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ALPHA NEWS

SPRING 2010

Looking Back on a Year of Alpha Milestones

by Scott Livengood

At Alpha Supported Living Services, spring is a time of renewal and of refocusing on the ambitious goals ahead. Our Annual Meeting occurred in May and we elected new Board of Directors Officers to lead the way during the coming year.

Special thanks to our 2009 Officers: President, Michele Moored; Vice-President, Stacy Gillett; Secretary, Evelyn Chapman; and Treasurer, Doug Coleman. Their time and leadership has been beneficial during Alpha's significant growth the past few years. I would like to especially recognize Michele Moored's dedication to Alpha as demonstrated by her willingness to serve two years as President. Michele has made the decision to step off the Board this year, but she will stay involved in many vital ways. I would also like to recognize Don Barker, who is moving off Alpha's Board of Directors after 34 years of dedicated service. His parents were founding members of the original home established in 1974. I would like to extend congratulations to the new and, in some cases, returning Board Officers for 2010: President, Stacy Gillett; Vice-President, Bob Breskovich; and Treasurer/Secretary, Doug Coleman. The selfless volunteerism of all our Board Members enriches Alpha and has fueled its strength over the years.

Spring also provides a moment to reflect back on a year of challenges and accomplishments in our quest to provide our ever-inspiring clients with the best in supported living services.

Aligned with Alpha's five-year strategic plan, exciting advancements and efficiencies have been realized over the past year that include (1) the completion of a sound communications and network infrastructure between Alpha's



Rob and Scott with Alan Peterson, Executive Director of Communitas and current Chair of CRSA, in Olympia at the February 2010 rally for continued support of programs for the developmentally disabled

East and West Branches; (2) the hiring of a full-time maintenance coordinator to work with our property managers and staff to ensure timely repairs and home upkeep; (3) the continued creation of video documentaries on each of Alpha's clients for training staff to understand the subtleties of their unique needs and interests; (4) the hiring of a new Development Director to further diversify the agency's contributed income base for long-term sustainability; and, (5) through a challenge grant generously provided by the Renton Community Foundation and matched by gifts from an anonymous donor and The Seattle Foundation, the hiring of a full-time Registered Nurse whose work around comprehensive health assessments and customized recommendations for nutrition and overall wellness for every client has already made a difference.

As we have highlighted in past publications, Alpha's staff and leadership have received unprecedented recognition. Such awards speak to our distinctive focus on staff development and retention and of our focus on honing our managerial practices and leadership techniques. Alpha is proud of its exceptionally low turnover rate—18% compared to the State average of 38%. A recent survey also revealed that 80% of our direct support team has been with us 3 or more years. Nothing is better for our 92 clients than consistent interaction with people and professionals they

know and trust.

Other milestones in 2009 included our first Parent/Guardian Meetings, which featured presentations by longtime industry advocates and leaders, Margaret-Lee Thompson and Bill Dussault; a feature Seattle Times article by Rebecca Teagarden on our dynamic Program Coordinator, Daniel Machar, in Northwest Living Magazine; record attendance of 175 participants at our Annual Bike Bash at Crossroads Community Park in Bellevue; and record net revenue of \$94,000 from our Giving Through Song benefit dinner in September.

Now over 300 employees strong with a \$9.5 million budget, Alpha Supported Living Services has stayed the course of fiscal discretion and operational integrity, still providing the highest quality service to our clients—despite uncertain and challenging economic times. We are now the largest non-profit of our kind in Washington State. In 2010 we are exploring diverse earned income streams, including serving as representative-payee for individuals not served in our supported living program, as well as offering industry-related training to professionals throughout the region.

As an agency we are fully engaged in ensuring State legislation progresses to provide the opportunity for all people with developmental disabilities to live in the community. Alpha will always exert a strong voice in this effort, while also continuing to serve new people coming into services for the first time and others seeking our support. Regardless of a few legislative setbacks over the past year and the inevitable challenges ahead, we continue serving our clients with a deep commitment to excellence and client-centered care. We are champions for every citizen with a developmental disability; that every one of these dynamic individuals may live full lives within a community-based setting. And we know all of you - parents, guardians, family members, friends, professional partners and colleagues, legislative advocates, and generous donors - are right by our side on this extraordinary journey.



