Greetings from United Friends!

First off, thank you to all donors. Your continued support is always appreciated. Secondly, we want to extend a particular “Thank You” to those who donated to the Special Appeal last year. As you recall, Seattle voted to phase-in increased minimum wages. They started with large employers last year. Their wage increases negatively impacted our ability to retain and hire quality staff. Your donations helped us increase support staff wages and offset this negative trend.

However, our current staff compensation contract with WA state fails to meet Seattle’s mandated wage increases. That being the case, we are once again counting on the generosity of donors to maintain skilled, knowledgeable staff members. With the minimum wage in Seattle continuing to rise over the next few years, it is critical that we continue to express the importance of donating to UFGH and of contacting WA state legislators about these staffing compensation shortfalls.

Your donations not only impact staff wages; they also help in those day-to-day issues that are not budgeted. The vacuum stops working? The house video/exercise system freezes up? The house van needs some unexpected costly repairs? These are all items that have been paid for, at least in part, by your generosity.

Your donations support fun projects, too. Raised garden beds, higher quality art supplies, outdoor furniture, the list goes on and on. How can you help? Just take a look on the next page!
You can share in supporting the life and activities of 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 Donate icon on our website: [www.ufgh.org](http://www.ufgh.org). You can even set up an ongoing monthly contribution.

- You can also contribute to UFGH while shopping online! Do you order from Amazon.com? Please consider becoming a member of the **AmazonSmile** rewards program (designating UFGH as your preferred charity). It’s so easy! Instead of going to [www.amazon.com](http://www.amazon.com), go to [www.smile.amazon.com](http://www.smile.amazon.com) and designate United Friends Group Homes as your supported charity. You get the same great deals; UFGH gets a percentage of your overall order.

- 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](http://www.fredmeyer.com/communityrewards) and designate UFGH as your preferred charity. Our ID# is 86108.

**Donate items on our wish list:**

- Hand tools
- **Sturdy** outdoor chairs
- Blankets and bed linens (twin and full-size)
- Glasses (BPA free and microwave/dishwasher safe)
- DVDs, CDs, Blu-Rays *
- Puzzles, games *
- Unused gift cards
- Hand trucks/dollys
- Bath towels (all sizes)
- Silverware
- Pots/Pans/Skillets/Cooking utensils
- Magazines *
- Newer, reliable laptops
- Arts/Crafts supplies

Sincerely,
Delores Kannas, UFGH Board President
Rick Massey, UFGH Interim Executive Director

To donate any of these items or ask about other items, please contact: Rick Massey rick@ufgh.org

*must be deemed appropriate for UFGH Residents
**Beverly Park**

The residents at Beverly Park enjoyed many activities this winter—a visit to the Experience Music Project (EMP) at the Seattle Center via monorail, the Frye Art Museum, and the Museum of Flight to name a few. Many residents have enjoyed Southend Socials (sponsored by Seattle Parks and Recreation on a weekly basis). Each week the fun varies, for instance, Bingo, Karaoke, or Board Game Night.

But, you can just tell that the residents are very excited that winter and its wetness is fading away and spring is on the horizon. A few hours of sun and everybody heads outside. For sunnier days, the residents and staff are planning trips to Woodland Park and Point Defiance Zoos, the Seattle Aquarium, Volunteer Park’s amazing conservatory, car shows (a definite Floyd favorite), music concerts at Lake Burien Park, and so much more.

Another sure sign of spring comes in March. Beverly Park celebrates Molly’s birthday, which highlights everybody’s favorite Elvis performer and St. Patrick’s Day décor.

**Lincoln Park**

Lincoln Park Group Home has the pleasure of having a professional recreational therapist, Dianne Lassiter. Dianne provides numerous services that benefit our residents: she trains staff, participates on the interdisciplinary team, assists in writing out goals and programs, and helps to plan out recreational activities.

Beginning in December, Dianne worked with the staff to plan out monthly parties based on a theme. So far, we’ve had three fun-filled parties: Christmas, Snowman, and Valentine’s Day. Besides entertainment, the parties also provide opportunities for the residents to work on a variety of skills such as socialization, fine motor, gross motor, turn-taking, and following directions.

When Dianne arrives, the residents’ faces light up. Their energy increases, as they excitedly wait for the activities to begin. Part of the party preparation involves the residents making decorations for the party. They take great pride in this. As you watch the events, the residents’ joy and pleasure exudes from the smiles on their faces. The camaraderie and community they enjoy lasts long after the party.

**Winter at Crown Hill**

To survive winter, Crown Hill stayed busy! Deb and Paul have been enjoying their Fridays at H.E.A.L.T.H. (Healthy Eating Active Living Today Hooray!) class with Seattle Parks and Rec. Each week, they make a new healthy treat and bring the recipe home to share with the house. Judy has started a new hobby of making fresh juice each Saturday morning with the local, organic produce that being donated and delivered to the house on Fridays. We have also been enjoying the kale that has kept growing in our backyard all winter.

As a house, we celebrated the near-end of winter with a visit to Equine Aid Horse and Donkey Rescue. The donkey, “Petey”, is one of the residents’ favorites. Paul enjoyed many couch cuddles with his cat, Mister. We also enjoyed a fun evening seeing old friends and dancing at this year’s Sweetheart Dance, an annual event.

Crown Hill residents are excited for what spring has to offer. Soon, we will plant our garden!
Santa slipped in for tea and gifts at the annual UFGH Board sponsored Christmas event.

Residents, staff, friends, and families enjoyed a festive holiday tea and cookies. All three houses provided live entertainment, a special carol with holiday headgear—antlers, Santa hats, etc.

Many thanks to the Clipped Wings for the yummy cookies and for their assistance in setting up and waiting on tables.

What would a Christmas event be without Santa? A special thank-you to Santa and Mrs. Claus, aka Tom Watling and Julie Watling, for flying down from the North Pole to attend.

In Loving Memory…

As former House Manager and Program Director at Beverly Park, on behalf of my colleagues and all the staff, it is with a heavy heart that we say goodbye to Vanessa Sutphen who passed away on January 3rd 2016.

Vanessa moved into Beverly Park Group Home in 1982. Ever since, she shared her one-of-a-kind sense of humor with her housemates, staff, and the Burien community. Vanessa was loved by everybody who met her; who could resist those beautiful blue eyes and the huge smile that was almost always on her face?

Some of her hobbies included music (especially those hits from the 50s and 60s), dancing, karaoke, talking on the phone with family and friends, animals of all shapes and sizes, and just relaxing with a cup of coffee and some conversation.

I feel honored to have known Vanessa. The memories and brightness that she brought into everybody’s lives will be cherished and never forgotten. Although my heart is heavy, it is also filled with appreciation and happiness for all those moments shared. Vanessa, we all love you and miss you very much!

Rick Massey, Interim Executive Director UFGH