



Cascade Christian Services

SPRING 2011 NEWSLETTER

SAVE THE DATE

ANNUAL STRATEGIC PLANNING AND STAKEHOLDERS MEETING

- *June 2, 2011, 4:00 PM*
- *St Luke's Community Health Education Center (3333 Squalicum Pkwy, Bellingham)*

Friends, families, clients and staff are invited to our annual stakeholder and strategic planning meeting. Come hear what is going on at the agency and help us plan for our future. We are interested in hearing what services you would like us to provide to our community.

We will also be presenting some changes to our bylaws and asking for your approval. To look at the proposed changes to the bylaws go to our website at cascadechristianservices.org and click on the events tool bar at the top.

CAMP TEAM

Together Everyone Achieves More

"Camp TEAM!" is all Cascade Supported Living staff have heard for weeks from Evelyn and Gloria. Now, the day was finally here. Anticipation filled the charter bus that brought the campers to Samish Island as we pulled into Camp Kirby. We were greeted by Western Washington University (WWU) students who were waving, cheering, and holding up signs of welcome. Everyone waved back excitedly, eager to exit the bus and join the fun.

Camp TEAM is put on by Bellingham Parks & Recreation and run by WWU recreation students. It is an annual overnight camp for teens and adults with developmental disabilities. The WWU students spend weeks in preparation. They plan and implement the activities then take the role of counselors or "buddies." Camp TEAM is a great opportunity for participants to enjoy camp activities while interacting with everyone at camp. It is also a great opportunity for students to gain experience, build friendships, and learn more about serving people with disabilities.

Upon arrival at camp, participants were split up into cabin groups and paired with a student "buddy." I had the opportunity to accompany Evelyn Case and Gloria Tisdell to camp this year as an assistant. Also in our cabin group were participants from Cascade Christian Home too, Valley Love and Teri Smith. After picking a bunk and dropping off our bags, it was time for fun.

We started with an all-camp activity which was a wacky relay race. Next, each participant signed up for two activity sessions, one each day. Activities offered included arts and crafts, cooking, basketball, soccer, waterfront, dancing, and much more.



Gloria & Sarah tossing pizza

Both Evelyn and Gloria chose pizza making for session one. As a staff assistant, this was probably my favorite memory this year. The student who led the activity works for a local pizzeria. He taught everyone how to prepare the dough by tossing it up in the air. Unfortunately, nobody could match his skill; dough and flour were flying everywhere. Each pair made a mini pizza, stretching out the dough and adding pizza toppings of their choice. More dough tossing followed as we waited for the pizzas to cook. It

was so much fun for staff to watch our clients learning a new skill while having a great time. Gloria was gracious in sharing a slice of her pizza with me, and it was sensational.

Dinner was also delicious. In fact, Evelyn said the food served at meals was one of her favorite parts of camp. After dinner evening festivities included karaoke and dancing. Everyone who wanted to show off their singing talents belted out their favorite song into the microphone.

Evelyn and I danced up a sweat as Gloria and her buddy sang a Beach Boys tune.

Pouring rain forced us to stay inside the main lodge, but that didn't stop us all from enjoying s'mores. The night concluded with

a few students serenading us with bedtime songs accompanied by guitar. After an action packed day we all snuggled into our bunks and fell fast asleep.

Day two started with a great breakfast served with delicious fresh fruit. After breakfast our cabin groups traveled through a rotation where we learned more about outer space (the theme for camp this year). Then it was time for activity session two. Evelyn chose arts and crafts. She decorated and painted a wooden rocket ship. Gloria made and decorated cookies, which she told me was her favorite part of camp.

Camp concluded with lunch, painting Camp TEAM signs with our favorite memory of camp,

and then a huge group photo. Finally, it was time to get back on the bus and head home. As we pulled away, the WWU students chased after the bus waving, yelling, and smiling. The campers waved back, some with smiles, some with tears, already missing camp and eager to return next year. It was a departure from friendships made, good times, and good memories. The emotional goodbye almost brought a tear to my eye. Camp TEAM is a wonderful experience for all who attend. The passion of the students, the excitement of the participants, and the overall feeling of joy make Camp TEAM a special and unique opportunity. Camp TEAM 2012 here we come!

