

Spotlight

Helping Hands for the Disabled, est. 1975

Winter Edition 2014

Vol. 20, No. 1

January 13, 2014

Many Changes in 2013!

All of us at Helping Hands have been busy! It has been quite the year of change.

In late 2012, we welcomed Kevin, a new resident at Champion House. And in 2013, we welcomed Andy and George to Trail House and Patrick to Visions.

Sadly, we mourned the death of our beloved Allen at Visions and bid farewell to Jeffrey at Trail House.

Each of these changes had a significant impact on our programs and our staff, as this year also brought significant changes in our management structure.

Tara Vangstad, who has worked with HHD for 12 years, was initially promoted to Lead Supervisor, and then promoted again to Program Director at our Halcyon program. This is a well-deserved promotion, and we know that Tara will do a fabulous job in this position!

Carisa Betancourt, who started as a caregiver with us in 2002 while she was in nursing school, and who is now one of our amazing nurses at Visions, was promoted to the position of Program Director at Visions. She's doing a great job!

Barbara Anderson was promoted to a newly-created position of Programs Manager. Barb has worked with us for 20 years, and she will now directly supervise each Program Director at our programs. This will add strength and cohesiveness to our already awesome management team.

Anne Royal was promoted to Nursing Supervisor. Anne has worked with us for 20 years, and she is an outstanding nurse, leader and caregiver.

We don't know about you, but we are very excited about these changes!

If you attended our 2013 auction, you heard George talk about his experience in our agency. He describes Helping Hands for the Disabled as "quite possibly the best residential services agency in the state." That's quite a compliment! George, we promise to work hard every day to live up to that description.

In This Issue:

Executive Director's Letter ...2

Employee of the Year ...3

Auction Thanks ...4

Festival of Trees ...6

Donors, Honors, and Memorials ...7

Save the Date! ...8

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

We've had an eventful 2013, with some very challenging days. But we've also had some triumphs. As 2013 comes to a close, we look forward to 2014 with hope and anticipation. Please consider supporting us in any or all of the following ways: financial support, office supplies, volunteering or simply sending us your best wishes, prayers and/or positive thoughts.

One of our happiest moments was seeing the incredible transformation in the garage at Trail House after Elizabeth Wiens and Christina Pertgen spent many hours "clutter busting" the over-crowded, disorganized space. They are amazing! After they worked their magic on the garage, they came downstairs and performed similar miracles on the meeting room and Eva Robinson's office. Wow – this was a fun and exciting transformation for us! We are so thankful for their support and dedication.

We were awarded a grant from King County this past year which provided us with a retired RideShare van. Although it is not wheelchair accessible, this van is a welcome addition to our fleet – many of our residents are ambulatory, so they can use this vehicle. We are thankful to King County Councilperson Jane Hague for sponsoring us in this grant request. We have been encouraged to apply again in 2014, and we will definitely do so!

If you use Facebook, please "like" our page at <https://www.facebook.com/hhftd>. We regularly update this page with events, news and articles related to the community and population we serve.

Mark your calendars! The 2014 Auction is already on the books for Friday, October 17. We don't yet have a theme, but we will let you know as soon as we do. Please join us – it's a fun and important event for our agency. The 2013 Auction was nothing short of amazing. Our guests were so very generous and supportive. We can't wait for our Lake Retreat event which is scheduled for September 22-26. This was the "raise the paddle" item at our auction, and the support we received was truly phenomenal. Thank you!

Please watch for news regarding the 2014 GiveBIG event sponsored by The Seattle Foundation. This fundraising event is a great to stretch your donation. We will send out an update on the date for this event soon.

As always, we are grateful to each of you for your ongoing support of our agency, residents and staff.



Change is the law of life. -- John F. Kennedy

« 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*

2013 BOARD OF DIRECTORS

Lori Carney, *President*
Leann Garza, *Vice President*
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Andre Dubois, *Director*
Judith McCudden, *Director*
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SPOTLIGHT

is published by:
Helping Hands for the Disabled
P. O. Box 6335

Bellevue, WA 98008-0335

Issued January 13, 2014

Volume 20, Number 1

printed three times a year by
Helping Hands for the Disabled

If you would like to be notified of our upcoming events by e-mail, please log onto our Website at 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.

