



**2008 BOARD OF DIRECTORS**

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Helping Hands for the Disabled  
P. O. Box 6335  
Bellevue, WA 98008-0335  
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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, build their self-confidence 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.*

# Spotlight

**AN IMPORTANT MESSAGE FROM BARBARA BARGER:**

**I'M RETIRING AS EXECUTIVE DIRECTOR AT THE END OF THE YEAR**

I am retiring with a great sense of pride for the past 28 years and the accomplishments we've made as an agency and as a care delivery team. We've developed some of the best staff and they've stayed loyal, loving and caring to our residents. We've improved the quality of life for our residents, many of whom were formerly living in institutions, and given them safe comfortable homes in the community. Many of them have been with us 15-25 years, and they are family to each other and to us.



I will be around for awhile to work with Cheryl, Helping Hands' new Executive Director (see article on page 2), and get her oriented, and I will remain with Helping Hands for the Disabled as Occupancy Specialist. That position is very part-time and my responsibilities will be managing the HUD contracts for Champion House and Halcyon.

I am looking forward to enjoying some free time and having the opportunity to travel and see some of the world I haven't already visited. I also plan to continue volunteering at Eastside Community Aid and Helping Hands for the Disabled.

I thank each and every one of you who have supported me and Helping Hands for the Disabled over the years. Without you, we would not have come this far. You've made a difference in many lives.

## THANK YOU BARB!!

Helping Hands for the Disabled wishes to express its gratitude to Barbara for her many years of service and dedication! We are planning a Retirement Party for Barb, but we do not yet have a date or the details for this celebration. If you would like to join us in celebrating Barbara's retirement, please send an email to [syhelpinghands@comcast.net](mailto:syhelpinghands@comcast.net) or call us at (425) 644-4344.

Change will not come if we wait for some other person or some other time. We are the ones we've been waiting for. We are the change that we seek. Barack Obama

If we don't fight hard enough for the things we stand for, at some point we have to recognize that we don't really stand for them. Senator Paul Wellstone (1944-2002), D-MN.

## WELCOME OUR NEW EXECUTIVE DIRECTOR

**Barbara Barger, Occupancy Specialist (Retired Executive Director)**

Cheryl Jordan became the new Executive Director of Helping Hands for the Disabled on December 1, 2008. Cheryl is not new to our agency because she has been a tireless volunteer for more than 10 years. She has served on our Board of Directors as Secretary and many years as President, Auction Chair and publisher of our quarterly newsletter. She also serves on the Board of Directors of the Washington State Law Enforcement Memorial Foundation and the Boarding Home Advisory Board, and has previously served on the Board of Directors for Washington's Concerns of Police Survivors. Prior to becoming our Executive Director, Cheryl was a paralegal and has worked for Safeco Insurance Company, Williams & Williams, LLC and the Bank of New York Mellon Corporation.



Cheryl lives in Bremerton with her husband Marty, and their daughter Laura who is currently attending Drake University in Des Moines, Iowa. Laura and Marty have also been long-time volunteers for us.

We welcome Cheryl as the new leader of our Team! If you don't already know her, take the time to get to know and welcome her.

## NEW PROGRAM DIRECTOR FOR CHAMPION HOUSE

**Barbara Barger, Occupancy Specialist (Retired Executive Director)**

We are thrilled to report that Flynn Bushong became the new Program Director at Champion House on November 24, 2008. Flynn is new to our agency, but she is not new to our industry, she has over 20 years of experience, starting with Northwest Center, followed by Neighborhood House and Community Health Clinic. She also has incredible knowledge of the Medicaid system!



Flynn lives in Bothell. If you have any tips for navigating southbound I-405 traffic in the mornings or northbound traffic in the evenings, please share them with Flynn!

Helping Hands for the Disabled and Champion House welcome Flynn to our Team! We look forward to many future successes.

