



Fall
2015 Edition



United Friends Group Homes

United Friends empowers people with developmental disabilities to enjoy quality lives and experience the best of home, health, family and community

UFGH's Annual Picnic/BBQ was a Tasty Success!

A beautiful, late summer afternoon was the backdrop for this UFGH annual event, held this year at Crown Hill Group Home in NW Seattle.

All our 22 Residents were in attendance in early September, arriving at Crown Hill with a taste for BBQ'd burgers and hot dogs, assorted sides and other goodies as Residents, staff and family members joined in the festivities.

Good food and lots of socializing ended with an afternoon of Karaoke craziness that had everyone singing, laughing and dancing to the Residents' favorite 60's and 70's tunes. Even Elvis was brought back to life (if only for a few Karaoke encores).



Floyd (foreground) and Russell hang out on Crown Hill's patio, awaiting hamburgers and hotdogs, fresh off the grill.



Sarah and Katie perform a Karaoke duet.



HOLIDAY TEA

Please plan to join us for a Holiday Party: tea, cookies, music, entertainment

Date: **Saturday, December 5, 2015**

Time: **1:30 to 3:00 pm**

Place: **University Christian Church, Entrance A**

4731 15th Ave.NE, Seattle WA 98105

Complimentary parking across the street



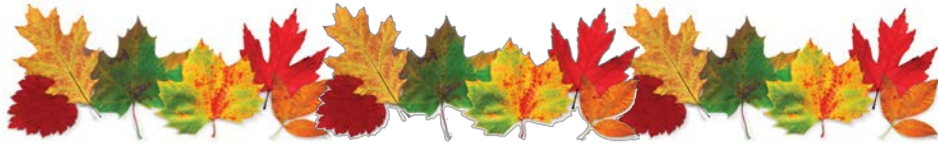
Join in Supporting
Residents of United Friends
Group Homes!

Please!

Consider a holiday donation through
PayPal by visiting our website: ufgh.org
or

Mail a personal check to UFGH, PO Box
17017, Seattle, WA 98127

**Thank you for helping continue the
great care of our special people!**



Halloween Magic

One of the best traditions for the Residents of United Friends Group Homes is the annual Halloween Party. This year, the Halloween Party was held at Beverly Park Group Home on Sunday, Oct. 25th with Residents from all three homes attending. The house was decked out with ghoulish décor from the Halloween Tree to Hector, an October mascot.

The Residents could not wait to try on new costumes, and enjoyed showing them off: a fairy, cowboy, police officer, Waldo, court jester, Unicorn, two Elvis's, and many more.

Upon entering, each guest received a mystery bag filled with surprises and a sweet treat or two. After taking a few minutes to discover all the secrets hidden in their bags, it was time to socialize. Then, from the TV room, an eerie sound was heard...*They did the mash, they did the monster mash*...Karaoke was casting a spell on residents and staff alike. There was dancing, singing and clapping along...the revelers were out in force.

After the last song was sung, after the last clap was done, the party-goers bid a fond farewell to their hosts and hit the road. All in all, it was truly a “graveyard smash” and Hector will see you all next year.

After the joint party Halloween festivities continued in each home. Staff at the Lincoln Park Home report, “we had Spiderman showing up shooting his webbing, and mysterious masked fairies spreading their magic. Two residents who went out to individual parties during the week. Then on Oct. 31, residents participated in making cupcakes, mummies, and graveyard pudding then enjoyed these treats and pizza. The residents danced to Halloween

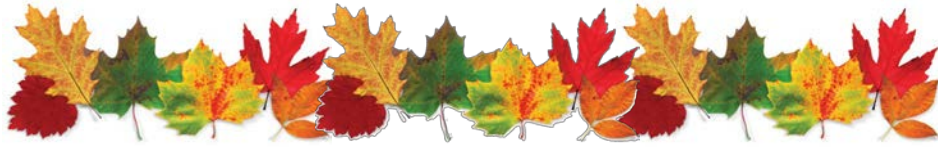
Music especially ‘The Monster Mash’ and the house was full of Halloween magic.”



The singing Nun



Sarah opts for lots of sparkle and pink for her Halloween look.



Katie practices giving a good scare for Halloween.



Mickey and a cowboy just shooting the breeze.



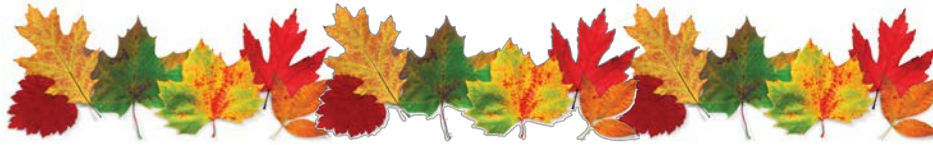
Russell answers the ever-pressing question of, "Where's Waldo?!"



Officer Porter makes sure everyone has a safe Halloween.



Cowboys and Wizards and Hector, oh my!



Volunteer Spotlight: Dan Spengler

Dan first became involved with United Friends when his neighbor, Ray Fletcher, asked him to be on the Board. As Dan spent more time at our Lincoln Park home, assisting with maintenance needs and otherwise helping out as best he could, he began to get to know the Residents. The Residents touched his heart with their genuine happiness to see him when he came to visit. Dan always felt that if his visit made them smile, it was worth his time to visit. He has talked about how he felt he could understand what they were saying to him, even if most folks could not.

Dan also became a member of the Human Rights Committee. Through this work, he began to understand some of the Residents' challenges and goals on individual levels. This knowledge made him care for the Residents even more.

Dan has dedicated his volunteer life to United Friends, as he believes the vulnerability of the Residents need as many folks looking after their welfare as possible. He has always told those closest to him that the Residents give him more with a smile when they see him, than he can ever give them. Perhaps that's why he has continued to work on the Board even after Ray is no longer there. He cares for the Residents with all his heart.



Dan Spengler & Buster

Newsletter by Email?

To help us reduce expenses, as well as clutter in your mail box, we are now offering the opportunity to receive our newsletter by email rather than regular mail. However we will still do a printed newsletter and you are welcome to stay on our list for mailed newsletters.

If you prefer email newsletters OR if you prefer no more newsletter from us, just email Sally Tomson, the volunteer who keeps our data base up-to-date: sally.tomson@gmail.com and tell her your preference!

Did you know??

You can find more information about United Friends and also make a tax deductible donation through PayPal by visiting our website at:

ufgh.org

or

unitedfriendsgrouphomes.org

And ThankYou!

UFGH is a 501(c)3 Non-Profit Organization.
All contributions are tax deductible as allowed by law.

Staff Spotlight: Shameaeann Garrett



Shameaeann began working with United Friends in August of 2006, making her the most tenured staff member at UFGH.

them rest easier and awaken more refreshed, ready to start another day's adventures.

Shameaeann has been a real anchor for the graveyard direct care shift in the home, providing LP's Residents with a sense of safety and security that helps

Thank you, Shameaeann, for all you do in providing consistent, quality care and attention to our LP Residents.



**Shameaeann
Garrett**