Sarah Wiley
Cascade Supported Living Staff



Evelyn and her buddy topping pizza

OPEN THE DOOR TO OPPORTUNITY

Partnering with CVS takes a willingness to look at your hiring needs a little differently and to consider working with an employment vendor who is representing applicants who have disabilities. Our applicants have skills and abilities ready to share with an employer whose needs match those talents. Many employers in the Lynden community have embraced the ideals of working with Cascade applicants, and then have discovered the person behind those gifts and talents, many who have become valuable employees in their workforce.



Grant Brickbealer at Safeway

Cascade Vocational Services has worked with Lynden businesses who have created innovative employment practices to involve our unique applicants. Businesses such as Dave's Sport Shop, Greenbarn, Farm Stand, Homestead Golf and Fitness, Martin's Feed, NW Bookkeeping Solutions, Safeway, Sole Obsession and the Whatcom Farmers Co-op. We provide training support, monitoring job performance, and reducing hiring costs. You also benefit by lower employee turnover, higher morale, workforce diversity and an enhanced company image. All backed by our 25 years of experience. Thank you to these local Lynden community businesses for opening the door that enhances diversity in your workforce and your community.

Kristin Nguyen
Cascade Vocational Services Director

ACTIVE BODIES

This year there has been a surge of client interest in physical activities. Participating in regular physical activities is one of the best ways to achieve and maintain a healthy lifestyle. At Cascade Supported Living (CSL), we encourage clients to participate in activities. Several of our clients have gym memberships and regularly work out and attend exercise classes.

There is a Special Olympics sport for every season, and many of our clients participate in several sports, such as basketball, softball, soccer, and bowling. Special Olympics provides a supportive, yet competitive environment for athletes to learn and practice new skills. They are able to refine their abilities during practice and then apply those skills in the tournament at the end of the season. Competing in tournaments encourages our clients to be athletes, to push themselves, and to take pride in their achievements of hard work. It is amazing to watch the pro-

gress athletes make during the season and the smiles at the end of the tournaments are proof of that growth.

One of our CSL clients, Evelyn Case, exemplifies the spirit and drive necessary to thrive in life and in competition. Evelyn participates in bowling, softball, basketball, and soccer with Special Olympics. She frequents Homestead Fitness Center and even puts in some two-a-day workouts--attending practice and then heading straight to the gym.



Evelyn on sports field

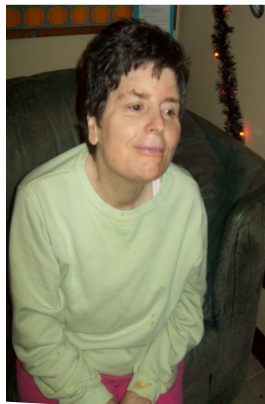
Here at CSL, we are extremely proud of the accomplishments of all our clients. The dedication they show to their activities inspires positive change at CSL, as we try to integrate healthy lifestyle choices into everyday activities.

Kelly Barber
Cascade Supported Living Staff

LATEST FROM CASCADE HOME

The latest changes to the Cascade Christian Home includes a wheelchair accessible van acquisition, the progressing installation of a new, attractive fence, and the most exciting is the addition of a couple of new residents.

Let me introduce you to Debra, who moved from Rainer School in Buckley (Pierce County) in late August last year. She enjoys spending time out in the community and going for car rides. While at home Debra plays with a myriad of toys and puzzles. Her favorites are



the ones that light up. So a plan has been put in action to redecorate Debra's room with different types of lighting along with a cushy area for her to settle in and watch the lights all around her room. Debra recently returned from a mini-vacation during which she spent time at a hotel and spa being pampered. She loved it. We are pleased to have Debra with us and are excited about getting to know her better.

Heather Rickords
Cascade Christian Home Staff

CASCADE CHRISTIAN SERVICES
1611 N. STATE STREET
BELLINGHAM, WA 98225

Return Service Requested

NON-PROFIT ORG.

U.S POSTAGE

-PAID-

PERMIT NO. 106

Bellingham, WA. 98225

WE'RE ON THE WEB!

WWW.CASCADECHRISTIANSERVICES.ORG

You Make a Difference
Thank you for your partnership and support

Churches & Organizations

BIA	JustGive.org
Bethel Christian Reformed Church	Lynden Lions Club
BNY Mellon	Netherlands Reformed Church
Cascade Christian Reformed Church	Nooksack Valley Reformed Church
Faith Community Church	Sonlight Community Christian Reformed Church
First Christian Reformed Church, Lynden	Sumas Christian Reformed Church
GoodSearch	Third Christian Reformed Church
Henry's Calf Ranch	United Reformed Church

Memorials
In Memory of Ed Donaghy

Three French Hens