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ALPHA NEWS

FALL 2009

Alpha Leadership Shines

by Leslie Martin Kinkade

Despite more than tripling the agency's size and budget over the past two years, Alpha Supported Living Services (ASLS) emerges stronger than ever to be Washington State's largest non-profit agency providing supported living services. Two recent statewide awards to outstanding ASLS professionals, Chief Executive Officer, Scott Livengood, and East Branch Client Services Manager, Jill Brubacher, are indicative of this organizational strength as we focus on our vital mission to serve adults with developmental disabilities by providing accessible residential and other support services that will maximize each person's quality of life.

Scott Livengood received a special award from the Arc of Washington State at their 73rd Anniversary Award Program on September 26, 2009. Scott was recognized for being a leader in the field of community residential services. Over the years Scott has become an expert in the complexities of state regulations, contracts, and legislative issues, helping ASLS become a leader in the state, and within the Community Residential Services Association (CRSA), the state's professional network for agencies providing community-based residential services. Scott has expanded the ASLS leadership role to exert a strong voice of advocacy for the over 16,000 enrolled clients of DDD who currently receive no paid services.

Said Board Vice-President, Stacy Gillett, who presented Scott with the award, "If an organization can have 'soul,' Alpha does in large part because of Scott's ability to create an alchemy of organization, stewardship, expertise and respectful care for the people we serve." Scott responded by saying, "The work has been extremely satisfying—though frustrating to see the lack of necessary funding. I look forward to working together with people with developmental disabilities, families, and service providers to



From left: Penny Martin (ASLS Board Member), Rob Burmaster, Scott Livengood, and Stacy Gillett at the 2009 Arc of Washington awards luncheon

ensure everyone with a developmental disability is afforded the right and responsibility to live in, and contribute to, the community. I will take this award as encouragement to continue the work."

For a second consecutive year, an ASLS staff member has received the emerging leader award from CRSA. Last year West Branch Director, Rob Burmaster, was bestowed with the honor. This year, CRSA recognized East Branch Client Services Manager, Jill Brubacher, with this award.

Jill began her work with the Residence East agency at the Kelsey Creek home in 1997. In 2007, when Residence East began the process to merge with ASLS, Jill was chosen for her steadfast optimism and level-headed approach with clients and families, to step into the critical role of Interim Director of Residence East. She was instrumental in ensuring a smooth merger and transition, despite multiple obstacles. Such work included filling numerous staffing vacancies, making strategic organizational adjustments, and accommodating new growth. Since the merger, the number of East Branch employees has grown from about 70 to nearly 120. It is clear from the feedback from family members and guardians, Jill's oversight of the vulnerable adults in her charge is fully respected and trusted. As the East Branch Client Services Manager, Jill oversees all of the East Branch programs, which include eleven programs supporting 36 clients. She recently completed the Non-Profit Management Certificate Program at the University of Washington.

Congratulations Scott and Jill!

The Seattle Foundation Awards ASLS

Alpha Supported Living Services has received a generous award of \$30,000 from The Seattle Foundation to support general operations and the continued leveraging of additional funds from private community contributions. We are honored to be partnering with The Seattle Foundation, one of the nation's largest community foundations, as they work with both non-profits and individual donors to improve the health and well-being of King County and beyond through effective philanthropy.

As 2009 closes and ASLS celebrates 35 years of service, we encourage you to help us meet the challenge of this exciting grant award by making a tax deductible charitable contribution to Alpha. In this season of giving, consider sharing the gift of philanthropy and making a tribute gift, in honor of, or to, a loved one. Or, gather friends and family together to make a collective contribution to ASLS, or another worthy non-profit. By working together we can make a lasting difference for people with developmental disabilities, and the entire community. **Visit www.alphasls.com or call 206.284.9130 to make a pledge today.** Please note pledges may be made in a one-time donation or through regular monthly payments.



