



Tim Releases New Summer Album!



We're excited to announce the release of **Fever City Mountain Boys Present: Spring Concert!**, a new album that Tim and musical collaborator and support staff Scott Thorpe put out on Bandcamp this summer! The album creatively riffs on four irresistible songs: "Just One Look", "Hotel California", "Bohemian Rhapsody", and "I Will Always Love You." The tracks feature Tim's characteristic experimental approach and style. He particularly enjoys finding bilingual or otherwise alternatively styled versions



of familiar songs and then adapting each song further by adding layers of voice-over harmony, lyrics in other languages, and new instrumental segments. The result? Really fun and interesting takes on classic songs, which Tim succeeds in repurposing and making his own.

Tim's various musical talents include vocals, keyboard, and drums. He first discovered his

passion for music back in third grade, when he began singing with the Chinese bilingual Children's Christian Church in Bellingham. This choir sometimes doubled up with the Chinese-only choir, and Tim often went to mass with them. His choir experience also gave Tim early exposure to foreign languages, which he soaks up like a sponge. Tim has since absorbed vocabulary from several languages, including German, Italian, French, and Spanish.

Tim studied Spanish for four years with a private instructor, and he has visited Mexico and Costa Rica. He loves to incorporate language switches in his musical projects because they add interest and authenticity. He explains: "It is useful for me to do a language switch if I know a song is a Mexican dance cover or Northern Country Mexican – norteña." Tim's many notable musical accomplishments include teaching Cascade Connections Assistant Site Manager Ian Lilley (another of his musical collaborators) how to sing "Let It Be" entirely in Chinese!

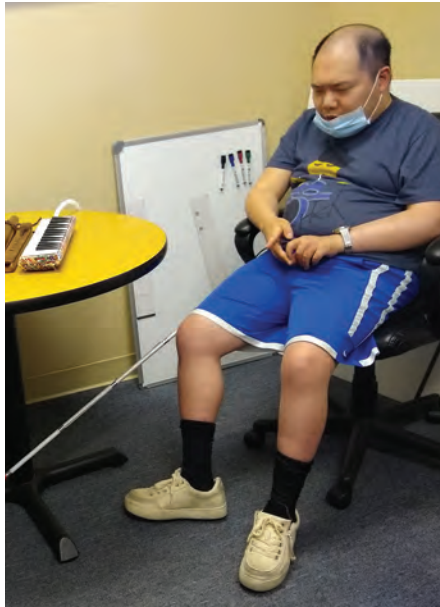
Tim also likes to choose interesting dramatic settings and premises for his albums. *Fever City Mountain Boys Present: Spring Concert!* is set at a high school graduation and is complete with the sound of excited students

Continued on page 2

Continued from page 1

in the background, some of whom are performers in the school choir and drama club. Scott Thorpe, Tim's primary collaborator on the album, provides the voice of a school principal who introduces the Spring Concert to a gymnasium full of students. A musician himself, Scott plays the melodica and several flutes. Scott studied music production and psychology at Western Washington University, and he serves as Tim's technical engineer on this album. Scott set up equipment and helped Tim find and incorporate the various sound effects that Tim envisioned.

When Cascade Connections' creative/marketing staff interviewed this pair and asked about the most fun part of creating the album, Tim replied that he enjoyed



“incorporating stylistic elements to different songs to make them more authentic.” Meanwhile, Scott said he appreciated “getting to see how excited Tim was to share the album with the people he really cares about.” Scott mentioned that Tim's sister Kayla was extremely supportive

and provided great feedback as they conceptualized and produced the album. When we asked Tim and Scott what they learned from this collaborative experience, Tim said he learned how to substitute instruments for ones that you don't have. Scott enjoyed learning how to use some new equipment and streamline the process for next time. Scott added that the project gave him great practice at listening to someone else's vision and helping to facilitate it.

Although relatively new, Scott and Tim's musical bond is strong! The collaboration began last year, when Tim realized Scott had a passion for music and invited him to join Tim's house band, the Doorheads. Sensing that he and Tim would get along really well, Scott approached his manager at Cascade Connections Supported Living

and requested some shifts with Tim. Management was immediately receptive, and Scott and Tim now get to work together about once per week.

Jake Huyette, Scott's manager at Cascade Connections, has offered high praise for Scott's support of Tim. When describing their collaborative process and album, Jake concluded: “The end result is a charming testament to how Scott epitomizes what it means to provide dynamic, collaborative support centered on growth and fulfillment. His empathetic consideration of others' needs, even at the highest level of self-actualization, truly knows no bounds. It's just an intuitive part of his nature.”

