

# Spotlight

Helping Hands for the Disabled, est. 1975

Spring Edition 2014

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April 15, 2014

## Our Sincerest Apologies...



In our Winter 2013 newsletter, we made a very big mistake. We failed to include one of our most generous donors in our donor list! We received a \$5,000 grant from Eastside Community Aid Thrift Store ("ECA") in 2013 which was used to help defray expenses for a very costly sewer repair emergency project at our Trail House property.

ECA, a non-profit organization itself, has supported Helping Hands for the Disabled for more than 20 years with generous grants each year to fund our many needs. The fabulous ECA team regularly volunteers at our events and they are regular attendees at our annual auction.

We cannot say enough about this amazing organization. ECA not only supports Helping Hands, they support several other very worth organizations every year. Please check out their website at [www.ecathriftshop.org](http://www.ecathriftshop.org) to learn more about ECA and the many benefits they provide to our community.

Their thrift store in Totem Lake is filled to the brim with treasures and friendly faces – we are truly grateful for all they do for us!

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## Mission Statement

THE MISSION of Helping Hands for the Disabled is to support people with developmental disabilities in achieving their potential, building their self esteem, and enhancing their community involvement. To accomplish this, we commit our energy and resources to developing and maintaining residences and a continuum of program services to meet their needs.



# From the Executive Director

I hope that 2014 is going well for you! HHD continues to struggle as a non-profit, but we have had some good news. One of our residents was finally able to return home after spending more than six months in the hospital - we are so glad to have him back in our care, where he belongs. We recently learned that on July 1, the hourly "benchmark rate" - which is the rate at which the State reimburses HHD for our services, is increasing by \$0.30. While this is very good news, we are still well below the benchmark rate from 2008, which was cut and then cut again. The current benchmark rate is \$15.78, and will increase to \$16.08 - from this amount, we must pay our employee's wages, medical, dental and life benefits, payroll taxes and all overhead costs. It goes without saying that if the \$15.00/hour minimum wage passes, we will be at a significant disadvantage in the workforce.

Please see the article on page 3 about the 2014 GiveBIG event. This will be our third year to participate in the Seattle Foundation's GiveBIG fundraising effort. Each year has been a great success for HHD, and we are looking forward to 2014 being even more successful than 2013 and 2012. On Tuesday, May 6, please consider logging on to [www.seattlefoundation.org/npos/Pages/HelpingHandsfortheDisabled.aspx?bv=nposearch](http://www.seattlefoundation.org/npos/Pages/HelpingHandsfortheDisabled.aspx?bv=nposearch) to make a donation to Helping Hands for the Disabled. This donation will then be stretched by a pool of funds from many generous donors. It's an exciting way to support local nonprofits, and we hope you will consider participating!

We are busy planning another fun event! In 2012, we had the Comedy Spectacucar event at Tefft Cellars in Woodinville. We had a fabulous car show, wine tasting, great live music and a hilarious comedy presentation from Brad Upton. We are going to do something similar in 2014! Please watch your mailbox for more information and plan to join us for a day of fun.

Helping Hands for the Disabled has a dedicated Board of Directors who work behind the scenes on behalf of our agency. We are so thankful to each of them for their hard work and commitment to our agency. The members of our 2014 Board are: Lori Carney, President; Leann Garza, Vice President; John Beswetherick, Secretary; Roland Kipfstuhl, Treasurer; Claudia Bean McIntosh, Director; Andre Dubois, Director; Judy McCudden, Director; Marcus Carney, Director; and Amy Florence, Director.

We have decided to create a "wish list" that we will post on our website and on our Facebook page. We are very frugal at HHD, and we reuse and/or recycle everything! We are using computers that range from 2-10 years old, we use printers that have been donated to us by people like you, our desks are donations from others or purchases from Craigs List. If you are upgrading any of your equipment, please consider contacting us to see if we could use your existing computer, printer, monitor, office chair, small appliances, etc! If we can't use it ourselves, we often know of someone who can. In most cases, we can have the items picked up, too - making it that much easier for you to donate to us!

Speaking of our Facebook page, if you are on Facebook, please join us at [www.facebook.com/hhftd](http://www.facebook.com/hhftd). We post information about events, resident activities, celebrations and various news pertinent to the community we serve.



## « About HHD, Important Info

Applicants for housing programs or employment are welcome without regard to sex, age, handicapping conditions, religion, veteran status, race, color, creed or marital status.



