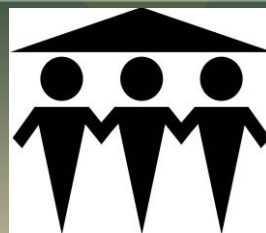


## United Friends Group Homes

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



### CLIPPED WINGS Generosity and Hospitality

United Friends Group Homes have been fortunate through the years to have the support of another organization, Clipped Wings. Clipped Wings is a national organization for former stewardess of United Airlines with a charitable purpose of supporting people with developmental disabilities.

Most recently they provided hospitality for the holiday party in December 2016, bringing delicious cookies and snacks and serving the residents, staff, and family members who attended. They are gracious, warm and cheerful and ensure a good time for all.

Plans are underway for their assistance with the Holiday Tea Party this year on December 9, 2017 from 1-3 p.m. at Lincoln Park Group Home. We invite you to join us and celebrate the

**SAVE THE DATE: DECEMBER 9, 2017**

## ANNUAL HOLIDAY TEA

**Save the date-December 9, 2017 1-3 p.m. for Holiday Tea at Lincoln Park Group Home! Songs, smiles, cookies, and refreshments await. Enter into the holiday spirit and join us.**

#### Current UFGH want list:

- Arts/Crafts supplies
- White Terry-cloth towels
- High quality tools
- Unused/unwanted gift cards
- Blankets/Throws
- Outdoor plants/bulbs to beautify each home
- Lightly used/refurbished tablets or laptop computers
- Board games/Puzzles
- G or PG Rated DVDs for house movie nights

## Lincoln Park Puts on a Great Picnic!

By Noelle Fuller, House Manager

Lincoln Park Group Home (LPGH) thoroughly enjoyed the summer as we prepared for the annual United Friends Group Homes picnic. This event took 10 weeks of planning, gathering supplies, landscaping the property, decorating for the party, and coordinating with the other two houses. It took a joint effort--the entire staff at Lincoln Park, staff and administrators from Beverly Park and Crownhill group homes, guardians, family members, residents, volunteers, and Board Members. It is only because everyone worked together that LPGH was able to host this fun-filled picnic.



LPGH has a large & spacious deck, perfect for large summer gatherings. But, the deck needed major upgrades prior to the September picnic. Our very own executive director, Rick Massey, and Health Care Coordinator, Christine O'Brien, worked for two days to resurface the deck and repaint it. Other LPGH staff, headed by Christine, cleaned, dried, and painted all the deck chairs in fun bright colors. Christine also sanded and repainted picnic tables and three benches. All the residents and LPGH staff cleaned out the flowerbeds. Then residents helped select and pot new flowers and plants. Floor supervisor, Pam and members of the morning staff headed up picnic decoration. Consequently, a smiling sun, ladybugs, dragonflies, beaded sun catchers, and welcome banner greeted picnic guests. Our residents wanted to welcome everyone to their home and express their excitement through art. Kudos to our early picnic guests who helped us finish hanging decorations, set up tables, make tissue paper flowers, and more. Thanks to them the curtain went up on time.



Later on, Rick Massey led us in karaoke, probably the residents' favorite party activity. All who attended enjoyed singing along to Elvis hits and listening to several of our resident divas. The weather was beautiful. The food was delicious. The picnic was fabulous. Many thanks to all of you, see you all next year!

After the picnic, LPGH residents enjoyed several fun community events. We traveled up to Monroe for the Evergreen State Fair and enjoyed the petting zoo, several carnival rides, fair food, music and entertainment. The animal barns were by far the most popular part of the day followed up closely by the elephant ears. Yummy! As fall arrived, we traveled to Carpinitos Brothers pumpkin stand where we picked out pumpkins, had spiced cider and enjoyed all things spooky and Halloweenie. Further Halloween high jinx included a trip to the south end social Halloween party and "Fright Night Ball", a party with all three houses. On Halloween night, LPGH continued to party. Our residents delighted in handing out candy to all the ghost and goblins that come knocking in the dark of night.

## Beverly Park

By Vonna Penalzoza, Program Director

Weekly bowling outings to Roxbury Lanes have long been a weekly highlight for Beverly Park Group Home (BPGH) residents. But, it's even more fun now that Roxbury Lanes is hosting the local Seattle Sharks Special Olympics bowling team. Every Saturday, 70 Sharks join BPGH residents for an ongoing team bowling practice. Some Sharks were familiar faces that participated with BPGH residents in last spring's track meets and practices. BPGH residents were happy to see their old teammates so Saturday practices were a rousing success. The practices led up to the regional tournament on November 4<sup>th</sup>. The tournament, held at Kenmore Lanes (in Kenmore, WA) included approximately 200 additional competitors.