2013 Employees of the Year

At our 2013 Staff Night Out, we announced this year's outstanding Employees of the Year. Each program had their own:

CHAMPION HOUSE	HALCYON	TRAIL HOUSE	VISIONS
Joyce Gitau	Tara Vangstad	Filfil Filfil	Frederika Pankerego

Our overall 2013 Employee of the Year was Tara Vangstad.

We are very proud to work with these wonderful individuals - our amazing employees help make HHD the organization we know and love.

The Barbara Barger Excellence Award Goes to Suzanne McCudden!

by Jennifer Nanthrup, Instructional Staff Support Supervisor at Champion House



As many of you know, Suzanne received the Barb Barger Excellence Award at the auction on October 19, 2013. Suzanne is the Executive Assistant/HR Administrator. She started working for Helping Hands for the Disabled 15 years ago as a caregiver at Champion House. In 2003 she transferred to the office. She got to know all the residents at Halcyon when she was a kid because her mom worked there, so she has grown up around adults with disabilities almost all her life.

Suzanne deserves this award because of all the hard work she does. She dedicates her time and effort into everything to make Helping Hands for the Disabled the best agency. She goes to classes and trainings so she can provide the employees with information about certain things like the Obamacare and answer questions if needed.

She does so much for the agency. One of the things she does every year is put together an auction. The auction is to help raise money for the residents. She spends months planning the auction. A lot of people attend every year and we raise a pretty good amount of money. If it wasn't for the auction, the residents wouldn't have any money for activities etc.

Suzanne has a big heart and cares about the residents and employees. We are happy to have her working for Helping Hands for the Disabled.

Thank you Suzanne for all you do!

DID YOU KNOW...?

MORE THAN 37 MILLION AMERICANS ARE CLASSIFIED AS DISABLED; ABOUT 12% OF THE TOTAL POPULATION.

ALTHOUGH LESS LIKELY TO GO TO COLLEGE, DISABLED PEOPLE ARE ALMOST EQUALLY LIKELY TO GET THE HIGHEST SCORES.

2013 AUCTION

The 2013 Auction was amazing, in so many ways. The welcome speech was given by George Cady, who is our newest resident at Trail House. We raised a record amount of money in the “raise the paddle” portion of the event, which will allow us to take our residents to Lake Retreat for a week next summer, and will also allow several of our residents to go on outings they would otherwise not be able to do. More money was raised for the Muscles for Charity project, which will provide the administrative offices with a storage shed in the back yard at Trail House. And then even more money was raised when Wendy Peloquin announced her establishment of the “Dolly Turner Volunteer Award” fund. This fund is in honor of Dolly Turner, who passed away in September. Dolly served on our Board of Directors for many years, and she never missed our auctions or other events. She was a stalwart supporter, and we miss her dearly. Thank you to each of you supporting us at the “Live and Let Bid” auction. It was exciting to see the competitive bidding for the James Bond and Daniel Craig stand-up figures!

Every year, we have sponsors and donors who really shine and help to make our auction a big success. We are so grateful to our 2013 auction sponsors: Genesee Fuel, Kibble & Prentice, Union Bank, Pixie Fish Marketing, Group Health and Envelopes Unlimited.



Donors

12th Ave Café
7 For All Mankind
Acme Bowl
Adriatic Grill
Agave Cocina & Cantina
Aerial Hot Air Balloon Company
Angelo's Restaurant
Anthony's Restaurants
Architectural Innovations
Argosy Cruises
Arthur Murray Dance Studios
Aveda Spa
Be A New Creation Spa (Ginny Redpath)
Beachwood Resort
Beaulieu
Bellevue Art Museum
Bellevue Police Department
Big 5 Sporting Goods
Bill Speidel's Underground Tour
Bits & Pieces
Bloedel Reserve
Brenda Donner & Bruce Brewer