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Nephtali and Robin enjoying an outing in the community

Nephtali Stackhouse Fights for Her Clients

By Collin Capes

The name Nephtali has its origin in the word, fighting. And putting her fighting efforts to work for her clients in the most positive sense is what Nephtali is doing on a daily basis. From making sure that all hygiene needs are met to start the day, to arranging and accompanying clients on fun outings like the annual Christmas cruise, pumpkin patch, and Evergreen State Fair, Nephtali is fully committed to supporting her clients as they strive to enjoy all aspects of their lives to the fullest, while thriving in the community.

Advocating for clients' civil and human rights is the guiding light in Nephtali's philosophy. This is why, when you enter any of the three homes she supervises, you immediately are struck with the warmth and personalized touches that each presents. Pictures of the clients and their families adorn the walls and tables to remind us all for whom and for what we are working. Last year was a true testament to Nephtali's and her staff's commitment as they tirelessly supported three clients in one house through the last days of their lives over a single seven-week period.

In her "spare" time, Nephtali enjoys spending time with her family, reading science fiction/fantasy stories, and Japanese anime.

Closing in on the 2010 Bike Bash and Barbecue

by Ruby Lindner

Mark your calendars for Saturday, July 31st, 11:30 am to 4:00 pm, when Alpha will once again be celebrating a day of fun in the sun on cycles at Crossroads Community Park with the generous support and assistance of the great folks at Outdoors For All Foundation and a myriad of adaptive bikes to give everyone a chance to take a spin around the park's trail. In addition to a barbecue lunch and various fun and games, this year's event will be launched with the arrival of the riders in the first Alpha 30K Bike Ride around the north end of Lake Washington, with the Crossroads Community Park as the ride's final destination.

So, grab a pen, circle the date on your calendar, and plan to join for all or just part of the day. A grand time is guaranteed for all.

ALPHA WISH LIST

Consider donating an item from our wish list to support the homes and care of our clients.

- Automatic bloodpressure cuffs
 - Pedometers
- Forehead thermometers
 - Laptop Computer
 - Digital Camera
- Seated medical scale (East Branch)
- Tandem adaptive bicycle for two people to ride together
 - A small refrigerator
- Gas-powered emergency generator
- A living room sofa for a men's home

If you are interested in donating, please call Leslie Kinkade at 206-588-8764 or email at lkinkade@alphasls.com

A big Alpha thanks to everyone who has supported ASLS by purchasing or donating wish list items.



SAVE THE DATE!

Saturday, October 23, 2010

Giving Through Song



Jacqui Naylor shares her artistry with Alpha

Nationally acclaimed jazz vocalist Jacqui Naylor returns again to Seattle and Alpha to headline for our annual *Giving Through Song* benefit dinner. This elegant evening of fine dining and top rate jazz will be Saturday, October 23, 2010 at The Ruins at the base of Seattle's Queen Anne Hill. According to National Public Radio, "Ms. Naylor has brought new twists to the notion of melding jazz and pop tunes....," and NY Magazine said this about Ms. Naylor's distinctive style, "The words are to Gershwin's "Summertime," but the music is Gregg Allman's "Whipping Post"... Naylor has the chops and sensitivity to pull it off." Make your reservations now while seats are still available by calling or emailing Leslie Kinkade at (206) 588-8764 or lkinkade@alphasls.com, or watch for the link soon on our website. Tickets are \$150 per person; \$1,200 for a table of 8; \$1,500 for a table of 10.





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Katie ready to take a spin around Crossroads Community Park at the 2009 Bike Bash, with mom lending a hand.

Katie is One Alpha Client on the Move!

By Tess Forte

Katie Harsila is a woman on the move! With a great job, good friends, and a wonderful family, Katie has it all. Moving to ASLS several years ago right out of high school was a challenging time for Katie and her parents. It was a big move and quite a rite of passage, but Katie embraced it with enthusiasm and verve, as is her style. Her housemates appreciate her buoyant personality and great sense of humor.

