



# 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

## PAUL'S OUTING

When the weather turns warm and the sun shines periodically, Washington shows its beauty and no place is it more evident than the Skagit Tulip Festival.

Paul Gilley, of Crown Hill Group Home, took time to "stop and smell the roses", or tulips as it were. He visited the Roozen Gaarde field at the festival. Among many other tourists and sightseers, Paul was right at home elucidating to others the beauty of the flowers and, some might say, the meaning of life itself. If you have met Paul, you know that he can light up a total stranger's day with cheery banter and draw people together--much like the tulips everyone came to see.



Caption: Paul and tulips offering spring cheer

Paul steadily navigated the spongy earth around the field. The symmetry of the field and Paul's calculated ways of navigating them were in unison as the morning evolved into afternoon. Paul's sunny personality seemed to turn spring into summer in a matter of hours.

Upon exit, Paul had worked up quite an appetite spreading joy across the painted plain. One has to wonder, was Paul there to see the flowers or did the flowers rise to be in his presence.

*"You can cut all the flowers, but you cannot keep spring from coming." ~Pablo Neruda.*

Spring  
2014 Edition

United Friends  
Group Homes  
PO Box 17017  
Seattle WA, 98127

[www.ufgh.org](http://www.ufgh.org)



Questions or  
comments:  
206-782-8705

Editor: Laura Bailey

Newsletter  
Contributors:  
Everybody!



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:

[www.ufgh.org](http://www.ufgh.org)

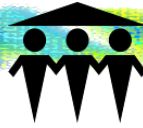
OR

[www.unitedfriendsgrouphomes.org](http://www.unitedfriendsgrouphomes.org)



2012 UFGH  
Celebration





**RESIDENTS SHARE WITH DONORS**

Residents had an opportunity to thank donors at our annual Spring Brunch. After a delightful brunch and visiting around tables, news of the organization was shared. Sally Tomson was honored for her contributions to the organization and she shared what it meant to her family that Janet, her sister, had a stable, warm, caring place to live. Rick Massey was also honored as one example of our wise and efficient staff. A highlight was the sharing by several residents regarding their homes and activities. The generosity of the donors at the brunch resulted in over \$6000 toward enriching the lives of some very special people!



Delores Kannas, Board President, presents a Certificate of Appreciation to supporter/volunteer, Sally Tomson.



Residents, Bob and Paul can't wait to share with donors why they like their group home.

**MY GIFT TO HELP THESE VERY SPECIAL PEOPLE**

I believe in empowering these people. I want to join in ensuring a continued quality program and a stable future for them. Please accept the enclosed gift:

- \$25    \$50    \$75    \$100    \$500    \$1000    Other \_\_\_\_\_

Please make your check payable to United Friends Group Homes

- My company will match my gift; matching form is enclosed.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

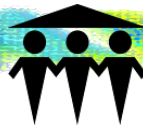
PLEASE PRINT CLEARLY

Thank you! United Friends is a 501(c)3 Non-Profit Organization;  
your contribution is tax deductible as allowed by law

**Please**

return your contribution with this form to:

**United Friends  
P.O. Box 17017  
Seattle, WA  
98127**



## ***Greetings from Delores Kannas, President Board of Directors***



When I was young, life for me was all about what's happening at the moment. I could not understand why anyone would want to look back at what happened a month ago let alone 40 years ago. My perspectives have changed over the years. As Board President I often find myself trying to figure out how we got to where we are today and asking the question, "What started all this?" For United Friends the beginning of the story took place 40 years ago in 1974 when a group of forwarding thinking parents formed United Friends Group Homes.

Since the purpose of this newsletter is to share the "news" from United Friends, what happened 40 years ago may seem irrelevant...but on the other hand, maybe not! In our Fall Newsletter, I shared three priorities from United Friends' Board for 2014. One of these was:

Explore structural changes within the Crown Hill home – Our goal is to eliminate barriers to resident mobility as they age in place and, at the same time, expand capacity from 6 to 8 residents.

