

"Champions aren't made in the gyms. Champions are made from something they have deep inside of them - a desire, a dream, a vision. They have last-minute stamina, they have to be a little faster, they have to have the skill, and the will. But the will must be stronger than the skill." Muhammad Ali



Spotlight

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Hannah's 'Disability Awareness' Fundraiser

By Suzanne Yoder

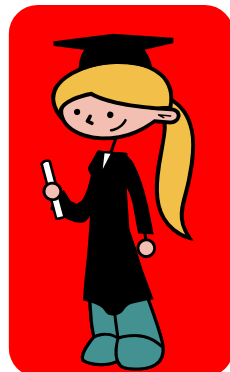


It can be very hard to fit in, in high school. It can be even harder to accept those around you who are different than you. This story is very heart warming and heart felt, because Hannah is doing something about awareness and acceptance. In her high school she saw the other high school students treating students with disabilities different, or just plain ignoring them. So when it came time to put together her senior project – she chose to hold a Disability Awareness Fundraiser, in support of our Helping Hands for the Disabled. Many of her family and friends attended the event – which included a speech from Barbara Barger, a trumpet duet by Steve Mostovoy & Glade Hall; and a viola performance by Monika Shreeve. The cutest cookies shaped and decorated as hands were a huge hit, as well as cake and refreshments.

Individuals with disabilities are out there, and they have the same fundamental needs that you or I do. They need companionship, love and understanding. Hannah understands that, and she hopes to help others come to the same understanding.

Thank you for all of your hard work, Hannah!

Hannah will be attending the Auction so be sure to thank her then!



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.

Honey-Do: Don't! Let the Handyman Do It!

By Roland Kipfstuhl

Start your bidding at \$100!

It was the auction event of the year: Helping Hands at the Embassy Suites. I was roaming around the room taking pictures and schmoozing while the auctioneer was working the room, driving the bids up as high as he could for a very worthy cause.

Do I hear \$150?

I take another picture of a table of excited people having a good time watching the action. I see a flash of a bid number to my right...

I have \$150 do I have \$200?

The bidding is good and fast paced. The item is "Handy Man for a Day." Suzanne Yoder's Dad, Gene, volunteers a day's work to the successful bidder.

I have \$200 do I have \$250?

I stop to chat with some guests. They are enjoying the food, and say that they have never been to a live auction before. They didn't know how fun it could be. Time flies...

I have \$550 do I have \$600?

I see another hand go up.

I have \$600 do I have \$650? Going once, going twice, sold to #157!

I am getting ready to take a picture of the winning bidder... "Hey, wait a second, that's my wife!" Soyon has bought a handyman for a day. I don't know if I should feel bad or good: why does she need someone else to fix things

around the house? I'm a guy, I can do that! But then, Helping Hands gets the dough so it is for a good cause.

What I didn't realize at the time was that my wife and I were going to be remodeling our basement. The handyman is just her planning ahead.



Flash forward to March 2007:

Soyon and I have ripped everything out of half our basement and exposed the pipes. It's time for a change. Handyman to the rescue! Gene, his girlfriend Denise, and Suzanne (with doughnuts) show up to work on the plumbing – Gene's forte – which happens to be something that I really hate. We head off to buy copper plumbing parts to replace the old galvanized stuff used circa 1960.





Soyon and I wander around the store while Gene and his gang (posse?) make their selections – 6 ½ X 1, 10 ½ X ½ right angle, “T” this “T” that – the only

what service! Next year it might be Handyman for a Day and Muscles for Charity too.

Everyday, Soyon goes downstairs and spends about ten minutes imagining what the new family room, bathroom and laundry will look like. Every dollar we spend on it is well worth it just to see that gleam in her eye.



tees I know are used in golf! I plunk down the gift card Soyon thoughtfully bought for me and we are off to do some work!

Gene has a great handle on what needs to be done. He puts his crew to work, showing them how to measure “twice” and cut “once” the pipe. Suzanne succeeds in making an ungodly squeaking noise when cutting pipe. Gene is mystified. Other than that, they all seem to know what they are doing as though they do this every weekend. As a matter of fact, Gene does do this about every weekend. He has re-scheduled two jobs to accommodate our schedule. I can’t stand it: I have to do something. But I can’t risk fouling this finely tuned machine, so I go out and mow the grass.