When she is not at Northwest Center working, she is going to the Shoreline Parks Recreation Center, where she participates in a number of activities: arts and crafts, music appreciation, and yoga. Katie loves to visit her parents Janice and David every weekend, and she is looking forward to attending her brother's wedding in May. Quite a good life for an on-the-go, independent young woman!



Suleyman, Paul and Todd enjoying an outing with the Westside walking club

Walking Club

By Craig Eidsmoe and Mary Barrow

Walking Club on the Westside started rather humbly at 10 a.m. on Saturday, February 16, 2008. A mere 5 program participants showed up to walk down the heart of the Northgate Mall. Since then, things have gotten bigger and more audacious: 50 of the 54 program participants that receive support services on the Westside have now participated in Walking Club. A typical turnout ranges from 14 - 28 participants.

Some of our folks come for the exercise alone, but others also benefit from the social atmosphere. This is true for both program participants and staff members. Bottom line: Walking Club is fun. This is especially true on days when the weather is good and everyone walks outside at the Lake City Playground on the other side of the hedge from the Westside offices. It is quite a sight to see everyone making their way around the ¼ mile track, then collecting a can of diet, caffeine-free soda pop or bottled water at the end.

Walking Club is held twice a week: Wednesdays from 3:30 to 5 p.m. and Saturdays from 10 a.m. to 12 noon. When the weather is good, it is held at the Lake City Playground and when it isn't, it's at the Northgate Mall. If you want to join us or have questions, feel free to call Craig Eidsmoe at the office: (206) 588-8743.

“Get Up and Get Moving!” This was the

headline on the flyer that announced the start of the Eastside Walking Group which first met on February 8th of this year. The “Get Up and Get Moving!” theme emphasizes the purpose of the walking group, which not only offers a chance for social interaction but also aids clients in achieving a number of important health benefits, including helping to lower low-density lipoprotein (LDL) cholesterol (the “bad” cholesterol), raising high-density lipoprotein (HDL) cholesterol (the “good” cholesterol), lowering blood pressure, reducing the risk of or helping to manage type 2 diabetes, managing weight, and improving mood in addition to the most obvious benefit of staying strong and fit.

Walking club is held three times per week on Monday, Wednesday and Saturday. Program Supervisor, Jesse VonPapp, plays an integral role in facilitating the Wednesday and Saturday Walking Clubs. Jesse has been infusing fun into the walks by providing a variety of interesting locations which have included Kelsey Creek Farm, The Blueberry Farm at Larson Lake, Lake Sammamish State Park, and Marymoore Park.

Eastside Walking Club times and locations are: Mondays at 10am, Crossroads Park, 16000 NE 10th Street, Bellevue, 98008, Wednesday at 11am and Saturdays at 12:30pm with locations decided weekly for the Wednesday and Saturday walks. If you would like to participate contact Jesse VonPapp: jvonpapp@alphasls.com or Mary Barrow 425.641.7845 ext. 1401, mbarrow@alphasls.com



Sam and Brandi making the rounds at the park with the Eastside walking club.



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One Family's Thank You for Alpha Client Care

By Rosemary and Eugene Krueger, parent and guardians for Brandi Arnold

Our daughter Brandi lived at home until she was 16. She lived at Fircrest School for nine years. The last 20+ years she has been in residential supported living. We have been happy for Brandi to live in a more homey atmosphere than the institutional living provided at Fircrest School. We were promised far more than community living initially delivered, so it has been a lot of advocating and watching over.

Alpha Supported Living Services, being the sixth agency to provide Brandi's care, is absolutely the best! Brandi's complicated health, diet and behaviors make it a challenge, but Alpha delivers above and beyond what we hoped for.

Here are just a couple of the items that we note as contributing to the superior care and environment that Alpha has provided for her:

1. Stable management! Program Supervisors and Coordinators who are hands on and involved with the staff and clients, and who are on-site on a regular basis.
2. Alpha attracts and keeps a higher quality of

care givers who really CARE about the clients whom they are supporting.