As this lofty statement "...to expand capacity from 6 to 8 residents" clearly suggests, this means we need to build more resident rooms. A building project means we need to figure out how to pay for the design and construction. This awesome goal has been the motivation in taking us "**Back to the Future**".

Our first steps began with our Executive Director, Bruce, contacting building consultants, who quickly directed Bruce to search for the 1974 deed to the Crown Hill property. What Bruce found in his search of the public records has revealed some pretty interesting "news" from the past. United Friends did not have any easy beginning to the story by any means! We know some of the story, but not all. Not having been here in 1974, I'm asking for your help to collect as much information as possible about those beginning days.

"What started all this?" I would like to invite readers to send me their memories of those beginning times and, if possible, share any news articles, other written material or pictures that you would be willing to share with us. We will start a newsletter column entitled "This Not Just In: United Friends News" (a phrase I've borrowed from NPR Radio). This is a story worth telling again and again!

## ***Have you (Amazon)Smiled Today?***

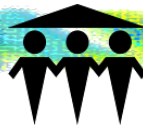


United Friends is a registered, designated charitable organization with AmazonSmile. If you're an amazon.com shopper, please consider shopping via AmazonSmile. When you do, 0.5% of your eligible AmazonSmile purchases will go directly to United Friends Group Homes!

Now it's easy to enjoy the convenience of shopping with Amazon while making a contribution to United Friends. That's a win-win!! You can designate United Friends Group Homes as your preferred charitable organization on AmazonSmile by searching the charitable directory by name (United Friends Group Homes) or EIN (23-7396644). When searching by name, please be sure you're selecting UFGH, as there are similarly named organizations within that list. Or, if you prefer, type this link into your browser and it will take you directly to AmazonSmile, as well as defaulting you to UFGH as your designated charitable organization:

[https://org.amazon.com/ref=smi\\_ge\\_raas\\_org\\_org](https://org.amazon.com/ref=smi_ge_raas_org_org)

For easy access with just a click, this link is also posted on our [website: www.ufgh.org](http://www.ufgh.org)



## Cultural Enrichment

For the last year and a half, several of the residents at Beverly Park have been participating in “Family Fun Day” at the Wing Luke Museum of the Asian Pacific American Experience (affectionately referred to as “The Wing”). Family fun day occurs every third Saturday of the month from 1-3pm; it’s a fun afternoon of creativity for all ages and abilities with a nod to the rich culture of Asian Pacific Americans ....and it’s free!

In addition to celebrating her Chinese heritage, Marilyn gets to relive past experiences as a former employee of “*The Wing*” and look around at her favorite exhibits.

Floyd, on the other hand, gets to remember some wonderful times with his mother. A memorial to her has been included in a recent exhibit featuring the Northwest Asian American Theatre.

Whether celebrating one’s own cultural heritage or enriching one’s life by learning more about other cultures, the Wing is a great resource.

Rather than fight for the rare parking spot in the International District, the residents make a full outing of it with a specially-booked Access trip. You can usually find the residents having Dim Sum at The Four Seas Restaurant after visiting “*The Wing*”. The restaurant staff greet them as regulars and (more importantly) members of the community overall.



Floyd poses with museum displays



Marilyn rests with a cup of tea after a busy day at “*The Wing*”

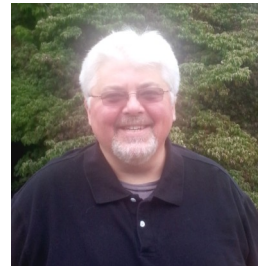
## From the Executive Director...

### Baseball and Flowers and Picnics, Oh My!

It’s Springtime in Seattle! That means brilliant colors and lots of outings to take advantage of the slow return of bright sunshine and blue skies.

