

Spotlight

Helping Hands for the Disabled, est. 1975

Summer Edition 2014

Vol. 20, No. 3

July 29, 2014

The Employee Point of View

by Suzanne McCudden

We recently asked our employees to tell us what they thought of Helping Hands in five words or less. Here are the incredible responses we received!

Carisa B. – “In Helping, They Help Us”

Marcus H. – “Adventure”

Cheryl J. – “Excellence, Dedication, Home, Support”

Josefina J. – “Passion, Dedication, Equality, Team Work & Commitment”

Rose K. – “Where Hands Meet to Help”

Simin R. – “My Second Home”

Racheal R. – “Magnificent Safest Environment for All”

Kiyomi T. – “Home Away from Home”

Bao B. – “Bigger Family I Belong to”

Yeshiye F. – “Home, Family, Friends, Sisters & Brothers”

Jessica H. – “Home, Family & Caring”

Fitri R. – “Nice Agency, Good Care for Residents”

Stacy V. – “Patience & Nurturing”

Frank W. – “Its’ Been a Journey”

Barb A. – “Home Away From Home”

Suzanne M. – “Understanding, unselfish & compassionate employees”

Anne R. – “Happy, Hopeful, Festive, Teaching & Diverse”

Carmen G. – “Wonderful Place to Work for 6 Years!”

Barrett B. – “Good Place to Work”

Jennifer L. – “Family is Love Not Blood”

Andrea G. – “A Wonderful and Caring Home”

Marla T. – “Tender Loving Care”

Alecia C. – “Friendly, Appreciative, Caring Help”

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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

It's been a busy spring and summer! We have some great events coming up and I hope to see you at some or all of them. Our annual picnic is on August 24, where all of our residents and most of our staff come together for a fun day at the park eating barbeque, playing games and enjoying the beauty of the area.

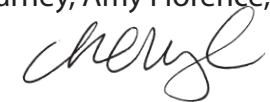
On August 28, please join us for Comedy Uncorked! at Laughs Comedy Club in Kirkland (see p. 4-5 for more information). This will be a very fun evening with wine tasting, raffle prizes and fantastic comedians. We are so thankful to Laughs Comedy Club, Brad Upton, Brian Moote, Andrew Rivers, Amy Florence and Leann Garza for helping to create this event.

On October 17 (it's a Friday this year!), please join us for our "Celebration of Champion" auction at the Embassy Suites Hotel in Eastgate. We already have many incredible items donated to us by our generous supporters – it's going to be a great event. We will honor HHD's many champions (including you!) at this year's auction.

The week of September 22 will be spent at Lake Retreat. This will be a fun week for all of our residents and staff. Thank you to all of our 2013 auction donors who made this possible – we are all so excited to spend a week at "camp."

Please check out our newly-redesigned website at <http://hhftd.org> and follow us on Facebook and Twitter. We are working hard to keep you up to date on all of our events, successes and happenings.

Back to HHD's many Champions... Have you ever considered serving on our Board of Directors? Our Board is growing and becoming much more active. Our upcoming Comedy Uncorked! event was created and planned by our Board. And just wait until you see the fabulous auction item donated by our Board of Directors! Many thanks to each of our dedicated members of the Board: Lori Carney, Leann Garza, Roland Kipfstuhl, John Beswetherick, Claudia Bean McIntosh, Judy McCudden, Marcus Carney, Amy Florence, Andre DuBois and Shauna Peterson.



Individual commitment to a group effort - that is what makes a team work, a company work, a civilization work. -- Vince Lombardi

« 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*
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Andre Dubois, *Director*
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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 and give us your e-mail address. We value your privacy. We do not sell or pass your information on to any other agency.

Why I Spend Time on Our Board

by Marcus Carney

When discussing ideas to include in this month's Spotlight, the board decided we should have someone write about why they decided to join the board. I jumped at the opportunity because, 1- I like to talk and 2- I wanted to share why I choose to spend my time with the Helping Hands for the Disabled board of directors.