Jill Brubacher is named CRSA's 2009 Emerging Leader



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Clipped Wings members and *Giving Through Song* guests Marie Swartwood, Sharon Loosmore, Vicki Marr, and Jaye Evans

2009 *Giving Through Song*

by Leslie Martin Kinkade

Alpha celebrated its thirty-fifth year of service at the 2009 *Giving Through Song* benefit dinner held at The Ruins on September 19, 2009. Over 90 guests, as well as challenge donors from the community, helped us raise a record net total of \$94,000. In addition, our generous in-kind contributors helped keep our fundraising costs to 14%, a notable benchmark to achieve. The cocktail hour featured a signature Alphantini cocktail designed by The Ruins exclusively for ASLS—a pear ginger martini with pear nectar infused with ginger and vanilla vodka. Local jazz vocalist Troy Kline was on hand to perform an engaging repertoire of old standards while guests wined, dined, and socialized.

A salute to our Corporate Leaders: **Gallagher Benefit Services** and **Lakeside Industries**, as well as our Corporate Partner: **Wells Fargo**. All proceeds from the dinner benefit the ASLS mission: to serve individuals with developmental disabilities by providing accessible residential and other support services that will maximize each person's quality of life. At the heart of this mission live Alpha's 91 clients in 30 homes, receiving the very best 24-7 care possible. Each of these inspiring people take steps every day to realize their full potential as active, contributing community members.

Special guests, including parent/guardian of client Jenny Williams, Marlaina Williams, and local soccer icon, Peter Fewing, were on hand to help Alpha make the appeal for support. As a private

non-profit organization, Alpha depends on private contributions generated from this event, and many other sources, to deliver service excellence to our clients and their families. As CEO Scott Livengood reinforced to the audience, government funding alone has never fully funded Alpha's extensive program and supported living services. With the current economic situation and a rising demand for community-based residential services that will only increase over time due to longer lifespans and a growing waiting list for services, ASLS must lean on its private contributors like never before.



Daniel Machar is a survivor and Alpha is grateful that he is.

THANK YOU *Giving Through Song*
2009 challenge donors and in-kind contributors:

Robert and Barbara Breskovich
Caffé D'arte
Castello di Tassarolo Wine
Mary Cunningham
Peter Fewing
Tess Forté
Ruth and Steve Gimpel
Cassie Helfrich Design
Mary and Michael Lee
Minuteman Press, University District
Ombú Salon and Spa
Perfection Chocolates
Rosella's Fruit & Produce Co., Inc.
The Ruins

Daniel Machar, a Survivor who is Thriving

by Craig Eidsmoe

Daniel was born in Dora, a village in Southern Sudan, where he and his family lived in a mud hut. His early life consisted mainly of working around the village: farming, tending the cattle, hunting and spear fishing. As a member of the Nuer micronation, he went through a ceremony to become a man at age nine. As a result, Daniel has permanent scars across his forehead.

At nine, he became a boy soldier. About two years later a missile exploded near him, sending

shrapnel into his leg. This took him out of combat and into several years of relocation camps in Ethiopia.

One day he was asked by a United Nations refugee worker if he wanted to go to the United States. He said yes, not entirely knowing what he was agreeing to. All the paperwork was completed, and the next thing he knew, he was in a house full of other teens and young men from Sudan in the Rainier Beach neighborhood of Seattle.

Daniel entered Mountlake Terrace High School, where he was a middle-distance track star, setting the Washington State record for the fastest time in the mile. After high school, he attended Skagit Valley Community College, where he was a cross-country running star. Turning down an offer to run at the University of Oregon, Daniel instead went to work to help support his family in Sudan.