We are also thrilled to introduce our new resident to you. Zander Todd joined the United Friends Group Home family when he moved to BPGH on July 5<sup>th</sup>. Zander has an incredible sense of humor and a lot of youthful energy that has been helpful in getting BPGH staff and residents out of their comfort zone. Besides a sense of humor, Zander absolutely loves people watching. Since BPGH residents love getting out into the community, Zander has ample opportunity to do so.

He enjoys "hanging out" with our group, at Roxbury Lanes, the Seattle Center or anywhere BPGH ends up on a given weekend. Zander also loves swimming and relationships. He had a great relationship with one of the employees from his previous home that has continued. The employee has made a concerted effort to visit Zander often and take him swimming; we appreciate her greatly. Zander also has a wonderful relationship with his family who supported him during his transition.

Many thanks to the Todd family for assisting

## CROWN HILL

By Patrick Anderson, Program Director

Crown Hill Group Home (CHGH) welcomed a new resident, Dylan Lindsay, in mid-July. Dylan's most recent living arrangements were with SL Start in Shoreline where he lived with his brother for quite some time. Joining us at Crown Hill where he has five brand new housemates has been a real change for Dylan. However, he is quickly adjusting. He's enjoyed numerous walks



to local parks, group and solo outings to Golden Gardens and visited Equine Aid, one of Crown Hill's favorite activities. Dylan contributes a wonderful smile, laughter, some great dance moves, a love for the outdoors, and all things Bob Marley. His youthful exuberance and enthusiasm brings a new energy to Crown Hill. We welcome Dylan to United Friends and look forward to what the future has in store.

In addition, CHGH celebrated two resident birthdays this October. Judy Madison turned 67 on October 18<sup>th</sup> and Mark Etheridge turned the big 7-0 on the 3rd. Mark celebrated with staff and residents at Crown Hill, having one of his favorite meals, fried chicken and cupcakes. His mom and sister and brother-in-law visited. They brought Mark his old Beach Boys album collection. Mark will be having "Fun, Fun, Fun" and picking up "Good Vibrations" for the rest of 2017 and into the new year. Judy, on the other hand, celebrated her birthday with friends at both Ivar's Seafood and at Shari's. At CHGH, Judy and her housemates commemorated the date with one of Judy's favorite desserts, cheesecake, which she proclaimed "Delicious!" Happy Birthday Judy and Mark!

## A message from ...Rick Massey, Exec. Dir.

As the year is coming to a close, I want to thank all everyone who donated in 2017. Whether you were a first-time giver or a long-time supporter and regardless of the amount, we appreciate your generosity. As Mahatma Gandhi said "*Generosity consists not the sum given, but the manner in which it is bestowed*". In spite of their sparring personalities and the wonderful care they give to the residents, the staff at United Friends Group Homes can't do it on their own.



So far this year, your donations have helped to:

- 1) Fix storm damage to trees/landscaping at Beverly Park.
- 2) Purchase new commercial-style dishwashers at Beverly Park and Crown Hill to meet new state requirements.
- 3) Beautify Lincoln Park's outdoor space in time for the Summer Picnic
- 4) And many other items

To install the new state-mandated high-end dishwashers at Beverly Park and Crown Hill, additional plumbing work was necessary, at a cost that exceeded \$35,000. Lincoln Park needs upgrading as well. Due to this unforeseen expense, some things that we had hoped to finance in 2017 have been delayed. An ongoing goal at both Beverly Park and Crown Hill for 2018 will be to make the entrances completely ADA approved. As the residents age, it is getting more and more difficult for them to easily enter or leave their own house. The idea of a resident tripping over a threshold as they come home or leave home is simply unthinkable and it's in our power to prevent.

Please help empower the residents of United Friends Group Homes to have the quality lives they deserve. Your donation, no matter the amount, is truly appreciated and will be put to good use. You may provide a monetary gift, with a check sent to:

UFGH, PO Box 17017, Seattle, WA 98127, or you may contribute using your credit card via PayPal.

You can easily access PayPal by clicking on the Donate icon on our website: [www.ufgh.org](http://www.ufgh.org). You can even set it up for an ongoing monthly contribution.

Don't forget these other simple ways to support UFGH just by shopping. It may not be much, but every penny helps!

● You can support UFGH while shopping online! Please consider using the Amazon Smile rewards program (designating UFGH as your preferred charity). Instead of [www.Amazon.com](http://www.Amazon.com) go to [www.smile.amazon.com](http://www.smile.amazon.com). Same great deals, and UFGH gets a percentage of your overall order.

● At Fred Meyer you can directly assist UFGH through Fred Meyer's Community Rewards Program. Just go to [www.fredmeyer.com/somcommunityrewards](http://www.fredmeyer.com/somcommunityrewards) and designate UFGH as your preferred charity. Our ID# is 86108.