



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

Board President Column

By Delores Kannas

Greetings to all family and friends of United Friends!

Yes, there has been another change but not another new face. I was elected at the annual meeting in October. I am Delores, shown in the photo with my sister, Donna, who lives at Lincoln Park.

This October marked Donna's 10 year anniversary at Lincoln Park. In fact, Earleen Linn, who has just completed serving 3 years as Board President, and Lance Haraldson, current Board Treasurer and past President, interviewed Donna and me 10 years ago to be sure we were a good fit for United Friends.



Thanks to Earleen and Lance's favorable assessment, Donna was welcomed to move in and has called Lincoln Park home for a decade and I've served on the Board for nearly as long. I also want to take this opportunity to announce that Dan Spengler is our new Board Vice President. Dan has served on the United Friends Board for approximately 9 years and has contributed much of his time serving on the Facilities Committee making sure each of our 3 homes are in good repair. Lance Haraldson and Scott Monrad are continuing to serve as Board Treasurer and Secretary respectively. We certainly appreciate Lance, Scott, and all the Board of Directors for their dedication to serving United Friends residents and staff.

I'm looking forward to seeing you all at the Holiday Party on Saturday, December 17th. As always, there will be a wonderful holiday meal, lots of opportunities to reconnect face to face, entertainment provided by a talented theater group, and a little festive holiday sing-along to cheer our spirits. We will be blessed once again with help from the members of Clipped Wings, who have faithfully volunteered their services at our holiday parties and annual donor appreciation breakfasts for the past 5 years and who continue to provide grant funds for the purchase of furniture and other items that make our homes more comfortable for our residents.

It is in this spirit of thankfulness and hope for the future that I look forward to serving as Board President and to seeing United Friends continue to fulfill its mission for many years to come.

Winter 2011 Edition

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**RESIDENT SPOTLIGHT: BOB LILLETHUN**

Bob Lillethun has been living at Crown Hill since it opened. He has spent most of his adult life here and has made this his home. He has two sisters, one in Kentucky and one in Georgia. He visits them every few years and has a trip to see his sister in Georgia planned for January. He calls them nearly every week to stay in touch and speaks of them with great fondness.

Bob works at Lighthouse for the Blind and absolutely loves to go to work. He is fond of his supervisor and numbers his coworkers as friends. He is currently making valves for the top of a canteen. He puts the white plastic core on a pegboard, places a pin in the top, and clips it on with a prong-shaped clip. When the pegboard is full, it is given to other workers for more parts. He works very fast with this task and his supervisor is pleased with his work. He is greatly disappointed when he can't go to work. He says he never wants to retire.

In his leisure time Bob loves to watch the Three Stooges and John Wayne or any other Western. When home, he is usually found in the living room sitting next to the TV watching the movies over and over. For a few years in the past he was a Cowboy for Halloween. But for the last few years, he has chosen to be a Native American, which brings out a giggle or two from him. He finds joy in a lot of things we take for granted.

CROWN HILL VEGETABLE GARDEN

Crown Hill Group Home decided to plant a vegetable garden for the summer. It was thought a good idea for lowering the cost of vegetables and to give the residents a sense of pride that they helped. A spot was cleaned in the backyard by Frank and Pat. Some residents helped with the planting and watering.

The garden grew quickly, with the leaf lettuce, herbs, and the spinach ready to use in a matter of weeks. The tomatoes did not do well, taking a long time for them to turn red and were quite small. Also planted in the garden were cucumbers, eggplant, and green peppers--none of which grew in great quantities.

Assessing what went wrong we decided there was inadequate sunlight for most of the vegetables because the tomato plant grew large and shadowed most of the other vegetables. But, we did have some fun trying.



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RESIDENT PHOTOS

Chris Campbell, Program Director at Beverly Park, is a fine photographer and regularly records resident activities with his camera. Photos in our newsletter are primarily provided by Chris and we are grateful for this resource. There are MANY more pictures like these that can be seen on the agency "Flickr.com" site. Call your local Program Director or Administrator, and we can help you gain access.