Cheryl Jordan, *Executive Director*  
Suzanne McCudden, *Executive Assistant*

### 2014 BOARD OF DIRECTORS

Lori Carney, *President*  
Leann Garza, *Vice President*  
John Beswetherick, *Secretary*  
Roland Kipfstuhl, *Treasurer*  
Claudia Bean-McIntosh, *Director*  
Marcus Carney, *Director*  
Andre Dubois, *Director*  
Amy Florence, *Director*  
Judith McCudden, *Director*

### SPOTLIGHT

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If you would like to be notified of our upcoming events by e-mail, please log onto our Website at [www.hhftd.org](http://www.hhftd.org) and give us your e-mail address. We value your privacy. We do not sell or pass your information on to any other agency.



# GiveBIG!

Ladies and gentlemen - mark your calendars! Tuesday, May 6 is going to be a very important day for HHD! The Seattle Foundation will stretch your donations and make a impact.

Please log on to [www.seattlefoundation.org/npos/Pages/HelpingHandsfortheDisabled.aspx?bv=nposearch](http://www.seattlefoundation.org/npos/Pages/HelpingHandsfortheDisabled.aspx?bv=nposearch) and make a donation to HHD - it will make a BIG difference for us!

## How it works!

Between midnight on May 5 and midnight on May 6, every donation made to HHD through our GiveBIG page will be stretched. We won't know how much until May 6 – because it'll increase every time someone makes a donation!

You can look at it like this:

$$\begin{aligned} &\text{SEATTLE FOUNDATION'S PARTIAL MATCHING FUNDS} \\ &\div \text{ALL ORGANIZATIONS' ELIGIBLE DONATIONS} \\ &= \text{HHD'S STRETCH PERCENTAGE} \end{aligned}$$

Each donation can be multiplied up to \$5,000 per donor, per organization. That's a lot for a small organization like HHD! And if all that wasn't good enough, on May 6, GiveBIG will randomly select donors to receive a \$100 Starbucks gift card and an extra \$1,000 donated in their name!

One of our favorite parts of this event is that it gives everyone a chance to participate. Even if you can't afford a donation, you can still be a hero for HHD and show your support by sharing our GiveBIG page with all your family and friends on Facebook, Twitter, and Instagram.

You can find our page at [www.seattlefoundation.org/npos/Pages/HelpingHandsfortheDisabled.aspx?bv=nposearch](http://www.seattlefoundation.org/npos/Pages/HelpingHandsfortheDisabled.aspx?bv=nposearch), or by searching for 'Helping Hands for the Disabled' in the search bar at [www.SeattleFoundation.org](http://www.SeattleFoundation.org).

give  
**BIG** **MAY 6,**  
**2014**

# MUSCLES FOR CHARITY

## A Huge Thank You

This team is AMAZING. I am proud to be on it, know of it, and to write about it! Thank you to every single volunteer on the team who gives their time and dedication.

Over the course of the last two months, Muscles for Charity volunteer members have been to Trail House three times in preparation for the installation of a shed. This shed was bought with money raised at the Live & Let Bid Auction in 2013 – thank you to those who helped raise money for this project!

Phase 1 took place on February 1st. The old cyclone fencing was removed as well as the rotten apple tree. This was a fun day full of good fun and hard work.

Phase 2 took place on March 22nd. This phase included removing the big roots from the dirt, leveling of the ground and installation of gravel. We all worked hard and had a great time. We even had two little helpers – 19 month old Morgan and 5 year old Seth. Morgan got to ride in the wheelbarrow with Frank and Seth worked hard getting all of the dirt out of the roots. Another great day of Muscles volunteers giving their time to Helping Hands!

Phase 3 took place on March 29th. More than half an inch of rain fell in Bellevue that day as Muscles volunteers contributed over 70 hours of labor. In addition to getting soaked, the team constructed a new storage shed, and cleaned, cleared and created new features in the grounds of Trail House.

While Cyrus, Eric and Bill were primarily responsible for constructing the new storage shed, other members of the team were busy cleaning and improving the yard area. The large and well used deck area was thoroughly washed and cleaned, which was previously installed by Muscles volunteers in 2009. This was another project supported by donations made at the Helping Hands annual auction.

In addition new French drains were added to remove surface water and cinder blocks positioned to improve safety.

There is one more phase to go to finish up the shed with painting and some other details – when the weather is nice and a good time is found to tackle the project.

