

A RESOURCE GUIDE FOR YOUR GENERATION

JULY / AUG. 2013  
VOL. 9 ISSUE 3

# LIVING WELL *50 Plus*

ENTERTAINMENT • HEALTH • LIFESTYLE



## red hat society



5



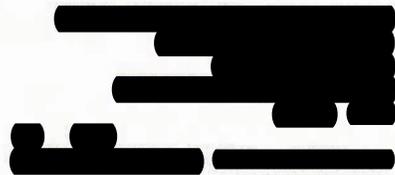
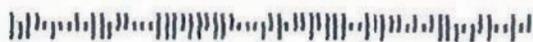
10



32

Sisterhood encourages members to get the most out of life

Also: *A Look Inside*  
LIFE AT THE LAFAYETTE



Presort STD  
US Postage PAID  
Permit #21  
Freeport OH

2657

# TRAVEL

## Going Green in Seattle

City is one of the most environmentally conscious in the country



by Jan Ross,  
Staff Writer

On our recent visit to Seattle, Wash., we were astonished to learn that the roof of the Hyatt at Olive 8 hotel is made entirely of fresh, green, growing grass. It's not the only green rooftop in Seattle, one of the most environmentally conscious cities in the United States, but it's one of the largest at 8,355 square feet. In a city that prides itself on being "green," the Hyatt at Olive 8 is the only LEED (Leadership in Energy and Environmental Design) hotel because of its achievements in energy reduction, sustainable building practices and use of renewable energy.

The hotel is focused on saving the environment in many ways, but it's also a lovely, luxurious and airy property with a beautiful, modern lobby. Because we were writing about the property, the hotel kindly placed us in its largest room – the 1,600-square-foot Presidential Suite. Sprawled on a top floor in a corner of the building, the suite has

windows all around that overlook every possible view of the city. It also has a full kitchen, dining room, living room, office complete with a computer, bedroom and two bathrooms. Needless to say, we were extremely comfortable during our stay.

Seattle is also focused on its culinary offerings, and we experienced some of the local, organic, farm-to-table concepts when we ate. We spent an afternoon on a culinary tour with Savor Seattle. Following our charming, friendly and knowledgeable guide, we started at Yellow Leaf Cupcake, where we ate a swoon-worthy Pancakes 'n' Bacon cupcake, and made our way through offerings as diverse as freshly made pizza from Serious Pie and locally produced brews at the Pike Brewing Company. It was the perfect introduction to the local restaurant experience.

Next, we delved more deeply into locally created culinary delights by having lunch at Agrodolce. The casual and comfortable trattoria is hidden away in the Fremont neigh-

borhood and features handmade pasta and other delicious offerings made with organic and sustainable ingredients from the Pacific Northwest. We couldn't get enough of the freshly made, delicious bread served with olive oil and spices. After lunch, we took a walk around the neighborhood and marveled at the incredibly luxurious houseboats moored in nearby Lake Union.

After all the walking we had done, we were ready to relax, and there was no place better than the locally owned Ummelina International Day Spa. The owners have traveled around the world to find organic and healthy ingredients to combine in a variety of treatments designed to be completely relaxing. They offer a variety of "journeys" that might include muds, salts, oils and herbs gathered from all over the globe. In addition, they have

a Tea Salon where they offer a wide variety of unique and organic herbal teas that can be blended into the perfect combination for an individual experience.

Seattle was the perfect place to enjoy a complete "green" adventure.