3. Clean homes and nicely prepared meals.
4. A true desire to get clients out in the community and into activities, and the follow through to do it.
5. We are so impressed that Alpha has a Clinical Manager assigned to each branch to oversee client medical support, and provides a dedicated staff member to attend all doctor appointments. Capable people tracking meds, doctors' orders, and attending to follow-up make the difference for good health and the eliminate unnecessary mistakes.

Brandi lives in a beautiful apartment and is so well cared for, we actually go on vacations now! We are just so blessed to know she is living a really good life! Thank you, Alpha!!



Lisa Blilie joins Alpha as the new agency nurse

Lisa Blilie Strengthens Alpha's Medical Team

By Chris Allen

Lisa Blilie began as the agency nurse on July 1, 2009 and hit the ground running. She came with a variety of skills from an impressive resume of experiences. Clinical Managers, Craig Eidsmoe and Chris Allen, have been very impressed with her understanding of the support the agency provides and her ability to find her best role within it. She came to Alpha as a visitor with clients from her job at Camelot Society, wanting to check out the walking club. Craig got wind that she was in nursing school and the rest is history.

Lisa works with the Clinical Managers on both the East and West branches to identify clients' nursing needs. Based on these needs, she visits

clients on a weekly, monthly, or quarterly basis. She diligently researches the history of each client and completes an annual assessment, which is always thorough. These assessments have become incredibly valuable to the medical teams when advocating for client's health care needs. Lisa is also an excellent advocate for the clients and can always be counted on to help out in any situation.

Lisa has a very energetic personality and can usually be heard laughing in the office. She is understanding and empathetic while working with the clients, and is always focused on quality and efficient care. Alpha could not have found a better agency nurse than Lisa and we are all very grateful to be working with her.

JOIN US FOR A 30K BIKE RIDE TO BENEFIT ALPHA

Looking for a Saturday morning 30K Bike Ride for a good cause? Need a cool down from the Seattle To Portland Bike Ride? Alpha announces its first ever 30K Bike Ride in conjunction with the Annual Bike Bash, July 31, 2010.

The ride begins at 9 a.m. Participants will ride from Matthews Beach to Crossroads Park in Bellevue via Marymoor Park. Forms will soon be available on our website (www.alphasls.com) and from a link on our new Facebook Cause Page. Riders are challenged to raise a minimum of \$300 (that's just \$10.00 a mile!) to directly benefit Alpha programs.

Call or email Tess Forte at (206) 284-9130 or tforte@alphasls.com if you are interested in signing up for 30K Ride. For general questions related to either the Alpha Bike Bash or the 30K Bike Ride, please call or email Leslie Kinkade at (206) 284-9130, lkinkade@alphasls.com. See you on Saturday, July 31!

During Spring we celebrate National Volunteer Week and Month. Alpha greatly appreciates its dedicated and growing volunteer corps.

Special thanks to the following men and women, including those from Microsoft who worked as Day of Caring volunteers, who generously gave time and talent over the last year to make Alpha stronger and to help the agency achieve excellence:

Matt Aberham - Jenna Adomo - Ali Bunting - Celia Cohen - Mary Cunningham - Mary Cutler - Joe Dinkul - Lisa Eskenazi - Dave Gillett - Heidi Hanson - Ted Hawksford - Peter Fewing - Crystal Hassell - Cassie Helfrich - Jim Hodges - Yvonne Johnson - Mary Lee - Philip Matricardi - Paula McArdle - Tomasz Misienicz - Chuck Middendorf - The band, Moxie - LaShawn Morgan - Anunha Mahajan - Bryan Powell - Annabel Puff-Heffernan - Bryan Reichart - Bennett Reinhard - Jeff Sloan - Marlaina Williams - Susie Watanabe - and members of the Board of Directors



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Dr. Andrew Dym, MD, of PacMed Clinics

Andrew Dym Gives Alpha Valued Medical Support

By Craig Eidsmoe

Many things make for a good doctor: someone who listens to what you say, carefully observes you, has extensive knowledge and experience, critically weighs the positive and negative implications of your illnesses against treatment options, and is friendly and approachable. There are 17 clients on Alpha Supported Living Services Westside who have a primary-care physician who possesses all of these qualities. He is Dr. Andrew Dym at PAC MED Northgate.