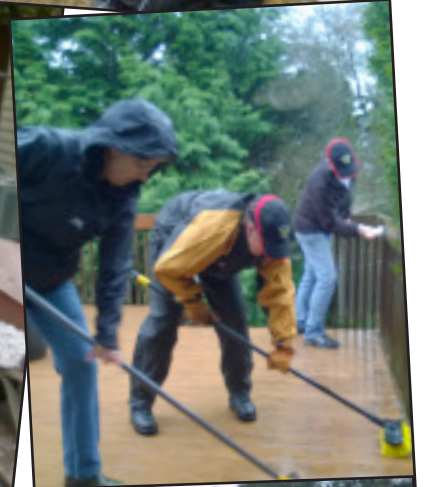
So much more work was done than we had anticipated and we are eternally thankful to every person who helped make this happen!

*Suzanne*





Phase 3



Phase 2



# A Celebration of Champions

Don't miss our 2014 auction. This year's auction theme is "Celebration of Champions," so we will be celebrating YOU, our residents, our staff, our donors, our sponsors. 2014 is the year of champions for Washington (go Hawks!), and we are so excited to celebrate all of our own "12th Men<sup>®</sup>" who keep us going day after day. We are still working on our logo and design – stay tuned!

**Friday, October 17, 2014** - save the date! We hope to see you there.



## Thankful For You

You are a helper. You are a believer in the greater good. You are compassionate, understanding and giving. Yes, you are a supporter of Helping Hands for the Disabled! It's because of supportive individuals & companies like yourself that we are able to thrive in this community.

And then there are the people who work here as caregivers. They give their hearts, time, and loyalty to work with our wonderful residents. It is a rewarding job that is also full of frustrations and difficulties. Without our caring staff, we couldn't operate. Our residents wouldn't have a place to call home. It is because of them that we are able to thrive in this community.

And what about the residents themselves? They are strong individuals who have overcome some huge obstacles. They too are compassionate and giving. They love with no bounds and trust those that they rely on. They are a part of this thriving community, and without them, this world would be a lesser place.

We all need each other, and we should all be thankful for each other. I know I am thankful for each of you – the donor, the volunteer, the employee, the resident and the person who thinks good thoughts for us and lends support in any way they can. It's a circle of being thankful and I'm proud to be a part of it!

*Suzanne*

# 2014 Honor Roll

## In Memory of Allen Curtis Rux

Martha Mwangi

## Volunteers

Karen Daftary  
Peggy Parietti  
Clipped Wings  
John Bishop  
Glenna Trout  
Melody Larson  
Bill Larson  
Frank Soto  
Amy Soto  
Cyrus Bowthorpe  
Eric Gagnon  
Teya Edberg  
Joie Worthen  
John Worthen

## In Memory of Amy Everett

Martha Mwangi

## General Donations

Joseph Oliva  
R.M. Holt, Inc. PS Attorneys at Law  
Betty Keys  
Deborah Dwyer-Oshiro  
Darryl & Patrice Welch  
Microsoft Match  
Barbara Barger & Eva Robinson  
Audree McEachern  
Anonymous  
Fred & Sheri Yeatts  
John & Chris Cady  
Barbara Barger & Eva Robinson  
Cheryl Jordan  
Elizabeth Wiens  
Sam & Heidi Chung

We try very hard to acknowledge everyone that donates to us. If your name has been left off of this list, we apologize and ask that you please let us know:

**(425) 644-4344**

## DID YOU KNOW?

**CHILDREN WHO HAVE A SIBLING ARE AT A HIGHER RISK OF ALSO HAVING AN AUTISM SPECTRUM DISORDER.**

One in six, or about 15%, of children aged 3 to 17 years have one or more developmental disabilities.

**MALES HAVE TWICE THE PREVALENCE OF ANY DEVELOPMENTAL DISABILITY THAN FEMALES.**

# give BIG

 The Seattle Foundation

## MAY 6, 2014

### MARK YOUR CALENDARS AND MAKE A BIG DIFFERENCE.

The Seattle Foundation's GiveBIG event is almost here!

Please help out HHD by logging on to [www.seattlefoundation.org/npos/Pages/HelpingHandsfortheDisabled.aspx](http://www.seattlefoundation.org/npos/Pages/HelpingHandsfortheDisabled.aspx)

Our supporters are our heroes!



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