During his interview with Creative/Marketing Department staff, Tim also expressed appreciation for Scott and mentioned several more projects the pair have in their production queue. They are already working on a Spring Concert album sequel that features a “battle of the bands” scene set in a bar after graduation. Tim's creative future-project concepts include an album set in a nursing home, as well as some music and language education projects that will adapt old programs and cassette tapes by dubbing them for Spanish for language learners.

Tim has already shared his new album with audiences at Boundary Bay Brewery & Bistro, where he currently plays weekly with local band Out of the Ashes. He is very excited about sharing this album with the community, including Cascade Connections staff. On his way out after his interview with the Creative/Marketing Department, Tim stopped to mention the new release to other staff he passed along the way. As Tim said good-bye after his interview, our media specialist told Tim that she planned to listen to his album on her headphones while she worked the rest of the day. Tim replied: “Sarah? ... Maybe try listening to it without the headphones!”



Readers who would like to experience Tim's creativity for themselves should check out **Fever City Mountain Boys Present: Spring Concert on Bandcamp**. The first few listens are free – just go to bandcamp.com and type the album title into the search box!

Looking Back on Life at 102! One of Our First Board Members Shares Her Story



Tina Navis served on Cascade Connections' first Board of Directors back in the late 1970's, when Cascade Connections was just a handful of Lynden parents looking for ways to support their adult children in living independently. When our marketing staff interviewed Tina recently, she had just returned from a family luncheon celebrating her granddaughter's 62nd birthday. That's not a typo – you see, Tina herself is 102!

During our first phone conversation, Tina quoted from a recent essay her great-great-granddaughter wrote about her: "My great-great-grandmother is 102 years old, weighs 102 pounds, and has 102 descendants." Tina added, "She got an A on that paper!"

Tina's devotion to her family was obvious from the start of her interview. Seated at her kitchen table in her tasteful apartment at Meadow Greens retirement home in Lynden, Tina rested her hands on some old letters from her son, who lived a reclusive life in Alaska and passed away recently at the age of 81. "I want to write his story, to help his children understand him better," she explained. She then candidly

outlined the struggles he faced in his life, partly due to lack of available support for what Tina suspects would today have been diagnosed and treated as ADHD.

It seemed surprising at first that Tina began her own interview by telling the story of another. As the hour unfolded, however, it grew clear that, as is often the case with the best caregivers, paying loving attention to others is central to Tina's nature and value system. The details we eventually did glean about Tina herself revealed a life lived in service to God and to others, including children with disabilities.

Tina was born in 1919 in Lynden, Washington. She married in 1938 and had four children, one of whom passed away at birth. Tina believes that with access to blood transfusions, the child probably could have lived with various disability supports. She reflected that her experiences as a parent helped motivate her to support those with disabilities when the opportunity arose.

Tina's career in special education began when she applied to become a teaching assistant for children with disabilities at a public school in Mount Vernon. Although Tina lacked a formal high school education, the school was willing to train her because they recognized her aptitude for caregiving and teaching.

Tina loved supporting children with disabilities and definitely had a talent for it. When the public school told Tina that she couldn't pray with the children anymore, she found a way to stay true to her passion and her values: she started her own school for children with disabilities! Tina managed this volunteer-run school for about eight years and helped to establish a Board of Directors and apply for state funding and nonprofit status. Known today as the Skagit Preschool & Resource Center, SPARC is a neurodevelopment center that provides educational and therapeutic services to young children.

Tina turned SPARC over to other leadership as her life went on to take more twists and turns. Her husband had

Continued on page 4

Continued from page 3

worked in the flower bulb industry for much of their life together, but when Tina developed an aggressive allergy to tulips, they had to shift gears. They decided to move to Bellingham for a job managing a mobile home community owned by someone they knew. Then, in the late 1970s, another opportunity came along for Tina to support young people with disabilities. Tina, now in her late fifties, was invited to support a nascent effort that eventually became Cascade Christian Services (and many years later, Cascade Connections)! For a short time, Tina served on our very first Board of Directors, helping to enroll people and to figure out what services they needed.

Tina also participated in a Friendship Series at a local church that included several of the first residents of Cascade Christian Home. This Bible study included one-

on-one social time in which young people with disabilities got to relax and talk about life with a trusted adult. Tina was quite moved by how much these youth seemed to love that social time, and she still cherishes the memory of her time with them.

