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.

A message from Delores Board President

Greetings from United Friends Board of Directors! As we share news and pictures, the Board would also like to share the many opportunities to volunteer and actively participate in United Friends’ mission.

• special events e.g annual summer picnic
• Holiday party

• Board committees
• Board membership

A message from Rick Massey, Executive Director

Thank you to everybody who helped make this Summer’s UFGH picnic such a success. Everybody (residents, staff, family members and friends) seemed to enjoy themselves. Good conversation and karaoke to boot! It’s hard to believe that Halloween has just passed and the holiday season is just around the corner.

What does the holiday season really mean to you? I invite you to think about that over the next couple months. For me, the real spirit of the holiday season lies in reconnecting with those around me and celebrating all the little joys that they have brought to my life while trying to return as much of that positive energy as I can.

With that in mind, please come and join the residents for a Holiday Open House at Lincoln Park on Saturday, December 10th from 2pm-4pm. There will be beverages, cookies, and a house full of cheer. Indulge in enough positive energy for you to make it through the gray Seattle winter and still be smiling when spring comes a-knocking.

If you want to help...please contact:

Delores Kannas
President, Board of Directors
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Rick Massey
Executive Director
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Save the date...

Holiday Open House
Dec 10: 2-4 PM
LPGH
6935 Fauntleroy Way SW
Rick has a special message …

As the year winds down, I want to thank each and every one of our valued donors. Your financial assistance is always greatly appreciated. Over the last few months, you have helped purchase a brand new barbecue for the summer picnic at Crown Hill and much needed kitchen equipment at all three houses. Your help has continued supplementing the cost of staff wages. The importance of this cannot be overemphasized; with the City of Seattle’s minimum wage continuing to increase, our funding from the state doesn’t cover what’s necessary to maintain a professional caring staff.

Your donations in 2017 are earmarked for:

* New refrigerator/freezer for Lincoln Park
* Improvements to the fire exits at Crown Hill
* Updated lighting fixtures and carpeting in the TV/Arts Room at Beverly Park

Your help empowers the residents of United Friends Group Homes to have the quality lives they deserve. Your donation, no matter the amount, is truly appreciated. Have a wonderful Holiday Season!

You can give a monetary gift…

- 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. You can even set it up for an ongoing monthly contribution.

While shopping on line…

- You can 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, go to 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.

While shopping at Fred Meyer

- 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 and designate UFGH as your preferred charity. Our ID# is 86108.
**Beverly Park News**

Beverly Park residents delight in each other’s company on a variety of weekend activities. Recent outings include the Pacific Science Center, EMP, the Flight Museum, the Volunteer Park Conservatory, and a Harbor Cruise through Elliott Bay.

**Burien Little Theater Welcomes Beverly Park**

One little gem that Beverly Park residents discovered is the Burien Actors Theatre. It’s a local neighborhood theatre just 10 minutes away. Seating less than a 100 patrons, its small size makes for an intimate and interactive experience for the audience, including Beverly Park residents.

The staff, actors, and volunteers at the theatre have all been helpful and accommodating for our group outings. From shifting chairs and positioning wheelchairs, they make the residents feel welcome. During the plays, the actors engage the audience. This rivets the residents’ attention and creates a feeling of belonging. A standing ovation for Burien Little Theatre!

**Crown Hill News**

**Crown Hill hosted the annual summer picnic.**

Crown Hill is one busy place! Summer kept us busy outdoors in the garden and in the neighborhood. In September, we hosted the UFGH BBQ. The UFGH Board invited residents, staff, friends, family from all three group homes to enjoy hot dogs, hamburgers, ice cream, and fellowship. Residents took turns on center stage singing their favorite karaoke songs and showing off their dance moves. The audience could barely keep up!

**Winter is coming….**

Heading into late fall and winter, Crown Hill is looking forward to many events, particularly the Holiday Cruise with Seattle Parks & Recreation. Residents have weekly activities that keep them busy, bowling and swimming at Montlake Terrace Pavilion & Recreation Center.
Lincoln Park
At the pumpkin patch….

On Saturday October 22, LPGH residents joined staff and friends from BPGH for a visit to Carpinito Brothers’ Pumpkin Patch in Kent. The sun shone (yes, that is not a typo)! Farm animals beckoned to be petted. Hot apple cider flowed. Thousands and thousands of pumpkins cried “pick me!” Residents left with the pumpkin of their choice and wide grins on their faces.

Halloween High Jinks

That was just part of Halloween festivities for LPGH residents. Festivities began with holiday decorating led by Floor Supervisor, Sherrill and another staff member, Becky. Residents Janet, Katie, Shalene, and Donna festooned the living room and bulletin boards. Mike, Brad, and Russell helped decorate the “man cave” (that all residents enjoy) and hallway.

Also at LP…. 

Holiday events included Seattle Parks and Recreations “Southend Social” Halloween party and “Fright Night”, Burien Community Center’s Day of the Dead celebration. Halloween itself featured a house costume party at LPGH, cupcakes, karaoke, a movie, and handing out candy to neighborhood kids.

In addition, LPGH residents and staff are enjoying the new floors and the refurbished deck installed this fall.

UFGH Thanks Betty Andrews

Where would our residents be without a group of moms that wanted homes where their children would thrive, enjoy life to their fullest potential, and be treated with respect? Betty Andrews was one of these moms. One of her proudest achievements was helping develop UFGH. Alan, her youngest son, has lived at Beverly Park Group Home since it opened in 1980. UFGH offers thanks for Betty’s contributions and condolences to family and friends on her passing this September.