Our three Group Homes have moved full steam ahead with planned outings and get-togethers that encourage multi-home Resident participation. Beginning with an Elvis sighting at Beverly Park in mid-March, Residents have had the opportunity to ‘dance to the Jailhouse Rock,’ enjoy the sights and sounds of the Puyallup Fair in mid-April and most recently, experience a Whale-watching group tour. The whales were very, very shy for that outing, but Residents still appreciated the time on the water and seeing their good friends from each of the group homes.

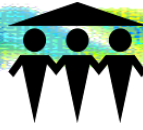
Upcoming outings will feature a Mariners game outing and a Vashon Ferry/Picnic outing, both sponsored/coordinated by Lincoln Park. Beverly Park is hosting a “Cinco de Mayo” celebration and later a trip to the Strawberry Festival in June. Featured events with Crown Hill include a Basketball Tournament and “Kickball in the Park.”



Bruce Clatterbuck



“Deb finds a new friend during a Spring Field Trip.”



## Employee Spotlight: *Melanie Sears*

Melanie is one of our newer staff members, having begun employment with UFGH last December providing direct Resident care at Crown Hill.

Melanie is a recent graduate from Eastern Michigan University, with a BS in Psychology and a minor in Nonprofit Administration. Melanie quickly became an integral part of the staff at Crown Hill, bonding with Residents through an intuitive sense of communication that seems to be a natural part of her interactive and empathetic personality. Whether dealing with the most routine of matters or a sudden emergency, Melanie approaches the situation with the utmost compassion and professionalism.

In recognition of her good work and continuing commitment to the well-being of our Crown Hill Residents, Melanie was recently promoted to a Floor Supervisor position at Crown Hill Group Home.

Thank you, Melanie, for all you do. You're a valued member of the UFGH Staffing Team!



A smile that could only belong to Melanie!

## Spring at Lincoln Park

Lincoln Park Group Home Residents and Staff have been busy enjoying community recreational events such as movies, museums, walks in the park, and the Spring Puyallup Fair, which everybody enjoyed tremendously. Next month we're heading to a Mariner's baseball game, about which a couple of the residents are so excited they speak about it every day.

Rebuilding Together Seattle, an organization which has benefited United Friends in the past, is scheduled in late April to swoop down on us with an army of volunteer workers to accomplish quite a lot of upkeep at Lincoln Park, and all for free. They will be completing many small projects which will improve the environment and allow persons with a walker to move through the home more easily. Projects include strengthening the deck supports, fixing drawers and cupboards in the kitchen, and remodeling the pantry to make room for the freezer to be moved back.

Sonya Dingman is welcomed as our new Health Care Coordinator. Sonya comes to the position with years of experience working as a Resident Care Trainer. She is an intelligent and eager person who will do her part to fulfill our mission of empowering our residents to live happy, quality lives.



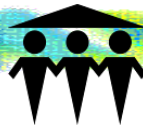
Sarah, Janet, and a big troll.



Donna and a big smile.



Brad and a big guitar.