Afterwards, I am upstairs watching a little TV (yes the other “T” kind). Suzanne rushes upstairs, she needs to change and run off: She is going to a Disability Awareness fundraiser and lost track of time. Soon after, it is time for Gene and Denise to leave. Gene plans to come back to finish. He will try and rearrange his schedule for next weekend and come back on Sunday. Wow,



Thanks for the help Gene, Denise, and Suzanne!



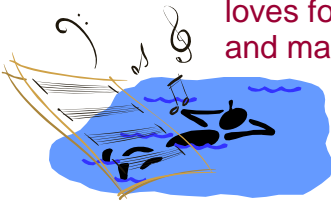
PROFILE: NEW RESIDENT AT CHAMPION HOUSE!

Kristamae was born on August 1, 1981 in Eugene, Oregon. Her parents Ray and Kate, brother Jesse, and Kristamae moved to the Seattle area from Oregon. She lived at Puget Sound Assisted Living for a number of years prior to coming to Champion House on the February first of this year.



When we usually do a profile, we've known the resident for a number of years. And know a lot more details. Well, we're doing something a little different! Kristamae has hidden treasures we have yet to discover. But first, what do we know about Kristamae? We know her family is very supportive of her new home and very active in her life. Kristamae lights up at the mention of her brother's name! Probably because she loves it when he comes and picks her up to go riding around!

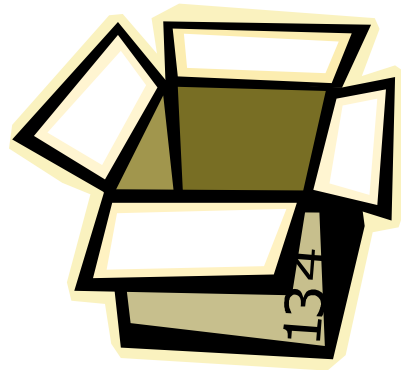
We also know that the staff are discovering her likes and needs on a daily basis. They know she loves food! She loves to walk and watch any kind of Disney movie. She loves to swim and may be getting into swim therapy soon for her mobility. She loves music and the staff has yet to determine which her favorite is! She is looking forward to being in a day program sometime soon. She is looking forward to the different activities that are available.



But stay tuned! We'll have updates along the way as Kristamae's hidden treasures emerge!

This profile could not have been written with as much detail and with such affection had it not been for Joel and his wonderful staff at Champion House. Thanks Joel and staff for all of your help!

Julie Hegira, secretary
Board of Directors, Helping Hands for the Disabled



TAKING A SERIOUS LOOK AT EMERGENCY PREPAREDNESS

I've always been serious about the safety of our residents and staff and being prepared for emergencies. This fall and winter have tested our preparedness skills several times over and we actually did very well. That is not saying we were perfect, but we had no serious damage to our properties and our residents were all kept safe during the snowstorms, windstorm and the power outages that followed. Some of the staff were unable to get to work after the storm due to damage to their homes or downed trees, etc, but others arrived immediately and stayed over to help out. We evacuated the residents from Trail House to Champion House. That helped us use the staff more effectively and also Champion House has a generator so that made the situation easier to deal with. At Champion House they ran the TV (along with the essentials) off the generator and the residents watched movies for the duration of the outage. At Halcyon, we have an automatic generator, so everything went extremely well there. At Visions, we have people with vents, feeding pumps and oxygen so the generator is critical there. We had great concerns that the generators would run out of propane and we might need to move them to a hospital, but King County Department of Health kept close contact with us. They contacted Ferrell Gas in Auburn and they came to our rescue and delivered propane to Champion House and Visions.

What did we learn? WE NEED TO IMPROVE. Being prepared for three days is not enough. Automatic, natural gas generators would have been the ideal answer in this case, but if it had been a major earthquake the gas may have been interrupted and created greater problems. We need to communicate our emergency policies more often and more clearly to all of our staff. We also noted that some of our training material needs to be in different languages, so we can be sure all of our staff understand our emergency procedures. We are updating our policies to address our weaknesses and listening to the suggestions made by our staff and the emergency preparedness experts around the area. Our Quality Improvement Coordinator recently participated in an Emergency Response De-briefing and she reports that many area First Responders learned important lessons this winter and they also need to improve.

