

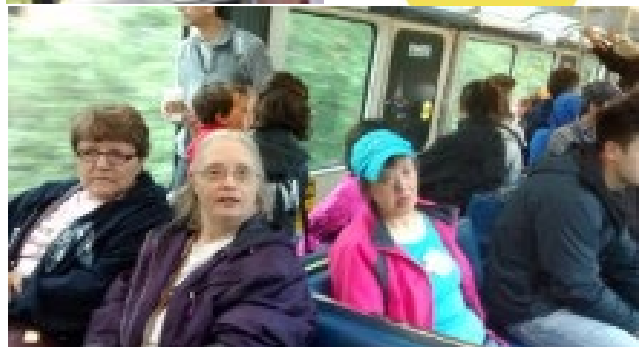


UNITED FRIENDS GROUP HOMES

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

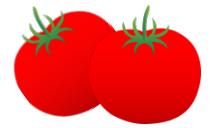
Hot Fun in the Summer Time!

Welcome to a special Summer Edition of the UFGH Newsletter, featuring some of the many ways our Residents have spent time this summer having fun, learning new things, making new memories and reinforcing on-going life skills through seasonal activities. This edition offers many photos and features, all highlighting our Residents and their excitement in embracing and celebrating the many options for summer fun in Seattle!



Clockwise, from lower left: Beverly Park Residents soon realized “the Force was with them” when they participated in the Folk Life Festival earlier this summer; Crown Hill staffer, Christian, and Paul take in the sights at an antique car rally; the Ladies of Crown Hill recently got henna tattoos – here, Deb was very excited to get her own tattoo; Program Director Rick and Molly catch up on things; Alan and Terri enjoy the festive atmosphere at a local street festival; Carla takes center stage at a Crown Hill tie dye event; Tracy, Terri and Marilyn take a cool ride on the monorail; Sarah, Donna and Shalene share in the excitement of the recent Tie Dye Party.

The Fruits of their Labor



UFGH Residents continue their appreciation for the importance of a green thumb in providing freshly cut flowers for the dinner table centerpiece, as well as homegrown produce (tomatoes, radishes, beans and carrots – just to name a few!) to enjoy during dinner. All three homes have planting beds and/or raised garden boxes that staff and Residents have maintained since last spring. What a great way to learn to appreciate all that is involved in bringing fresh flowers into your home or fresh produce to your table!

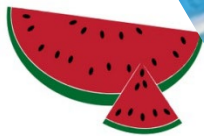
Upper left, Paul proudly displays the freshly picked beans from Crown Hill's raised, outdoor gardens; lower left, the staff and Residents of Crown Hill joined together earlier this spring to install raised garden boxes in their spacious backyard; Janet (below, center) and Katie (lower right) take turns tending to the garden boxes out on the deck at Lincoln Park.



2nd Annual Tie Dye Party at Crown Hill!

Our Crown Hill Group Home hosted its second annual "Party to Dye For" earlier this month. Residents and staff from all three homes joined together in what has become UFGH's newest annual event. T-shirts, jerseys, shorts, pants and even pillow cases were utilized to celebrate the retro-fun of tie dying.

Upper left, Shalene and LP Staffer Christine try out some different color dyes; Floyd and BP Staffer Liz collaborate on a new design idea; Donna shows everyone her new glasses at the Tie Dye Party.



Your Support Does Matter...and It Does Make a Difference!

Residents Benefit from Special Appeal

We recently sent an appeal for special gifts to enable us to increase wages of our staff who provide direct care of the Residents, 24 hours a day, 7 days a week. We are delighted to report that you responded with \$7,500 in donations! The direct care staff have received their wage increase and Residents continue to receive the quality of care that translates into the atmosphere of joy and enthusiasm typically found in the homes. Our deep appreciation to all of you who contributed!



Mark and Bobby shoot the breeze while relaxing in a local NW Seattle park.

JOIN IN SUPPORTING OUR RESIDENTS!

You can share in supporting the life and activities of our United Friends Residents. There are various ways to contribute:

- 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 PayPal icon on our website: www.ufgh.org
- You can contribute to UFGH while taking care of your personal shopping! When shopping on-line, please consider becoming a member of the Amazon Smile rewards program (designating UFGH as your preferred charity), or when shopping locally at Fred Meyer, you can designate a portion of your shopping total to directly assist UFGH through Fred Meyer's Community Rewards Program. Just go to www.fredmeyer.com/communityrewards and designate UFGH as your preferred charity. Our ID# is 86108.
- Coordinate the donation(s) of new or gently used items on our wish list:



Hand tools / Hand trucks, carts or dollies / **Sturdy** outdoor chairs
Bath towels (all sizes) / Blankets and bed linens (twin- and full-size)
Silverware / Glasses (BPA free, microwave & dishwasher safe)
Pots, Pans, Skillets, Cooking utensils and Bakeware
DVDs, CDs, Blu-Rays * / Magazines & Books * / Puzzles & Games *

*appropriate for our Residents

To donate any of these items, please contact bruce@ufgh.org

Thank you!