- Brugge Chocolates
- Burgermaster
- Caddell's Laser Hair Removal
- Café Flora
- Café Pogacha
- Cafe Veloce
- Cathy Varner
- Cheryl Jordan
- Chris Leavitt Photography
- Clean Shot Archery
- Code Four Athletics
- Creatively Yours
- Crowne Plaza Hotel
- Defensive Driving School
- Dimitriou's Jazz Alley
- Don Willis Furniture
- Dragonfish Asian Cafe
- East Hill Tire Factory
- Eastlake Bar & Grill
- Elephant Car Wash
- Elliott Bay Book Company
- Embassy Suites Eastgate
- Emerald Downs
- Everett Aquasox Baseball Club
- Evergreen Suites

- Four Queens Hotel & Casino
- Friends of HHD
- Frye Art Museum
- Gaudi Brasseria
- Green Leaf Restaurant
- Guardian Cellars
- Gulfview Manor
- Gymboree
- Half Moon Bay Golf Links
- Happy Hound Hotel
- Hard Rock Cafe
- Heavy Restaurant Group
- Henry Art Gallery
- Hilton Bellevue
- Hoodspout Winery
- Hotel 1000
- Inn At Spanish Head
- Inn By the Lake
- Interbay Golf Center
- Ivar's & Jerry's Rogue Jets
- Jet City Improv
- Jim & Linda Shoemaker
- John Howie Restaurants
- Julia's
- Kahler Glen Golf & Ski Resort

Kathy Larson
 Kent Valley Ice Centre
 Kiyomi Tamura
 Lake Crescent Lodge
 Landmark Theatres
 Laugh's Comedy Spot
 Laura Jordan
 Leann & Mike Garza
 L'Ecole No 41
 Lodge At Whitehawk Ranch
 Lopez Islander Resort
 Lynn's Bistro
 Maple Valley Fitness
 Marcus Carney
 Marketspice
 Martha E. Harris Flowers & Gifts
 Mary Shifton
 Matanzas Inn
 McKinnon Furniture Co.
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 McMenamain's
 Mission Ridge Ski Resort - Wenatchee
 Monroe Home Brewing Supplies
 Mo's Restaurant
 Muckleshoot Casino
 Museum of Flight
 Nancy Bratton
 Nick & Judy McCudden
 Northwest Changes
 Northwest Puppet Center
 Ocean Lodge
 Oki Golf
 Oregon Zoo
 Pacific Science Center
 Paint Away!
 Pandemonium Millinery
 Panera Bread
 Paolo's Italian Restaurant
 Pasta Bella
 Point Defiance Park
 Quinalt Beach Resort & Casino
 Quinalt River Inn
 Ray's Boathouse
 Red Lion Bellevue Inn
 Redhook Ale and Brewery
 Redmond Inn
 Resort At Port Ludlow
 Romanza
 Ron Thompson
 Roosevelt Hotel
 Schwartz Brothers Restaurant
 Sean & Lori Carney
 Seattle Art Museum
 Seattle Children's Theatre
 Seattle Gilbert & Sullivan Society
 Seattle Mariners Baseball Club
 Seattle Marriott Hotel
 Seattle Reflexology & Massage Center
 Seattle Repertory Theatre
 Seattle Seahawks
 Seattle Symphony
 Shuttle Express

Silver Cloud Inns
 Silverwood Theme Park
 Sizzleworks
 Snoqualmie Tribe
 Something Silver
 Starbucks Bellevue Civica
 Stina's Cellars
 Studio East
 Taco Time
 Tahoe Biltmore Lodge & Casino
 Taproot Theater
 Target
 The Jones Group
 Trellis Restaurant
 Tulalip Casino
 Tutta Bella Neapolitan Pizzeria
 Village Theater
 VJ Sheppard
 W Seattle
 Wabi Sabi Sushi Bar & Restaurant
 West Coast Game Park
 Wetzels Pretzels
 Whale Museum
 Whole Foods
 Wiley's Water Ski Shop
 Wing Luke Asian Museum
 World Spice