I, like many of us in our HHFTD community had my first experience with the annual auction. I loved the people attending and already knew I loved the mission. It also helps that our board President, Lori Carney, happens to be my sister-in-law. The positive energy and enthusiasm at our annual auction is enough to get someone interested to spend their time with us. But, my intents really stem from the things in my life that have turned me into the man I am.

My first influence is, as many well rounded gentlemen say, my mother. She taught me that community and people are important and it's our duty to give back. She also instilled in me a sense of humanity that has led to a personality that sees everyone as amazing and everyone as special. She taught me to love, because there shouldn't be another way. She taught me to see how amazing each person is, and how much they have inside them to give, regardless of the ways others might describe them.

When I was growing up and going through school I always knew I wasn't like my fellow classmates. This led to a lot of testing and starting in grade school I would be pulled out of class to take tests and study with the other students who had different needs. When I was in High School these classes saved me from being expelled and showed me the importance of people. I remember how it felt, knowing there was something about me, but I also saw how cruel my classmates could be towards some of the people I called my friends, just because they were kids with special needs. I saw my classmates tease and call names people I enjoyed, people I thought were fun and nice, and hated what they had to go through.

Since I was tiny I could see past those things other people define us by and see the amazing people underneath. My first girlfriend was my sweet blonde neighbor girl my age named Rhiannon, Rhiannon is an amazing girl with special needs. She spoke primarily through sign language but we could really become friends when she got a machine that helped her communicate. She gave me my first kiss on my front porch, I was a rather adventurous 4 year old. I remember how frustrating things were for Rhiannon, she could speak, but she couldn't form her words like everyone else. She had her struggles, but I always knew it was normal. It wasn't until we were in classes together and the other kids pointed out that she was different. Rhiannon was my friend, to me, she wasn't different any more than any of the other kids were. Her family moved away but stayed in my school district so I got to know Rhiannon through High School. Rhiannon is one reason why I do this.

I spend my time with the Helping Hands board because I know how amazing everyone can be, and I just want to try to remember my friend Rhiannon and think about how I want the people in her life to treat her today. I do this because I want my life to be surrounded by people who make life better to live.

What Motivates Me as a Volunteer and Board Member?

by Amy Florence

I was taught at an early age to focus on the needs of others, to share and to care. Making others happy always felt so rewarding as I would see how the chaos of someone else's challenges calmed. As an adult, I find volunteering even more rewarding; there is a sense of purpose. When it comes right down to it, I like to help people.

My first volunteer effort with Helping Hands was several years ago working at the organization's annual auction. I felt so welcomed by other volunteers, residents, staff, board members and supporters when I showed up that I knew I wanted to come back again to help. I felt a connection to the people, the organization, and the mission.

Earlier this year, I was honored to be elected to the board for Helping Hands. It is a great opportunity to not only continue my volunteer activities, but to also share what talents I have in a different capacity. I get excited collaborating with other board members on issues and activities to garner support for Helping Hands. I like to see success for others on all levels from the smallest step to the biggest leap and serving on the board gives me the chance to help on a somewhat different level than my volunteer work at the auction.

COMEDY UNCORKED!

Want to have some fun and support Helping Hands for the Disabled at the same time? Come join us on Sunday, August 24 for Comedy Uncorked! You can enjoy an evening of comedy and wine at Laughs Comedy Spot in Kirkland. The evening features the comedic talents of Brad Upton, Brian Moote, and Andrew Rivers and proceeds go to support the ongoing mission of Helping Hands for the Disabled.

Doors open at 5:00 p.m. for wine tasting and the comedy begins at 6:00. Food and bar are available. Must be over 21. Tickets are \$25 each prior to the day of the event and \$30 each at the door. You can purchase tickets through Brown Paper Tickets at <http://www.brownpapertickets.com/event/775982>. Purchase early to make sure you don't miss out on this great evening!