Each year, Helping Hands for the Disabled holds an event that we call "Staff Night Out." This is an evening where as many staff as possible are given the night off, with pay, and are invited to a festive gathering with fellow HHD staff. Wonderful gifts are given out in a wildly popular game where each staff person draws a number and then selects a wrapped gift or "steals" a gift already unwrapped by someone else. Popular gift items tend to be "stolen" multiple times!

## STAFF NIGHT OUT

This year's event was held on November 20, and it was (by popular demand) a Cultural Potluck at Visions. Nearly 50 staff attended and enjoyed the amazing array of delicious food, a chocolate fountain and the rivalry that ensued over a very soft blanket that was stolen over and over. As a special surprise, the Visions staff hung decorations to honor Barbara Barger and thank her for her many years of service to HHD. Much fun was had

by all! **HHD has wonderful employees—thank you!!**

## IN LOVING MEMORY:

### ◇Beth Ann Bowman◇

Barbara Barger & Eva Robinson  
Patrick Duffy  
Rosemary Duffy

### ◇Tony Chatto◇

George & Pat Schreiber

### ◇Hazel Hanson◇

Raymond & Margaret Cardinali  
Anthony & Patricia DeMilia  
Anne Reasoner  
Marie Toledo  
Ronald & Jacqueline Friedman  
Eric & Sachivo Dinmore  
Dimitrios & Phyllis Tripolitsiotis

### ◇Bob Mays◇

George & Pat Schreiber

### ◇Julie VanOstrand◇

Erika Clawson  
Ron, Louise, Jean & John Ramuta  
Dena Chottinger  
Mike & Judy Wagmeister  
Mr. & Mrs. Neil Howard  
Douglas & Beverly Boyce  
Barbara Barger & Eva Robinson  
Leslie & Karen Wahlstrom  
Marty & Cheryl Jordan  
Helen E. Ahern  
Charlotte Carr  
Bellevue Overlake Rotary Club  
Joseph & Andrea Barss  
Marshall & Nancy Carr  
Monika Leutenegger  
James VanOstrand  
Marie Hagen

## IN HONOR:

### ◇Barbara Barger◇

Patrick Duffy

### ◇Brett Neider◇

Oscar & Ruby Running

### ◇Halcyon House Staff◇

Elizabeth Roberts

## 2008 DONORS

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Barbara Barger & Eva Robinson  
Barbara Carman  
Barrett & Eileen Beaupre  
Berhanu Haddis  
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Roland Kipstuhl & Soyon Kim  
Ronn & Genette Altaras  
Ross MacDonald  
Ryan & Tori Peterson  
Samantha Zachry  
Sandy Wood  
Steve Tacke  
World Vision

*Special Thanks to:*

**Eastside Community Aid Thrift Store  
and  
Epsilon9.com**

For providing ongoing support to Helping Hands for the Disabled!

*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.*

**NOTICE:** The 2008 Annual Meeting for Helping Hands for the Disabled will be held on Tuesday, January 13, 2009 at 6:00 p.m. at Highland Center in Bellevue. Election of Officers for 2009 for the Board of Directors will take place at the Annual Meeting. If you would like to attend the Annual Meeting, please contact the Helping Hands office at (425) 644-4344, or contact Suzanne Yoder at syhelpinghands@comcast.net.

Please join us on  
Wednesday,  
February 18, 2009 at  
Desert Fire in  
Redmond!!

Here's a fun way to support Helping Hands for the Disabled! Please plan to dine at Desert Fire between 5:00 p.m. to 9:00 p.m. on 02/18/09, present the coupon to the right, and Desert Fire will donate 10% of your bill to Helping Hands! Please invite your friends, family and co-workers to participate in this great fundraising opportunity.

We hope to see you there!

**Desert Fire - Enjoy a Night Out While Giving!**

Enjoy a meal and/or beverages on  
February 18th 2009, 5 to 9pm,  
present this coupon to your server, and 10% of your bill  
will be donated to Helping Hands for the Disabled!