Lincoln Park Group Home Seeks Human Rights Committee Members

By Michell Mazetis, QMRP

Lincoln Park Group Home is unique in many ways. Predominant is being an “Intermediate Care Facility for the Intellectually Disabled” (ICF/ID). The benefits are that it provides constant training in the activities of daily living in the form of formal training programs and under the guidance of Active Treatment, which essentially means that everything done in the home throughout the day is a learning opportunity for the residents who live there. Overall it provides a high quality of life promoting independence at every turn. The other major difference is that there are rules and regulations that are much more stringent than in other types of group homes; Lincoln Park adheres to a set of guidelines somewhat different from those of Crown Hill and Beverly Park.

One of the requirements of an ICF/ID is the existence and regular meeting of a Human Rights Committee (HRC). The function of the committee is to “have an ongoing oversight group to guard the rights of people living there” operating according to federal regulations and DDD policy. The HRC meets quarterly and reviews Positive Behavior Support Plans, any restrictive procedures set up in the home, the use of psychoactive medications or chemical restraints, policy and procedures, client rights issues related to proposed research activities or studies, facility procedures that deal with consent, conditions of treatment, and client rights, intervention plans that have the potential to interfere with human and civil rights, and any complaints or grievances filed by clients, their parents or legal representatives and authorized representatives.

We are looking for new members for the committee. If you are interested or know someone who may be interested in an opportunity to be involved in enriching the lives of the residents at Lincoln Park by protecting their rights and best interests, please contact Michelle Mazetis, Program Director/ QMRP at Lincoln Park Group Home at lincolnpark@eschelon.com or (206) 937-9706. Thank you, Michelle.



HOLIDAY PARTY INVITATION

Our December party is a highlight of our year and you are invited to be part of the festivities! The event includes a mid-day dinner; an opportunity to meet and greet residents, staff, family members and community supporters; and enchanting entertainment.



Saturday, December 17, 2011
University Christian Church,
4731 15th Ave NE, Seattle 98105



Complimentary parking in the lot East across 15th.

- ENTREES AND DESSERT WILL BE PROVIDED
- Please bring fruit, a vegetable dish, or a salad to serve 12 people (plated, ready to serve)**
- Eat at 12:30 pm.
- Program at 1:30 including the musical “Grease” by Friendship Theater of Federal Way



Beverly Park Group Home Bulletin
By Chris Campbell, Program Director



The late summer has slid nicely into the late autumn, and here we are again, sharing little bits of our lives. So much has gone on in the last few months, and many memories have been made.

We here at Beverly Park would personally like to thank Debra Haraldson for running things as our Interim Executive Director/Administrator this summer. Debra was an advocate for the folks living here at BP, as she was for all our homes. She kept things running nicely and helped keep the lights on and the air conditioner running. Thank you, Debra!



We were very happy to host the annual United Friends Group Homes agency picnic in August. Thanks for coming, one and all. We hope that everybody had great fun, and that you enjoyed all the sunshine we specially arranged for you. To help you remember, here are a few snapshots of the occasion.

The ladies and gentlemen living here haven't just been sitting around doing nothing. Everybody's been involved in one thing or another, be it personal art projects, decorating for holidays, taking walks in parks and local malls, attending Labor Day BBQ picnics, playing a wide variety of games, bowling, or going on trips. We've seen our residents go to Disneyland, Sea World, and even Graceland and Memphis!

Our artistic soul, Floyd, had some work featured in the Burien Lantern Festival, and is expected to have something in an upcoming local exhibition. This is such a new development that we don't yet know enough details to announce dates, times, and locations. We only know enough to tease you with the promise of art, and to assure you that we should know more by the middle of December and will be able to more fully inform anybody who calls.



It was our pleasure to host the agency Halloween party this year. This is one of our favorite annual traditions, and we always get pictures to share. Here are some of the colorful characters who showed up for the festivities this year.



The future looks bright around here. We're anticipating a very thankful holiday season, and have hopes that all residents from BP can spend some time with their families and loved ones. While we're waiting for those special days we'll be sailing on board Seattle Parks' Holiday Ferry on December 10, and attending the agency Holiday Party on December 17. We'll be busy decorating for Christmas and hoping a certain jolly man in a red suit delivers an "Xbox 360 with Kinect" game system for the residents to use getting exercise while having fun. We think it'll happen. After all, everybody's been very good this year.

