



Cascade Christian Services

WINTER 2012 NEWSLETTER

FAITH



We are pleased that our clients are able to express themselves spiritually. Community churches in Whatcom County are great places individuals go every weekend to complement their spirituality. Peggy, a long-time resident of Cascade Christian Home in Lynden, attends Cornwall Church every Saturday evening. She enjoys the friendly community and lively music. Peggy is very interested in places of worship. As we drive by local churches around the Whatcom County she will often ask, "What kind of church is that?" In turn, when she is asked the same question, Peggy replies "a quiet church with baby Jesus." In her everyday actions and simple loving character she strives to portray Jesus.

As a group of individuals, residents, staff, family, friends, and neighbors we continue to strive to support each other spiritually in all we do.

Adriane Dodgson
Cascade Christian Home

MOVING AHEAD

Like a daughter heading off for college, Amy packed up her things and left the family home a year and a half ago. And like the brave, artistic, energetic person she is, Amy is thriving.

Rick and Ruth had raised their daughter in their Lynden home for 25 years. She attended Lynden schools and programs. But the realization that Amy would outlive them spurred the Lynden couple to find another situation for her, one where she would have peers, company, trips and activities.

They found that in Cascade Christian Home.

Since the move, Amy has become more verbal, her parents say. And to help her increase her communication skills, staff is teaching Amy sign language. Her decorating talents were honed when Amy redesigned her bedroom. Rick laughs when he mentions that helpful staff intervened when Amy first wanted to paint her room an intense, dark fuchsia, and steered her instead toward a lighter, brighter pink that Amy loves.

Staff also offers Amy weekly manicures, and she proudly shows off her painted nails to her folks when they visit twice weekly.

"She is probably more outgoing" since moving to CCH, Ruth says. "She's anxious to tell us what she's been doing," adds Rick.

When Amy was born, her parents didn't realize they were going to raise a special needs child. But when she was 15 months old and beginning to miss key developmental milestones, they understood that they were entering into a different life than they had pictured.



Amy at work

"It was pretty much 24-7," Ruth says of the care Amy has needed her whole life. "We had to do a lot of things for her; help her bathe, help her eat." She said that learning to care for their daughter and to incorporate her needs into their lives was "just a process you go through."

When Amy was home, she would hang near her brother, Brady, when he had friends over. While she knew enough that sisters weren't included, she would listen and laugh at their conversation and games. "She'd get a kick out of their company," says Rick.

Because of that, Amy enjoys the constant chatter and activities that are part of Cascade Christian Home. Amy participates in Special Olympics bowling and basketball, two sports that Rick and Ruth had no idea could be part of Amy's life. She gets out for

rides with staff, and she now has a job.

A month and a half ago with the help of Cascade Vocational Services, Amy started working for Rover Say Over, a dog daycare on Hannegan Road. She helps feed the dogs as well as doing other canine-related tasks. It's Amy's first paycheck, and one she's proud of. She'd always helped her mom around the house with dusting or folding towels. But a real job is another important component of adult life.

When Ruth and Rick decided that CCH would be Amy's future home, they introduced her by bringing her several days a week to get the feel of the place, meet staff and become more comfortable. When it was time for her to move in, Rick says they told Amy she'd be staying the night. She didn't quite understand, and stayed up all

night waiting for them to come back, he says.

But if at first she wasn't convinced she wanted to live at CCH full time, now she's sure she doesn't want to live anywhere else.

"The last time we brought her home, we asked if she wanted to come inside a few minutes while we got some things," Rick says. "She said no, and she stayed in the car." Like anything, it was a time of adjustment. But it's been all for the better, for the scope of Amy's life, development of social skills and of independence.

Ruth sums it up. "When we heard about Cascade Christian Home, it was as if God opened every door. We felt that's where she was meant to be."