Daniel has worked with people with developmental disabilities for almost nine years. He has unrivaled passion and devotion to the work he does. Joining the Alpha staff as a direct support professional in August 2003, Daniel was soon promoted to his current position as Program Coordinator for Wallingford, Meridian, and Tatoosh Houses. Always ready to take on any challenge, he readily calms down an aggressive client and helps co-workers get out of the snow so they can get to work. Daniel takes life head-on and with enthusiasm. He is not just a survivor, he is an inspiring, thriving community participant. Just ask anyone who knows him.



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Tim takes off for a solo spin around the park.

Enjoying the 2009 Big Bike Bash and Barbecue

by Ruby Lindner

The 2009 Big Bike Bash and Barbecue was a big hit with clients, guardians, staff and Alpha friends alike. With an estimated 175 participants and guests, the 2009 Bike Bash celebrated record attendance. With the arrival of a pleasant break in the summer heat wave, we celebrated the event on a Saturday afternoon on August 15th at the Crossroads Community Park. The great staff and volunteers from Outdoors For All Foundation again provided an amazing and colorful assortment of adaptive bicycles to fit the needs of every rider.



State Representative Ross Hunter stopped by for a visit and accompanied his new friend, Jenny, for a lap around the park

ASLS Board Member, Linda Johnson, lent a hand with shopping for barbecue provisions for the day, and our sponsors at PCC Natural Markets and Trader Joe's filled in to meet all our nutritional needs.

Although the day was devoted to bike riding and great food, we also had some fantastic face and hand painters in ASLS staff, Katie, Yany and Lissa.



Stacy assists sister Colleen with a little momentum

Alpha baseball caps were available at the event and with the help of a handful of very generous sponsors, we were able to offer a myriad of great prizes at the raffle, including, one from the Woodinville Fire and Safety District, a unique hosted birthday party extravaganza for twelve people at the main Woodinville firehouse, which was featured in a special raffle for clients only.

But, it was the bikes that took center stage throughout the day, and clients, staff, family, and friends all enjoyed cruising the trail around the park. There was even a visit from a special guest, State Representative Ross Hunter, who joined Jenny for a ride around the loop. To honor our bike enthusiasts, Outdoors For All Foundation selected the winner of the Golden Wheel award, which was given to the rider with the most energy, Kerri, who really took advantage of the wide variety of bikes on hand and rode five different cycles during the event.

As the day ended, everyone agreed it had again been a fabulous day at the park. Alpha

would like to thank everyone - staff, family, friends and board members, - who came out to enjoy a fun-filled day. As fall and winter bring with them shorter days and gray skies, we are already looking forward with anticipation to seeing everyone again next year for the 2010 Big Bike Bash and Barbecue.



Yusef and his dad, Zahir, making the rounds

A big Alpha "Thank You" to the Sponsors and Volunteers, whose contributions made the 2009 Big Bike Bash and Barbecue such a success:

Barbara Burnett
Intiman Theater
Museum of Glass
Outdoors for All Foundation
PCC Natural Markets
Michael Pollowitz
Seastar Restaurant and Raw Bar
Sport Restaurant and Bar
Seattle Mariners
Wally Tablit
Tacoma Art Museum
Trader Joe's
Woodinville Fire and Life Safety District
Woodland Park Zoo

Special thanks to the following Board Members who gave generously of their time and effort at the event:

Doug Coleman
Stacy Gillett
Linda Johnson
Penny Martin
Sherry McNary
Michele Moored
Sally Puff



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Wendy always has a smile to share and is happy to engage in a some friendly conversation

An Interview with Wendy Brooks

by Tess Forte

Wendy has been supported by Alpha Supported Living Services since August 1975. She now lives at Emerald House with three housemates.

T: So, Wendy, you've lived at ASLS for over 30 years, right?

W: That's right.

T: It used to be called "Alpha Spring Meadow Homes," right?

W: Yep.

T: How's it working out for you?

W: Pretty good.

T: How old are you, if I may ask?

W: I'm 65.

T: Are you working these days?

W: Nope, I retired. I used to work at Northwest Center.

T: How long did you work there?