As our interview came to a close, we asked Tina what it feels like to look back on more than a hundred years of life. She replied that witnessing that much time has allowed her to see some of the beautiful ways in which God's plans unfold. When asked about what she loved most about her years supporting people with disabilities, Tina replied: "Seeing people blossom and find their fullest potential. They are all individuals and their needs are all different. You can learn from them, and you can tell how much they're loved." She smiled softly: "Those were the best years of my life."

Ongoing Fundraising Campaign



Haggen "Inspiring Change Together" Fundraiser

In 2021, Haggen chose Cascade Connections as a recipient of its very special "Inspiring Change Together" fundraising campaign. Put on by the Haggen Foundation, this annual fundraiser focuses on creating inclusive communities to which all people can belong and contribute. The 2021 fundraiser generated \$6,000 to support Cascade Connections in building our advocacy and education program "Nothing About Us Without Us" for individuals with disabilities.

Cascade Connections is very grateful that Haggen has again selected Cascade Connections as a recipient of funds for their "Inspiring Change Together" fundraiser this year. The 2022 fundraiser started June 15 and **runs through August 9, 2022**. For nearly two months, the Ferndale and the Barkley Haggen grocery stores are asking their customers if they would like to donate to Cascade Connections when checking out at the register. Donated funds will go toward a wheelchair van that will enhance choice, safety, and community access for those we serve.

We are so grateful to Haggen for serving local communities for almost 90 years now, and for being such a generous and reliable community partner to Cascade Connections! The donations and vocational opportunities that Haggen provides make a significant difference in the lives of those we serve. We're very honored to partner with Haggen in inspiring positive change in our community.

June 15 - August 9, 2022

**Donate to Cascade Connections
at These Participating Stores:**

Ferndale | Barkley

Cascade Connections Selects The Seedlings Early Learning Center as Employer of the Quarter



Cascade Connections would like to recognize The Seedlings Early Learning Center in Bellingham as our Employer of the Quarter for Summer 2022! A small business that provides childcare for infants, toddlers, and preschool age children, Seedlings takes a holistic approach that focuses on emphasizing social and emotional skills and building strong attachments between children and their caregivers and teachers. Cascade Connections has built a positive working relationship with The Seedlings Early Learning Center over many years, and we are grateful for their dedication to inclusion in our community.

Since 2019, Cascade Connections has supported three people in becoming valuable employees at Seedlings. The state-approved Early Childhood Education (ECE) certificates offered by Whatcom Community College culminate in a 70-hour local internship that allows students to put their education into practice. A welcomed partner in this process, The Seedlings Early Learning Center has supported several interns to learn, grow, and become a part of their community.

Hilary, the most recent Cascade Connections' Vocational Services recipient to get hired at Seedlings, was offered her position after successfully completing her internship with support from Cascade Connections Vocational staff. She is starting out as a Substitute Teacher's Aide and may become a Teacher's Aide with a fixed schedule as time goes by.

For Hilary, this has been a dream come true after a long employment journey. Hilary started working at the Lakeway Fred Meyer Service Deli over ten years ago. In January 2016, she began independently completing courses through WCC's Early Childhood Education Program in order to gain skills necessary for a childcare career. Getting this new job at Seedlings marks the achievement of that goal! Needless to say, Hilary is "over the moon" to work at



Seedlings. In her words, this is her "dream job!"

Not many people's dream job is found on a straight path. It can take time, dedication, and commitment to achieve your goals and accomplish your dreams. Cascade Connections is honored to have been part of this process for Hilary and others. We are grateful to have partnered with Seedlings in opening the door to a positive work environment for Hilary and others as they learn and grow as people. We sincerely thank Seedlings for their partnership and for helping to provide Opportunities for Everyone!

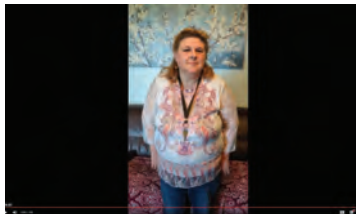
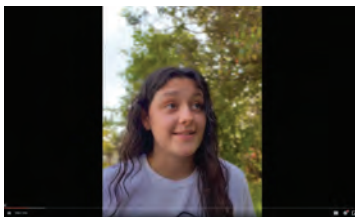
Cascade Connections Vocational Services has been providing employment services throughout Whatcom County since 1992. We are committed to fostering a diverse and inclusive workforce. Join us to create opportunities for everyone. For more information, contact us at **360-647-9087** or visit our website at: cascadeconnections.org/services/vocational-services

Cascade Connections Celebrates Our Second Annual Employee Appreciation Month!