**Desert Fire**  
7211 166th Ave NE  
Redmond, WA 98052  
425-895-1500

**Report from "A Legislative Agenda for 2009," as presented by The King County Board for Developmental Disabilities and the King County Parent Coalition (A program of The Arc of King County)**

This is an annual event that is very well organized and well attended. Many legislators attended this session to learn more about the needs of the developmentally disabled (thank you to 48th District Senator Rodney Tom for attending). Among the topics presented to those legislators present were Waiver/Non-Waiver Funding; School to Work Program (Jobs at 21); Early Intervention Services (SOAR); School-Age Children—Establish Insurance Parity; Family Support Dollars; Intensive In-Home Support; Growing Aging Population; Vendor Rates; Housing Trust Fund; Addition of Excess Property at Fircrest (expansion of the "Dan Thompson Memorial Trust"); and One-Time Only Extension for Developmental Disabilities Endowment Fund. The top three priorities for National Arc are: Medicaid, Social Security Protections and Section 8 funding. Many of those present were surprised to learn that the Medicaid FMAP (the rate used to determine amount of matching funds) was included in the recently-proposed stimulus package for the "Big 3" auto-makers that did not gain approval. It is possible the stimulus package (inclusive of FMAP) will be reconsidered by Congress in a special reconvening of Congress in December; otherwise, this issue will not be considered until at least January.

This is the first year that Employer Awards were given. Seven area employers were honored for their commitment to and support of employees with developmental disabilities. Please consider patronizing these businesses whenever possible: PetSmart (Woodinville), Dunn Lumber (Normandy Park), Aramark Facilities Services (Safeco and Qwest Field), Fred Meyer (Bothell), Fred Meyer (Lake City) PCC Natural Markets and Seattle Children's Hospital.



Applicants for housing programs or employment are welcome without regard to sex, age, handicapping conditions, religion, veteran status, race, color, creed or marital status.

*If you would like to be notified of our upcoming events by e-mail, please log onto our Website at [www.hhftd.org](http://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.*

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**P.O. Box 6335**  
**Bellevue, WA 98008-0335**

**2008 Valued Lives Conference in Yakima**

By Kiyomi Tamura, Program Director—Trail House and Visions

Samantha and Loretta from Halcyon, Jennifer from Champion House, Arlene from Visions, Carmen from Trail House and I had the privilege to attend this conference from Sep. 24<sup>th</sup> through the 26<sup>th</sup>.



After many years of the "Residential Conference," they brought back the statewide conference to a wider audience for a third year running. The goal of the conference was to provide a variety of training options and networking opportunities for the entire developmental disability community. The conference was targeted at people with developmental disabilities, their families, community residential providers – both direct support and management staff, other service providers and anyone else interested in learning more about issues impacting those with developmental disabilities.

The conference was coordinated by the Community Residential Services Association (CRSA) in partnership with the Division of Developmental Disabilities. CRSA is a membership organization of residential providers for people with developmental disabilities in Washington. They represent and support these community-based residential provider organizations in order to enhance the quality of life for people with developmental disabilities. They advocate for improvements through their lobbying and grassroots efforts, while encouraging innovation, creativity and positive changes in the field of developmental disabilities.

The conference was a mix of learning opportunities and social events. We all attended the pre-conference on Wednesday. There were three separate sessions that day: one for families and self-advocates, one for support staff, and one for management personnel. We all attended the one called "Why Do They Do That?" A man talked to us using a facilitate communicator and it was very interesting. He was a brilliant person with significant challenges associated with autism. If you have never heard him speak, you would not know he was a person with an intelligent mind.