W: Oh, about 40 years. I knew a lot of people there. Lots of friends.

T: What have you been doing with yourself since you retired?

W: I read books and go out with my roommates to lunch.

T: Anything else?

W: I like to do puzzles.

T: I heard you go to Northshore a couple times a week.

W: That's right.

T: What do you do at Northshore?

W: I go on outings, do exercise class. It's fun.

T: What about weekends? Do you go any place special on the weekends?

W: I used to go to my mom's, but she passed away. I still go to church.

T: In Ballard, right?

W: Right.

T: Anything else you'd like to let people know about?

W: When are you and I going to lunch?

T: Let's go!



Jan enjoying the Bike Bash with Kelsey Creek resident, Lavita

Jan Williams, Brings Out the Best in Those Around Her

by Katie Swezea

"You get the best out of others when you give the best of yourself." – Harry Firestone.

There is no better embodiment of this maxim than Jan Williams, who has served in many roles at the Kelsey Creek group home for nearly 20 years. When you meet the clients at Kelsey, you know right away that they have benefited from learning an array of life lessons over the years and Jan has been instrumental in supporting them in this regard. The Kelsey Creek clients have active daily schedules that include morning routines, going to work, coming home to their household chores, and a variety of leisure activities, before finally heading off to bed early to be ready for the next busy day. Consistency in their daily routines and realizing a sense of personal purpose in their lives has made all the difference in the quality of life for these clients. Jan has long been a stable and nurturing advocate for maintaining a known routine while

supporting the clients living as independently as possible.

Jan is committed heart and soul to the work that she does. She loves to teach the clients big and little life skills. She covers everything from doing their own banking to maintaining their employment. Personal achievements such as these give the clients pride and reinforce their belief in their own abilities. Jan draws immense personal satisfaction in seeing the Kelsey residents successfully master a skill that they had not believed themselves capable of tackling on their own. Everyday Jan goes above and beyond her daily duties, striving to enrich the lives of the clients she supports.

Jan is also committed to working closely with her colleagues to foster teamwork and help create a place where everyone is recognized for their strengths and unique contributions. Jan's expertise and experience in the field do not stop her from soliciting input from others and looking for opportunities to learn from her co-workers. Jan's positive attitude and her respect for others make those around her want to do their best and reach their full potential. Jan has been an inspiration and mentor to many professionals in our field over the years and her dedication and hard work has affected more lives than she will ever know.

I have had the pleasure of working alongside Jan for the last six months. I was fairly new to the field of working with adults with developmental disabilities when I joined Alpha, but I have been guided by Jan's knowledge and generosity and have learned more from her than I could have ever hoped. Speaking for all of us at Kelsey Creek, the staff are as fortunate as the clients to work with and learn from Jan.

GoodShop

Shopping online for the holidays?

Start at Goodshop.com and earn cash for Alpha Supported Living Services.

Over a thousand stores are on the Goodshop list including Amazon, Best Buy, Nordstrom, ToysRUs, Williams-Sonoma, and many more. By shopping on Goodshop and naming ASLS as your charity, you help make Alphas's holiday dreams come true.



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Day of Caring Volunteers Come to Alpha

by Collin Capes and Josh Cutler

The Day of Caring 2009 took place on September 11th. And, as in many years past, Alpha benefited from the generosity of volunteers in the Puget Sound area.

It was a beautiful fall day, a perfect time to have twenty volunteers from the Human Resources department at Microsoft come to paint the exteriors of Alki and San Juan houses. The residents of the homes left for a day trip to Ocean Shores while Rob Burmaster, Alpha West Branch Director, welcomed the volunteers with a quick talk about the agency, our mission, and the plan for the day. With the formalities behind them, the group, along with some additional helping hands from Alpha, leapt into action with brushes and rollers. The volunteers brought doughnuts and coffee and also provided pizza for lunch. Alpha supplied sodas, water, paint and brushes. By the end of the day, the two houses and the fence down the middle of the driveway had been transformed with coats of warm blue-gray and clean, white trim.

