside sparkle. It was exhausting but I knew if I did this move thoughtfully, it would be a good move; the right move and I wouldn't look back in regret.

When I turned the key for the last time and said goodbye, there were no more tears. I was ready to embrace the next phase of my life in Sunset Magazine territory, all the while giving thanks for these extraordinary twenty-two years.

May you have a happy and rewarding 2008!

Chris Serold

Chris Serold,
Community Relations



In other fresh news for the New Year, I'm delighted to introduce you to the newest member of our Chateau St. Laurent team. Everett Butler joined us as our Associate Community Relations Director just before the holidays. Everett will be working closely with me on community outreach, as well as interfacing directly with residents as he coordinates move-ins and helps ensure apartment finishes are as ordered. Please join me in welcoming him to the Chateau team.

A Place For You – Steve's Cafe

Meet Marlene and Steve Hofer, owners of charming Steve's Café on Mainstreet in downtown Bothell for the last 10 years. We are delighted to have Marlene as a favorite lunch chef at Chateau at Bothell Landing and eventually, Chateau St. Laurent. On weekends, she helps her husband Steve with his renowned breakfasts at their café, about five-minutes' walk from the Chateau. They are known to serve up the best biscuits and gravy in town, and are one of the few local cafes that brew their own espresso!

Marlene and Steve describe Bothell as the kind of town that actively supports its local businesses, and where neighbors greet each other on the street. They both love making their life and livelihood in Bothell, and welcome inquiries and visits to their café. Don't forget to try Steve's famous Reuben sandwich and coleslaw while you're there.



Famous for Biscuits & Gravy,
Reubens & Coleslaw: Marlene &
Steve Hofer at a booth in their café.

Bothell is the kind of place where neighbors greet each other in the street: Sidewalk view of 10-year old Steve's Café from Main street.