Laughs Comedy Spot is located in the Totem Square Mall at 12099 124th Avenue NE in Kirkland. For more information about the club, visit their website is www.laughscomedy.com or give them a call at (425) 823-6306.

About the Comics

Brad Upton

The Seattle Times said, "Brad Upton has mastered the nearly impossible task of appealing to people from the ages of 18 to 80." The Tucson Weekly said, "Brad Upton should be on your comedian bucket list." From the moment he steps on stage there isn't a lull in his set. This veteran comedian gets more laughs per minute than anyone in the business. He is a past winner of the Las Vegas Comedy Festival and has headlined nearly every comedy club in North America as well as Australia, Singapore, Hong Kong and Macau. He has spent the past 8 years as the opening act for the legendary Johnny Mathis and spent a couple of years doing shows with Joan Rivers as well. His CD entitled, "Brad Uptonogood" is very popular on Sirius Satellite radio, his new DVD is now being shopped for distribution.

<http://www.bradupton.com>

Brian Moote

A stand-up comedian, actor, and radio personality who has been touring the country for the past 8 years. He was part of the 2010 Great American Comedy Festival and most recently won Jet Blue's Funniest Comedy at the NYC Comedy Festival. He has been featured on AXS TV's "Gotham Live," Nickelodeon's "Nickmom's Nite Out," and USA's "Characters Welcome." He was a cast member on MTV's "Money From Strangers" Seasons 1 and 2 and taped man-on-the-street movie interstitials for FX. Brian is also currently the cohost of the "Jackie, Marco and Moote Show" which airs on Click 98.9FM, and he is also frequently featured on ESPN Seattle as their comedic sports correspondent. Before working in entertainment, Brian spent 3 years teaching special education and also got his Master's Degree in Social Work from Boston College.

<http://www.mootecomedy.com>

Andrew Rivers

One of the nation's finest young comedians according to his mother, but she wishes he would stop doing jokes about her. Andrew has been featured in The Seattle Times and will appear on a new show on Fox called "Laughs." He's appeared on The Bob & Tom Show which is syndicated to more than 130 stations nationwide and does regular appearances on Clear Channel Radio Stations in Seattle!

Opening for comedians like Christopher Titus, Mike Birbiglia, and Billy Gardell, Andrew's very personal and fun storytelling comedy, combined with his exemplary work ethic has earned him high praise from some of the best comedians in the business.

<http://www.andrewrivers.com>

Clipped Wings: Champions for Helping Hands

HHD has, for many years now, been the recipient of both monetary and volunteer support from the local chapter of Clipped Wings. Several of the ladies from Clipped Wings came in to help us assemble the last issue of our Spotlight newsletter, so we took the opportunity to ask them some questions about their wonderful organization.

From the clippedwings.com website: "There was a time long ago when airplanes had propellers and a "stewardess" who wore the wings of United Airlines cared for passengers. When these young women (no men on board then) got married, they had to give up both flying and their wings. So their wings were "clipped". In 1941, former stewardess, Jackie Jos Ceaser, formed a club in Chicago to maintain her airline friendships and to help others less fortunate. In 1978, membership was extended to all online flight attendants. Today Clipped Wings is a national organization composed of 31 chapters across the country and open to all former, retired, and current United and Capital Airlines flight attendants." There are approximately 70 members in the local chapter, each of whom is either an active or retired flight attendant from United Airways. Their chapter focuses its efforts primarily on supporting the developmentally disabled population. This focus began in 1953, when a Seattle member suggested supporting this population and they began working with residents at Fircrest and at Buckley, providing hands-on care.



One of the chapter's members, Marie Swartwood, was a teacher following her career as a flight attendant, and she actually taught many of HHD's residents. It is always exciting to update Marie on our residents and how they are doing.