Lake Retreat

Anonymous
 Alice Wegner
 Barbara Barger
 Barbara Meriwether
 Brenda Donner & Bruce Brewer
 Brett Neider
 Bruce & Denise Green
 Carisa Betancourt
 Cary Burns
 Cathy Zulkosky
 Cheryl & Marty Jordan
 Claudia Bean McIntosh & Greg McIntosh
 Colleen Duffy
 Dan & Carol Boone
 Dan & Heidi Ellis
 Dario Villablanca
 Denise Derr
 Derek & Kerri Villeneuve
 Elizabeth Wiens
 Eric & Kelly Jaeger
 Erin Duffy & Jim Belcher
 Gabriele Swe
 Gene Yoder & Denise San Filippo
 Greg & Anne Streib
 Harry & Barbara Comer
 Jeff Prall & Sievkheng Ly
 Jennifer & Gregory Lynch
 Jim & Linda Shoemaker
 Jim Van Ostrand & Ann Derleth
 John Bishop
 Kerry Read

Kerry Zieger
 Leann & Mike Garza
 Les & Karen Wahlstrom
 Leslie Batchelor
 Lisa & Brian Rohrbach
 Lori & Sean Carney
 Marlene Pettit
 Matt Olsen
 Melva & Ron Timm
 Monica Board
 Monika Sheron
 Lori & Sean Carney
 Lou Lovelace
 Nancy Bratton
 Nick & Judy McCudden
 Noreen Duffy
 Paul Sprinkmann & Alison Brownell
 Peggy Crow
 Pete & Karen Freeman
 Renee Maher
 Richard & Barbara Thomas
 Rob & Heidi Crow
 Roland Kipfstuhl & Soyon Kim
 Sandy Rodal & Ron Thompson
 Sandy Wood
 Shauna Peterson
 Steve & Amy Milliken
 Steve & Sandy Byington
 Steve & Thess Varner
 Sue & Nelson Schmitz
 Susan & Casey Rich
 Suzanne McCudden
 Teya Edberg
 Vicki Maiorani
 Vicki Sheron
 Wendy & Matt Peloquin

Muscles for Charity Project

Patrick Maher Memorial Foundation
 Barbara Barger
 Barbara Meriwether
 Brenda Donner & Bruce Brewer
 Cary Burns
 Cheryl & Marty Jordan
 Colleen Duffy
 Evan & Leanna Davis
 Gabriele Swe
 Greg & Anne Streib
 Jennifer & Gregory Lynch
 Jim Van Ostrand & Ann Derleth
 Kerry Zieger
 Leann & Mike Garza
 Nancy Bratton
 Peggy Crow
 Pete & Karen Freeman
 Sandy Wood
 Steve & Sandy Byington
 Wendy & Matt Peloquin

Festival of Trees

Helping Hands was honored to be invited to participate in the first “Festival of Trees” event at the Embassy Suites – Bellevue. This is the same venue that has hosted our auction for several years.

We were sponsored by Genie (a Terex brand), which provided us with seed money for creating a beautiful holiday tree in the Embassy Suites lobby. Kiyomi Tamura, Rose Tucker and Carisa Betancourt spent several hours setting up and decorating our tree – and the results were truly stunning!



Guests at the hotel were able to “vote” for their favorite tree by placing a monetary donation in an envelope with each organization’s name on it.

On December 18, at a gala event, Helping Hands was announced as the winning tree! We received all of the donations from the votes, as well as an additional \$1,000 from Embassy Suites!

We look forward to participating in this fun event next year. It was a great way to share our mission with many different people, and we learned about other great non-profit organizations as well.