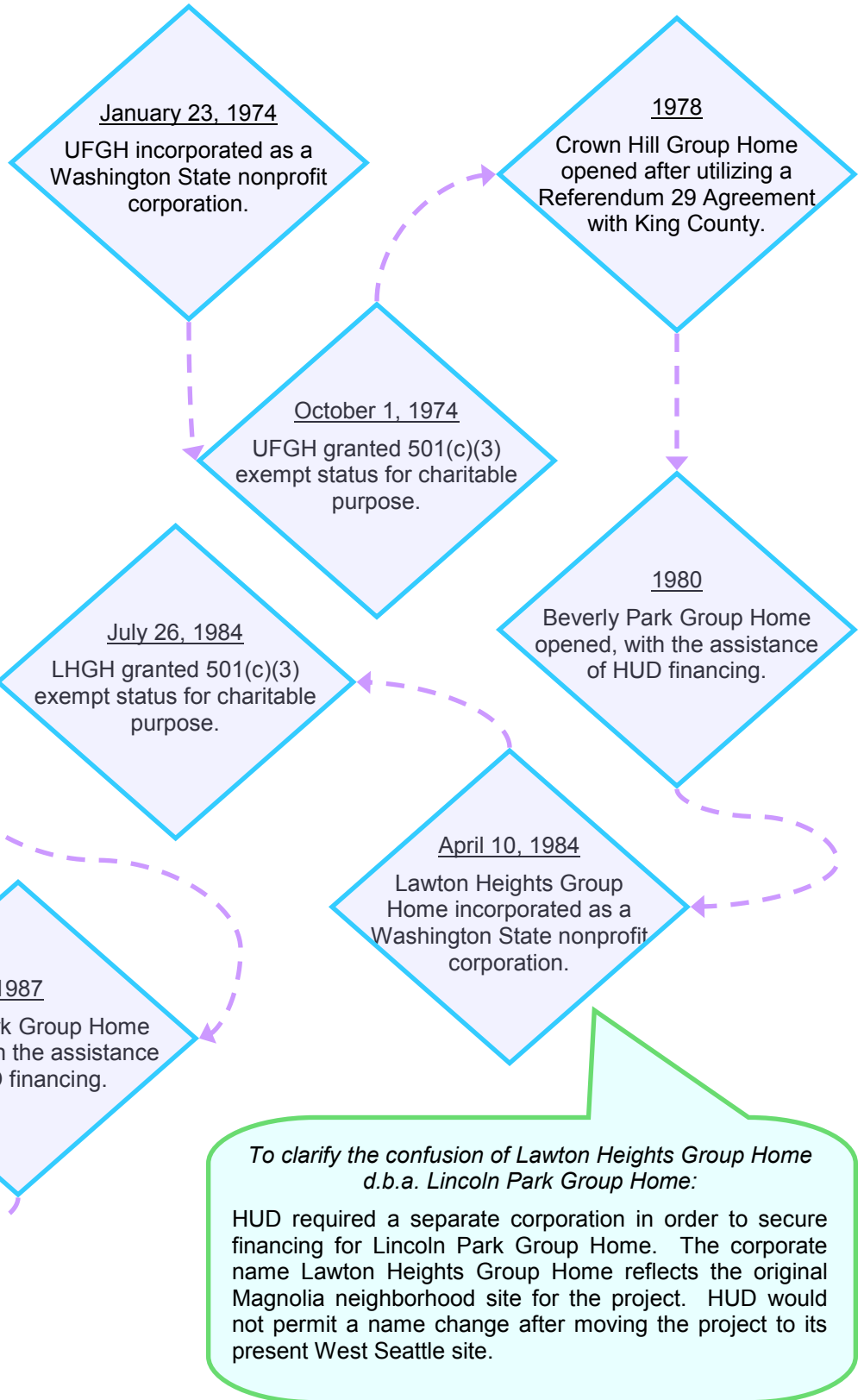
# 1974 to 2014 Significant Dates in UFGH History:

## Forty Years!

Wouldn't it be nice to create and maintain a "UFGH Archives"? A resource that keeps alive the history and stories of everyone whom cared so much about our residents and the mission of United Friends. If you have any historical or personal material relevant to UFGH (news articles from the early years at the beginning of UFGH, the opening of Crown Hill, old newsletters, personal stories/anecdotes, photographs, etc.), we very much welcome any additions to the organization's documentation of its history.

Items can be submitted to [bruce@ufgh.org](mailto:bruce@ufgh.org) or, mailed to us at:

**United Friends**  
**P.O. Box 17017**  
**Seattle, WA 98127**



*To clarify the confusion of Lawton Heights Group Home d.b.a. Lincoln Park Group Home:*  
HUD required a separate corporation in order to secure financing for Lincoln Park Group Home. The corporate name Lawton Heights Group Home reflects the original Magnolia neighborhood site for the project. HUD would not permit a name change after moving the project to its present West Seattle site.