



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

Save The Date!

The United Friends Annual Donor Appreciation Breakfast is coming soon.

This year it will be on Thursday, April 28, 2011, from 8:30 to 9:30 am at the University Christian Church.

Come hear about United Friends, its residents, and the wonderful volunteers and supporters.

For reservations or more information email: unitedfriends@eschelon.com or call 206-782-8705.



Past President Phoebe Wold presenting honors to Ruth Naccarato at the 2010 breakfast

Spring 2011 Edition

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Presidents Message

By Earleen Linn, President

In the midst of so much bad news regarding our economy, we are pleased to report some good news!

Despite the current economy we are maintaining excellent care of the residents in our programs. They have active social lives and are surrounded by staff, family, and friends who care about them. You can read more about some of the happenings around the homes in this issue of the newsletter.

We have a strong Board of Directors who continue to give of their time and talents to keep the organization viable. We have

excellent staff who balance the budget, oversee the day to day health and well being of each resident, and ensure we meet all of the requirements necessary to maintain our agency.

United Friends Group Homes is a wonderful agency that continues to thrive and be an important part of our various communities.

We appreciate everyone who is a friend to our group. Please continue to spread the word that United Friends is a great agency and a vital part of our community!





Judy Madison

“It leaves me time for making hats for the homeless, and my [peer discussion] group, and my reading class, and my knitting group...”

Judy Madison Proudly Announces New Volunteer Position

By Frank O'Brien, Crown Hill Staff

Judy Madison, of Crown Hill Group Home, enrolled in a steady volunteer position with Lifelong Aids Alliance this January.

When asked how she feels about her new cause, Judy lights up and exclaims “Oh I love it! I’ll be there a long, long time if they need me.”

After several interviews and an orientation seminar, she began working at the Alliance’s Capitol Hill location “*providing practical support services and advocating for those whose lives are affected by HIV and AIDS,*” as the mission statement dictates.

The Lifelong Aids Alliance currently requests Judy’s assistance once per week. However, she expresses a hope of branching out to other positions and donating more time in the future.

She currently packages intimacy health kits and information to be distributed throughout high risk communities.

For now, once a week is “fine by me” says the busy Judy. “It leaves me time for making hats for the homeless, and my [peer discussion] group, and my reading class, and my knitting group...” The list goes on.

Lincoln Park Makes it Happen

Michelle C. Mazetis, Lincoln Park Group Home Staff

With budget cuts looming over our heads and the potential for many of our residents to lose hours at work, Lincoln Park has taken a proactive approach in getting creative and finding ways to fill the gap.

We are looking at expanding more individual outings as well. Katie has a standing coffee outing on Wednesday afternoons.

In the last month more routine activities have been added to the activity calendar. Residents go swimming on Mondays and Tuesdays, bus outings on Tuesday afternoons, the Library on Thursdays and Saturdays, and go to south end Social on Thursdays, watch movies on Fridays and sing karaoke on Wednesdays.

In addition to regularly scheduled routine activities, we are offering a variety of different activities on the weekends. Next month there is a Ballet, a dog show, and a Birthday Party scheduled as well as bowling.

With the cold upon us, residents have been doing more baking and are enjoying the fruit of their labor.



Beverly Park Bulletin

By Chris Campbell, Program Director

At the time of our last newsletter, winter was just getting ready to pounce, staff member, Shalaunda, was just getting ready to have a baby, and everybody was preparing to give thanks for family and loved ones.

Well, winter jumped all over us, Shalaunda's family is bigger now (and she's back with us), and everybody from here was able to go spend quality time with friends and family for Thanksgiving.

When we weren't hunkering down from one blizzard or another, everybody was having great fun decorating for Thanksgiving, Christmas, New Years, and Valentine's Day.

Everybody celebrated Christmas with the whole United Friends extended family, and Valentine's Day brought a wonderful party graciously hosted at Lincoln Park Group Home. Not only did everybody mingle with their friends from the other houses, but we had a chance to watch a slide show of memories from 2010. Wade, Floyd and Tracy await their friends at LP. RCT Leslie is in the background.

Our spotlight resident this time is Vanessa Sutphen. She's been living here since way back in 1982, and has always been a big part of the happy spirit of Beverly Park Group Home.

Vanessa has a lively and active sense of humor. She jokes around with

others constantly, then joins in with their laughter. A favorite game of hers is to assign nicknames to people. She'll call Melissa Elizabeth, Shalaunda Shawna, Fred Doug, and Sopha gets to be called Lopac. She knows everybody's real names, and will tell you when asked, but where's the fun in that?

Vanessa attends Elderhealth Northwest several times a week, where she's admired and her company enjoyed just like it is here. She also works with Vadis on home projects, and may be getting into other job opportunities that Vadis is researching right now.

Vanessa enjoys spending time with her mom and dad, Carol and Dave, and also with her sister, Jan, and Jan's family, which includes a couple of giant friendly dogs.

When asked the question: How do you like living at Beverly Park?" Vanessa replies: "That's great!"

So everybody's glad the weather will soon be a little warmer and their thoughts and decorations can turn to flowers and sunshine.

Also, everybody is looking forward to the next big all-resident party on March 18, hosted here at BP by birthday girl Molly. It's been confirmed that Mr. Elvis Presley will be making a guest appearance.



Vanessa Sutphen brightening up the camera

"...everybody is looking forward to the next big all-resident party on March 18, hosted here at BP by birthday girl Molly."



2010 UFGH Christmas Party



Carla & Alan
at Valentine's Day Party



Molly and Katie hang out in
Katie's room before the
Valentine's Day party.



Ray Fletcher

Annual Valentine's Day Dance is a Hit

By Frank O'Brien, Crown Hill Staff

Love was in the air as residents of Beverly Park and Crown Hill Group Homes arrived at Laurelhurst Community Center on February 11.

They were dressed to impress at the annual Seattle Parks and Recreation, Specialized Programs *Sweetheart's Dance*.

"I knew a lot of people there. It was fun," says Judy Madison of Crown Hill.

The dancers grooved and sang along to such classics as "Love Shack," and "The Twist," as well as a smattering of modern dance hits.

A microphone was even provided for those with the bravery to karaoke along with the DJ. Later on, luck was on the side of Paul Gilly, also of Crown Hill, who returned home with one of the event's raffle prizes. When asked about his evening, however, Paul's recollection was focused solely on time spent with friends. "I had a good time," he reports. "I danced with my friends from Greenwood [Group Home]."

The *Sweetheart's Dance* is a tradition of many community members across the city, and, most importantly, a great chance for residents to socialize with friends and co-workers outside of everyday routines.



Original illustration of a
United Friends party,
by Floyd Tokuda

Raymond Fletcher

January 31, 1924 - December 10, 2010

Ray was a faithful and enthusiastic supporter of United Friends.

One of his three children, Kathy, moved into our Lincoln Park Group Home when it opened in 1987 and she lived there until her death this past year.

Ray was a long-time member of the Board, served on the Endowment

Board Governors, and was President of the non-profit workshop Olympus Electronics until it's close.

Whenever something needed repair or a social event was held, Ray was there to lend a hand and join in the activities. His dedication and insight on the Board were highly valued. He will be greatly missed.