Throughout the month of June, Cascade Connections recognized our staff on social media and held several Employee Appreciation Month raffles. Staff who filled out an Employee Appreciation Survey were recognized on our social media that highlighted their contributions and good qualities. These individualized thank-you posts on Facebook and Instagram drew from staffs' Employee Appreciation Survey answers and from compliments we gathered from each staff's direct supervisors. Marketing staff really enjoyed putting together these uplifting tributes to Cascade Connections' deserving employees!



Each week, together with staff from different departments, Executive Director George Beanblossom drew employee names from a bowl and gave away various gift cards and prizes. Some staff also participated in an optional Employee Appreciation video contest by submitting short videos about why love working for Cascade Connections. The lucky winner of the video contest raffle took home \$500!



On June 23rd, our community partner CTK Bellingham sponsored and staffed Cascade Connections' second annual Employee Appreciation Lunch! They generously hired a food truck, which supplied everyone with fresh tacos made to order, and their excellent team of youth volunteers took care of all the set up and clean up for the event. CTK also provided fun music, outdoor games, and four large gift baskets for raffle. It was wonderful for our hardworking Cascade Connections employees to take a break from our duties and enjoy lunch together. We're so grateful to CTK for supporting us in appreciating our amazing staff!



Thank You to Our Donors!

Donations From Businesses:

WECU, Whatcom Land Title

Memorial Donations in Honor of Lyle Richner:

Rebecca Unger

Special thanks to the dozens of other individuals and businesses who have donated since June 2022!

Strengthening Our Partnership with CTK Bellingham



Our community partner CTK Bellingham has gone above and beyond in their helpfulness to Cascade Connections this year! In the last month alone, we have been blessed in so many ways by CTK volunteers. On the evening of June 22nd, some volunteers visited our main office in Ferndale to tour some of our departments and meet staff and people we serve. Training Director Allison Hill provided an overview of the agency as a whole. Elvira and Vernon, who are served by our Vocational Department, assisted us in hosting CTK and helped Program Coordinator Aaron Dickson explain how our vocational services work. Everyone enjoyed the opportunity to share information and strengthen our partnership.

On June 23rd, a great team of youth volunteers from CTK staffed our annual Employee Appreciation Lunch at our Ferndale office. CTK generously provided a food truck, gift baskets, and various other treats and activities for our staff! You can read more about this great event in our Employee Appreciation article on page 6 of this newsletter.



Just a couple of weeks later, volunteers from the CTK Response Teams Ministry showed up to do yard clean-ups at our Cascade Christian Home and two other residential sites! CCH Program Director Tara Boeckholt emphasized how nice all the volunteers were, and how happy they were to help out. She remarked, "What an amazing day. What an amazing group of ladies." We are so happy to have our sites cleaned up and ready for outdoor enjoyment this summer!



We are very grateful to all the volunteers that have helped out. Thanks, CTK Bellingham, for supporting us as we begin to recover from a difficult few years! Your efforts have made a difference for our staff and those we serve. We appreciate your active partnership in making our community a better place.



E-Newsletter

You can get this newsletter in your email!
To sign up, go to:

cascadeconnections.org/newsletters

Return Service Requested

Please visit us on the web at
cascadeconnections.org
to learn more.



[cascadeconnections](https://www.facebook.com/cascadeconnections) [cascade_connections](https://www.instagram.com/cascade_connections)

Summer 2022 Newsletter

Cascade Connections

PO Box 3174
Ferndale, WA 98248
360-714-9355
cascadeconnections.org

Board of Directors

Joe Tejeda, *President*
Becky Kirkland, *Vice President*
Michael Adams, *Secretary/Treasurer*
Mark Hildebrand
Larry Stegink

We Are Hiring!

View our current openings here:
csscc.sentrchr.com

State Caregiver Wages Increase by Nearly \$3/Hour



JOIN OUR TEAM. BE PART OF OUR STORY.

Apply at: csscc.sentrchr.com

GREAT NEWS! Due to persistent advocacy at the state level, support staff wages in Washington are going up! Cascade Connections' residential staff hourly rates are increasing significantly (by \$2.50-\$2.75 per hour), bringing all direct support positions up to \$20 or more per hour. We are thrilled about this because our caregivers work hard and deserve to be compensated accordingly! Our \$1,000 hiring bonus also still applies (New hires receive a \$250 bonus on their first paycheck. After successful completion of their six-month introductory phase, these employees receive another \$750 bonus).

We have multiple positions open right now in different areas around Whatcom County with flexible hours, paid training, and benefits. Please share these opportunities with your network!