The conference began the first evening with the keynote address and entertainment from Chris Burke. Do you remember Corky from a TV show "Life Goes On?" Everybody grows up thinking that they can do anything that they want to in life. In some cases, they are successful, but it takes sheer determination and the desire of caring parents to let a child strive for the top. That sounds fine to most, but when the child has Down's Syndrome, the trail looks even more challenging. Not so for Chris Burke. Chris' parents, sisters and brother showered him with affection, creating a strong sense of self-worth. He even began to call Down's Syndrome "Up Syndrome." But when Chris' enthusiasm for acting in Hollywood became more than just a phase, the family gently tried to dissuade him from his dreams. Undaunted, Chris pursued his interests—writing TV scripts, reading books, corresponding with people in the film industry and attending evening acting classes in New York City. His persistence paid off.

"Life Goes On" was created after Burke landed the role of a boy with Down's Syndrome on the ABC-TV movie "Desperate." His work so impressed the network executives that the film's producer was asked to write a show with Burke in mind. The critically acclaimed family drama series "Life Goes On" earned Chris a Golden Globe nomination and aired on ABC from 1989-1993 and continues to run on The Family Channel. For years, Chris has been part of many American families, helping them to take a different perspective on those with Down's Syndrome and toward those who have a disability. Chris danced and sang and spoke to people and we all had a blast. We got to have a picture taken with him. It was a wonderful conference. I would like to take this opportunity to say thank you so much HHD for sending us there. We all felt like we've come away with some new ideas, a renewed sense of purpose, and some new connections with our co-workers.



People grow through experience if they meet life honestly and courageously. This is how character is built. Eleanor Roosevelt

## **IMPORTANT NOTICE!**

This is the last print edition of The Spotlight that will be mailed out in bulk! Future editions (four per year) will be published on our website ([www.hhftd.org](http://www.hhftd.org)) and sent to you via e-mail. There are several reasons why we are making this change, but among the most critical reasons are the costs of printing and mailing thousands of newsletters, the impact to our environment and the amount of time it takes to print, fold, seal, label and mail the newsletters. Of course, if you do not have computer access, and would still like to receive The Spotlight in your mailbox, let us know, and we will accommodate your request.

**PLEASE MAKE SURE YOUR EMAIL ADDRESS IS ON OUR LIST! SEND A NOTE TO SUZANNE AT [syhelpinghands@comcast.net](mailto:syhelpinghands@comcast.net), or call us at (425) 644-4344. Thank you for your support and assistance!**

## *2008 Auction*

# Wow!!

There is simply no better way to describe our 2008 Auction! While planning our event, we all acknowledged that the economy and pending election would quite possibly put a damper on our annual Auction. Our attendance numbers were down by nearly 30%, so we all tried to mentally prepare ourselves for a "rough year" and lower than normal results.

You sure proved us wrong! (and we couldn't be more grateful) You helped us fill the room, you bid generously, and most spectacular of all, you astounded us with your generosity on two very important items: the Muscles for Charity item and Make A Difference.

This year, Muscles for Charity chose to do things a little differently than in the past. Rather than placing themselves up for auction for the winning bidder's project of choice, our dear friends with Muscles for Charity told us they wanted the project to be one that was chosen by Helping Hands with donors bidding toward the completion of that project. Anonymous donors pledged \$1,000 in matching funds toward the project, which will be a new deck for Trail House, and you not only matched that pledge, you added to it! A total of \$2,250 was raised for this project. We are so grateful to each donor and to the amazing Muscles for Charity Team!!

*...(continued on page 5)...*

# Wow!!

*...(continued from page 4)...*

Our Make A Difference item this year was a new roof for Visions. Yet another anonymous donor pledged \$2,500 in matching funds for this item, and that amount was immediately matched! You continued to raise your paddles for total donations toward the new roof totaling \$11,450! There were no dry eyes at my table or the surrounding tables.

In addition to these astounding numbers, you added another \$44,000 in bids on the many items that were donated for our Auction. (Can you think of a better description than "wow?") You have made a difference for Helping Hands for the Disabled and our residents, and we are truly grateful to each of you.

**Thank you for joining us at our 2008 Auction!**

MICHAEL'S  
**CHEVROLET**  
OF ISSAQUAH



Kibble & Prentice  
A USI Company