2013 Honor Roll

Anchor QEA
Ann Hynes
Anne Royal
Anne Zvirblis & Kevin LeFavour
Anonymous
Anonymous Cash - Festival of Trees
Anonymous through CFD
Audrey McEachern
Barbara Barger
Beverly Allen
BNY Mellon
Carisa Betancourt
Catherine Varner
Cheryl Jordan
Claudia Bean McIntosh
Clipped Wings
Dan Knelleken
Darryl & Patrice Welch
David & Suzanne McCudden
Debbie & Robert Catlin
Deborah Dwyer-Oshiro
Debra Appelman
Donald & Cleo Davidson
Embassy Suites
Eric Brun
Eric & Sachiyu Dinmore
Erika Clawson
Frank Everett & Terri Smith
Gail & Barbara Herrmann
Genesee Fuel
George & Patricia Schreiber
Gladys & Leland Wehland
Glenna Trout
Graham Crow
Gregory Hollobaugh
Group Health
Herbert Bridge
Jack, Sally & Stacey Hazuda
Jeffrey Ressler
Jennie Doe
Jennifer Lynch
John & Chris Cady
John & Karen Andrews
John & Rose Tucker
Joseph Oliva
Karen Smith & John Caster
Kathleen Hardin
Kelly Webster
Kenney & Lois Mallory
Kibble & Prentice
Leann Garza
Linda Shoemaker

• Lori Carney
• Martin & Susan Peterson
• Masons Lodge #128
• Melva Timm
• Michael Jurich
• Microsoft Match (Darryl Welch)
• Microsoft Match (Eric Brun)
• Monica Board
• Mr. & Mrs. John Dawson
• Oscar & Ruby Running
• Redmond Chorale
• Robert Dinmore
• Rosemary Pearson
• Seattle Foundation
• Sheri Yeatts
• Stephanie Ferri
• Steve and Thess Varner
• Susan McRae
• Susan Rich
• Suzanne McCudden
• Terex
• Tina Dixon & Paul Stredwick
• Todd Stryker
• Union Bank
• Wendy Peloquin

GIVEBIG DONORS

• Anne Royal
• Anne Zvirblis
• Barbara Barger
• Carisa Betancourt
• Catherine Varner
• Cheryl Jordan
• Claudia Bean McIntosh
• Glenna Trout
• Graham Crow
• Jennifer Lynch
• John & Rose Tucker
• Kathleen Hardin
• Kelly Webster
• Leann Garza
• Linda Shoemaker
• Lori Carney
• Melva Timm
• Monica Board
• Rosemary Pearson
• Sheri Yeatts
• Steve Varner
• Susan McRae
• Susan Rich
• Suzanne McCudden
• Wendy Peloquin

NON-CASH DONATIONS

• Carolyn Waters
• Carpet To Go
• Christina Pertgen
• Dallas Watson Flooring
• Elizabeth Wiens
• Envelopes Unlimited
• Epsilon9
• Leann Garza
• Muscles for Charity
• Ron & Melva Timm

IN LOVING MEMORY OF BETH

BOWMAN

• Barbara Barger
• Cheryl Jordan
• Patrick Duffy

IN LOVING MEMORY OF PEGGY

CARDINALI

• Nelson Schmitz

IN LOVING MEMORY OF

DOLLY TURNER

• Wendy Peloquin
• Cheryl Jordan
• Barbara Barger
• Sandy Wood
• Claudia Bean McIntosh & Greg McIntosh

IN LOVING MEMORY OF

BRADFORD SCHREIBER

• George and Patricia Schreiber

IN HONOR OF STEVE TACKE

AND CLARK MCGUFFIE

• Todd Stryker
• Jack, Sally & Stacey Hazuda
• Michael Jurich
• Mr. & Mrs. John Dawson
• Tina Dixon & Paul Stredwick

IN HONOR OF NELSON AND

SUSAN SCHMITZ

• Robert Dinmore

IN HONOR OF RUBY WALKER

• Center for Spiritual Living

VOLUNTEERS

• Beth Newman
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• Ubwa Ubwa
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• Alize Simmons
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• Wally Mead
• Alex Morozoff
• Dilip Radhakrishnan
• Jim Rauch
• Jeffrey Stewart
• Vivek Thacker
• Brady Wildermuth

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

SAVE THE DATE!

Our annual auction is... Friday, October 17, 2014



Helping Hands for the Disabled
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