This group of ladies works very hard! For example, in the year 2012-2013, their Volunteer Chapter Charity Hours were 586 total hours, and their total donated dollars were \$19,503.00.

The Seattle chapter of Clipped Wings very strongly supports Special Olympics, including local, national and even the International Games. Recently, they were at the Federal Way Aquatic Center working for Special Olympics, with about 20 ladies working a 13 hour day!

HHD is grateful to Clipped Wings for its ongoing support. Several times each year, the ladies come in to help assemble Spotlight newsletters, auction mailings, wrap gifts for Staff Night Out, create baskets for the Auction, serve as Santa's assistants at the holiday parties at each of our homes, and they regularly make generous donations to HHD. In addition, they always attend and support our auction. Clipped Wings is truly one of HHD's Champions!

The Annual Auction is Almost Here!

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[®]" who keep us going day after day.

In order to succeed, your desire for success should be greater than your fear of failure. -- Bill Cosby

OCT 17 2014 ANNUAL AUCTION

HELPING HANDS FOR THE DISABLED

visions excellence life hope possibilities disabilities dreams boardmembers residents champion guardians supporters family care staff trail advocacy auction volunteers

CELEBRATION OF CHAMPIONS

Embassy Suites 3225 158th Ave SE Bellevue

Registration: 5:30 pm
Dinner: 7:30 pm

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2014 Honor Roll

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Robert & Anna Shingleton

In Memory of Allen Curtis Rux

Martha Mwangi

In Memory of Amy Everett

Martha Mwangi

Muscles for Charity Shed Project

Bill Larson
Frank Soto
Amy Soto
Cyrus Bowthrope
Eric Gagnon
Teya Edberg
Joie Worthen
John Worthen

Clipped Wings Volunteers

Marie Swartwood
Norma Evered
Kay Reitz
Jaye Evans
Peggy Parietti

GiveBIG Donors

Barbara Barger
Amara Monillas (*in honor of Alisha Taniguchi's birthday*)
Barbara Shelton
Came'l & Rose Tucker
Carisa Betancourt
Cary Burns
Cathy Zulkosky
Cheryl & Marty Jordan
Claudia Bean McIntosh
Seattle Foundation
Eliot McIntosh
Elizabeth Wiens
Gladys Wehland (*in honor of Champion House*)
Graham Crow
Gregory Burns
Jennifer & Gregroy Lynch
Jim & Linda Shoemaker
John Virgil
Judi Fiest
Kelly & Bob Webster
Kerry Read (*in honor of Cami Burns*)
Kiyomi Tamura
Kyle & Maria Clevenger
Laura Carley
Leann Garza
Lisa Rohrback
Lori Carney
Marcus Carney
Marlene Pettit
Nancy Gilbert
Nelson & Susan Schmitz
Renee Maher
Sam Davidson
Steve Varner
Suzanne & Dave McCudden

Walter & Judith McCudden
Wendy Peloquin

General Donations

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Anonymous (*for mother, father, and family well wishes*)
Arnold Pena (*in honor of Arnold Pena*)
Audree McEachern
Barbara Barger & Eva Robinson
Betty Keys
Cheryl Jordan
Clipped Wings
Darryl & Patrice Welch
Deborah Dwyer-Oshiro
Elizabeth Wiens
Fred & Sheri Yeatts
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Joseph & Dyann Strecker
Joseph Oliva
Karina Brazas
Londa Blake
Matt & Wendy Peloquin
Microsoft Matching Funds
R.M. Holt, Inc. PS Attorneys at Law
Sam & Heidi Chung
Stephanie Ferri
Stephanie Jorgensen
Tori Peterson

Volunteers

Karen Daftary

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



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To:

What's coming up for HHD?

Mark your calendars!

AUGUST 24: Comedy Uncorked!

SEPTEMBER 19: United Way Day of Caring

OCTOBER 17: A Celebration of Champions - the 2014 annual auction

For more information and to keep up to date, check out www.hhftd.org!