On the East side, the Day of Caring brought a second group of twelve volunteers from Microsoft out to the Mountain House group home in Issaquah. Although the great weather was ideal for exterior work, the volunteers at Mountain dedicated their efforts to an interior facelift, painting the very long hallway that is the entry to the client's bedrooms. They also painted walls in the living room and the TV room in the rear part of the house. Both clients and staff were very excited to come back to a cheerier and brighter house by day's end.

Everyone at Alpha would like to extend many thanks to the hard working volunteers of Microsoft for giving back to their community.



Scott poses with his buddy, Wall-E, for a photo-op at Disneyland

Scott Nersveen: a Man Living Life to the Fullest.

by Jill Brubacher

Scott Nersveen is one cool guy. Scott moved into the agency in 1983 and has been an inspiration to those who work with and know him. Friends often comment about Scott's calm and joyful outlook. He has a bright smile; always celebrating his successes with high fives and laughter. He has a lot to celebrate, too. Scott is very successful and independent. He lives in his own apartment and sets his own schedule that includes all his favorite activities. Scott enjoys taking classes at the community centers in Issaquah and Bellevue, visiting family and friends, playing tennis, bowling, and attending sports events. When Scott is out and about in the community, he will often be stopped by people who know him and want to say hello.

Scott is very popular in the classes he takes. He assists the bowling teacher with writing down scores. In his dance class, he often volunteers to show the rest of the class the steps. And he is very good at demonstrating the machines during his weight classes. He is of great assistance to instructors and peers alike.

For the past year and a half, Scott has taken drama lessons at the Highland Center. Scott's knack for memorizing lines and ability to stay in character has landed him roles as major

characters. Scott's teacher was so impressed with his talents that he asked Scott to join the cast at the Bellevue Youth Theater. Scott, being such a busy bee, was unable to commit to the offer, but was proud to have been asked. Anyone who has seen Scott perform in the plays is always amazed by his talents, whether he is in a speaking or non-speaking role.

Scott also works two hours each day at Mountain House, cleaning the common areas and bathrooms. Every two weeks he receives his paycheck and proudly cashes it for some spending money to reward himself for his hard work, most notably with a weekly trip to Mc Donald's for his favorite meal: Combo # 1.

Between work and his many social activities, Scott is a very busy guy. Somehow he still finds a bit of time to relax and enjoy a favorite TV show or watch a little wrestling. In the past, Scott also had a cat to look after, but sadly his cat recently passed away. Scott and his staff, Megan, are looking into some other pet options. Megan expressed her appreciation for Scott by saying "Scott is a genuinely happy go-lucky guy who gives 100% to everything he does, which has inspired me to do the same with my life." Thanks for being such a great guy, Scott!



SAVE THE DATE FOR THE 2009 HOLIDAY PARTY!

December 13, 2009

5pm-8pm

Bastyr University
14500 Juanita Drive NE
Kenmore, WA 98028

Staff, clients, families, and friends of Alpha. Supported Living Services are invited to dinner and dancing under the snowflakes.

If you'd like to join in on the fun, please RSVP to Nephtali Stackhouse at 206-284-9130 ext. 1407 or email: stackhouse@alphasls.com



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ALPHA NEWS layout and compilation by Ruby Lindner

ASLS announces a new partnership with **Caffé D'arte**.

When you purchase this award-winning local coffee brand, you can also support ASLS. Purchase a minimum of 3 lbs. of coffee per month from Caffé D'arte and 25% of the purchase price will go to ASLS. Purchase includes FREE shipping!

Go to www.caffedartefundraiser.com today or call (206) 762-4381 to submit your order to benefit Alpha Supported Living Services.



Kerri is awarded the Golden Wheel by the 2009 Bike Bash event staff from Outdoors for All

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