The truth is, Dr. Dym is far more than the qualities described above. If questions come up that do not necessitate an appointment, he is just a quick e-mail away. One time, he answered a question while he was at a conference in Montana.

Flexibility and creativity are his hallmarks. On one occasion, we transported a very combative and medical-phobic client to see him. The client had a badly infected big toenail and was extremely angry -- yelling at the top of his lungs, hitting the van and any staff member who came near him.

He would not go into the clinic, so Dr. Dym and his medical assistant came to him. The toe was anesthetized and the toenail was removed right in the parking lot. Dr. Dym showed no signs of being even the slightest bit ruffled. He looked to the sky and remarked that the outdoor light was especially good for a procedure like this one.

Dr. Dym makes a gigantic difference in the lives of our clients. They are all fortunate to receive his care.

TRIBUTES

Special thanks to the individuals and families who made Tribute Gifts to honor loved ones and people in their lives who make a difference. These special gifts directly benefit Alpha's client-centered programs.

- Fumiko Nakamura in honor of her daughter, Cathy Nakamura's, 40th birthday
- Mari and Paul Haugland to support the Mountain House Memorial Garden honoring former clients, Ross Haugland and Mary Cochran
- Celia Cohen in honor of Amanda Reinhard's outstanding work and service to Alpha families and guardians

You too can make a difference for Alpha by making a tribute gift of \$25.00 or more to commemorate a birthday, anniversary, or other significant achievement and/or occasion. Call 206.588.8764 or email lkinkade@alphasls.com.

Special Olympic Downhill Skiing Ace, Kevin Storm

By Leslie Kinkade

Mountain House client, Kevin, is both the consummate housemate and team member. With both his Mountain House housemates and his fellow Skihawk athletes, his reputation is that of a positive, admired, and beloved young man. His kind-hearted smile and easy handshakes are constant reminders that life is too short to not be enjoyed and lived to the fullest. His Program Supervisor, Tina Hines and his ski coach, Marie

Requa, are both appreciative of Kevin's helpful, dependable nature, and of the little jokes and funny antics he constantly sprinkles into their interactions.

At home Kevin can be found setting the table and doing the dishes nightly. He loves evening group dinners at Mountain House and is well known for his terrific cleanup routine. He is very keen on helping to preserve the comforts of Mountain House as a true home. He thoroughly enjoys rearranging his bedroom at least once a week! One of his favorite things to do is venture to the grocery store for an afternoon soda after a long day of work with AtWork! He works five days a week from 8 a.m. to 2 p.m. daily.



Kevin enjoying a slopeside sandwich between race heats

In addition to being a person with Down Syndrome, Kevin is also hearing-impaired. He reads lips perfectly, and uses American Sign Language at times to communicate. Kevin has been a member of the Seattle Skihawks Racing Team for over a decade, regularly earning Gold, Silver, and Bronze medals and an occasional ribbon at both the Regional and the State Special Olympics. He loves to dance, and is always fully decked out in theme-based clothing for the annual Winter State Games Special Olympics Dance at the West Coast Hotel in Wenatchee.

Kevin lives a full and busy life with Alpha, continuing to challenge himself on the alpine ski race course and in all aspects of life.



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Whether you are shopping for flowers to celebrate a special event, looking for the latest best-selling thriller, or planning a vacation, you can complete all your online shopping and benefit Alpha at the same time.

Just find your favorite online retailer through GoodShop.com, name Alpha Supported Living Services as your charity of choice, and your purchases will generate \$\$\$ to support our programs and services. Wow! Could it be any easier to support the quality programs at Alpha?

So, the question is:
Who do you GoodShop.com for?



Walking club buddies, Charlie and Abdurhaman, enjoying the sunshine at the park

ALPHA NEWS layout and compilation by Ruby Lindner

Visit our website at
www.alphasls.com
to watch Alpha's 35th
Anniversary video.

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