I will close this article by thanking the King County Department of Public Health, Ferrell Gas, Marty & Cheryl Jordan, our dedicated staff who responded so quickly after the windstorm, and staff who spent five or more hours in traffic to get to work after the snowstorms.



APPLICANTS FOR HOUSING PROGRAMS OR EMPLOYMENT ARE WELCOME WITHOUT REGARD TO SEX, AGE, HANDICAPPING CONDITIONS, RELIGION, VETERAN STATUS, RACE, COLOR, CREED OR MARITAL STATUS.

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In Loving Memory of Katie Dolan

10/31/1924 – 11/11/2006

by Gail Provo

This is a special tribute to my dear friend, Katie Dolan. Katie was one of those rare and exceptional human beings that you meet once in a lifetime, but will leave behind a legacy that will live forever. Because one person lived, the lives of developmentally disabled people across this great country will forever be improved. That is not to say that we can afford to just sit back and relax because Katie would be the first to say that our work is never done. It is our responsibility to make certain that all she accomplished must never unravel.



I first met Katie over thirty years ago. In an effort to get help for my daughter, Donna Provo, I contacted Frances North, a State Legislator in my district. Representative North gave me Katie's phone number at the **Troubleshooters** in Seattle and suggested I give her a call. In September 1977, I went to work for Katie as the Sno/Valley Troubleshooter. I had no idea at that point how totally unprepared I was to work for Katie, but I was soon to receive the education of my life!

Katie Dolan was a dynamic force to be reckoned with, to say the least. Frances North once told me that when Katie's name was mentioned in Olympia, legislators trembled. I can assure you, the task of ever having to say "No" to Katie was a fate worse than one can imagine. Katie had the persona necessary to move mountains, and move mountains she did! In 1969, Katie Dolan, along with Janet Taggart, Cecile Lindquist, and Evelyn Chapman began drafting legislation that would allow handicapped children the right to a free education. The four women then began recruiting state senators from across the state to gather support, later teaming up with two University of Washington Law School students, George Breck and Bill Dusault. In 1971, the state of Washington became the first in the nation to mandate legislation that gave **ALL** children of school age the right to a free and appropriate education, without regard to a child having a disability. That monumental legislation became known as Washington's House Bill 90. In 1975, the federal government passed legislation mandating that all 50 states assure every child the right to a free education. Public Law 94-142 (Education of All Handicapped Children Act) was modeled after Washington's HB-90.

Nothing in Katie's life was uneventful. The fact that she was born on Halloween and passed away on Armistice Day is just one example and I can't help but feel there is significance to those two events. Soon after PL 94-142 became law, Katie and I were walking out to our cars after work one evening. Katie had an older Volvo at the time. All of a sudden, she started to laugh and said, "Gail! Look at my license plate!" The first three letters were **IEP!** To those of you who are unaware of what an IEP is, it is the acronym for Individualized Education Plan, which was written into PL 94-142, giving parents the right to have input in their disabled child's education. "**Individualized**" – meaning the educational program had to be written to meet a child's individual needs and not that the child had to meet the expectations of the educational system. **What a wonderful concept!**

Katie and her husband, Duane, celebrated their 60th wedding anniversary last April. That was the last time I saw Katie. I will always remember how elegant and beautiful she looked in her floor length red evening gown and how handsome Dwayne was in his black tuxedo. They certainly did not look like a couple in their 80's, who had been married for 60 years!

Last week I made a telephone call to Katie and Duane's daughter by choice, Parul Houlahan. Parul is also the wife of Katie's nephew, Gary Houlahan. I had to chuckle when Parul informed me that the beautiful red gown was one that Katie had found for \$10.00 at her favorite boutique, a well-known local thrift shop!! This brought back so many of my favorite memories of Katie. Material things were never all that important to Katie, but finding a special gift for someone at that thrift store gave her the greatest pleasure.

While I was talking to Parul, I told her I could not imagine Katie ever dying and I was sure she really didn't leave us, she just got a huge promotion. Then I remembered one of the best gifts she gave me and that confirmed my belief. In 1978, Katie gave me a bumper sticker for my car that read:

"Old Troubleshooters never die. NEVER, NEVER, NEVER, NEVER!"



The Legend of the Pink Rose

The pink rose symbolizes grace and gentility, gratitude and appreciation and is often used to say, "Thank You." Thank You, Katie!

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*Dwayne & Katie Dolan's 60th
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Thank you!

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