Janne Sleeper
Cascade Supported Living

LET'S MAKE IT A PARTY

Residents of Cascade Christian Home in Lynden celebrated Valentine's Day a few days early this year. Peggy, Valley, Teri, Amy and Sandra took a much anticipated trip to Monroe to join in celebration of Valentine's Day at Monroe Community Chapel. They shared dinner and dessert with individuals gathered from various communities. Each individual had their photo taken and then decorated a frame as a memorable keepsake. All five ladies enjoyed leaving their mark at the church, made possible by cleverly set up tables covered in paper with crayons for drawing and decorating the tablecloths. As always, the highlight for some of the ladies was the music and dancing! Teri loved it and made her way up to the stage where she spent much of her time near the speakers soaking in the vibrations.

Adriane Dodgson
Cascade Christian Home



Christmas Party Karaoke

First of all, thanks everyone that was involved in planning our first all-agency Christmas party. There were well over 300 people in attend-

ance. The food, catered by the Rusty Wagon, was served to us and enjoyed by all. Our staff set up stations with activities for the people who attended including a craft table. The photo booth where people could get their picture taken and morphed was such fun.

During the last 45 minutes people were encouraged to be involved in entertaining everyone with karaoke to some of the tunes of the past. Everyone had a good time.

Because of the success of the Christmas Party we have decided to plan another get together tentatively on Saturday, May 5th. Of course, it will be a **Cinco de Mayo** theme party with food and music to match. Stay tuned for more information about the time and place.

George Beanblossom, Executive Director

LEGISLATIVE UPDATE

As many of you know there has not been much done in terms of passing a budget yet for the State of Washington. Thank you if you've called a legislator to let them know how important it is support the community we serve.

Senator Linda Evans Parlette recently proposed a bill (SB 6384) to the Senate to help adults with developmental disabilities. The bill helps developmentally disabled adults find and retain jobs in the community. The bill requires individuals to be enrolled in employment for nine months, at which point they would be offered a choice of transitioning to community access programs. The measure directs the state to work with counties and stakeholders to strengthen and expand existing community access programs that integrate disabled people into their communities and support independent living and skills. Currently employment programs in Washington help people with developmental disabilities earn \$40 million in wages each year. For every dollar invested there is a return to the tax payer \$1.46. To maintain the federal match that the state gets the state must continue in the direction of the federal government which is employment focuses.

The bill that passed in the senate now goes to the House of Representative for consideration. For more information visit Senator Parlette's website at www.senateRepublicans.wa.gov/Parlette.

EMPLOYER OF THE QUARTER

After providing an excellent work skills training opportunity for a Cascade Vocational Services (CVS) participant, Lakeway Fred Meyer found her a job at their store that benefits everyone.

Hilary initially met with Fred Meyer staff in June 2011, when HR Manager Maren Moody worked with CVS to structure an assessment and training opportunity for Hilary.

During her training period Hilary worked in the garden department and service deli where she learned new skills. Hilary dedicated herself to keeping the area clean and inviting. Karla Booker, the Service Deli Manger, provided guidance for Hilary and gave her additional tasks as she became more familiar with what she was doing. Hilary was very excited to be offered a position at the end of the training experience and now works during the store's lunch and dinner rushes. Her CVS job coach assisted Hilary with learning her tasks, increasing her pace, ensuring she was meeting her supervisor's expectations, and with practicing the customer service philosophies she learned along the



Hilary at Fred Meyer

way. Hilary has frequently reported that she enjoys her time at Fred Meyer as "flies by when she is there."

In addition to this success story, the Lakeway Fred Meyer recently completed a second, shorter work experience for a week to help CVS determine another participant's work skills, interests, learning style and support needs.

Carol Shires, the HR manager of the Bakerview store has also provided informational interviews and recently hired two CVS partici-

pants for front end support positions. The staff at the Bakerview location have invited participants to do job shadowing to see firsthand career options.

CVS thanks both Fred Meyer Bellingham locations for their willingness to expand their employment mindset and their dedication to helping our participants succeed. Our staff has thoroughly enjoyed our partnership with these two stores, and we recognized them as our Fall 2011 Employer of the Quarter.

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Thank you for your partnership and support

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Lynden Second Street Apartments
Netherlands Reformed Church
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