

FRIENDS OF FIRCREST IS A VOLUNTEER 501 (C) (3), NON PROFIT ORGANIZATION, ADVOCATING FOR THE RIGHT TO QUALITY LIVING AND CARE CHOICES FOR ALL CITIZENS WITH ID/DD (INTELLECTUAL & DEVELOPMENTAL DISABILITIES)

Fall Bulletin..... *Changes coming to FoF*

Dear Friends of Fircrest,

We hope you've been missing our newsletters. The last one was sent early spring. The hiatus has been due to many factors, the primary one being is that we are **changing**.

We have realized, for some time, that FoF, along with our affiliated organizations, have been hard pressed to get our messages circulated further than our membership, local officials and our legislature. This means a change to our approach by fully utilizing electronic as well as printed publications that will appeal to a wider range of people and organizations. Thanks to our FoF VP, Paul Strand, a new look in our communications has been created. Some of you may have already seen it on our web site. It is very attractive *and* interactive.

Its been and is a challenge accomplish everything we have on our agendas given the fact that we have an aging membership, see decreased participation and have long serving board members who wish to turn over the helm to new members- all while fighting well funded & biased goliaths who want RHCs closed.

After much discussion, your board has made decisions that will hopefully address some of these realities so we can keep up the momentum more efficiently and with fewer meetings. Here is the first change:

Meeting day, times & format change: Starting in January we are changing all our meeting dates to Saturdays at 1pm. on a less frequent schedule. See 2014 meeting dates on page 2.

Membership meetings will be held on a quasi quarterly schedule, be limited to 1&1/2 hours and consist of a brief board report followed by a special agenda. The agenda will feature either a special presentation, an open forum /discussion topic or a guest speaker and on occasion we may move to a more casual venue.

Board meetings will be held on alternate months on Saturdays at 1pm. They will focus on budget, publications, campus events and other board issues. Board meetings, as usual, are open to all. Any member may request to be added to the agenda.

And more changes continued next page.....

There is nothing permanent except change. -Heraclitus (540-475?BC)

Newsletter changes: Starting this fall FoF will have its new looking “news” on line at www.fircrestfriends.org. *This is already on line and is a work in progress.* www.fircrestfriends.org

By going to our web site for news we save money that we'd rather use for resident programs. By providing your e-mail address we can contact you when news is available and send alerts when important issues crop up that need your immediate response- impossible to do on a timely basis via snail mail.

This is also the beginning of establishing a small attractive printable magazine (with advertising space for sale to -help with production costs) which can be widely distributed. This publication will cover a broad range of pertinent information including human interest stories, opinion articles, legislative news and more. For specific FoF business, we will also provide periodic updates. The best way to find out what's happening is to attend our meetings and go on line and check links to important news. Thanks again to Paul for moving us into the 21st century.

For those of you who are not computer savvy nor able to attend meetings, you need to let us know. We will do our best to mail (USPS) our news. Please fill out the form on back cover. Candace Beach Braley, FoF Secretary & Newsletter committee member

Clip and keep: 2014 NEW Saturday

MEETING SCHEDULE

Jan. 11- Board working meeting

Feb. 8- Membership meeting

March- 8 Board

April 12- Board (as needed during legislative session)

May 3- Membership

June 14 - Board

July - No meeting (campus events committees meet on ad-hoc basis)

August - No meeting (campus events committees meet on ad-hoc basis)

Sept. 13- Membership

Oct. 11- Board (as needed for annual membership meeting business)

November 8 - Annual membership meeting

December- No meeting (holiday events committees meet on ad hoc basis)

All meetings will be held in ATP building (88) at one pm unless other wise notified.

For those of you whose Saturdays are otherwise committed, a good way to keep informed is to attend the HUR meetings on the 3rd Tuesday of the month 1pm, Admin Bldg. Please feel free to bring your lunch bag, questions and concerns.

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| MESSAGE FROM JIM HARDMAN, FoF PRESIDENT Dated July, 2013 |
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Dear Friends of Fircrest

We did **okay** in the legislature this past session, unless an unfriendly hidden budget item appears from nowhere. The bill which would have removed the names of the four remaining Residential Habilitation Centers [RHCs] **died a deserved death** before getting to the floor for a vote. There is still work to do such as restoring admissions at Yakima Valley School and every legislative session brings new lawmakers who need to be advised about developmental disability issues and RHCs.

Friends of Fircrest continues to rely on a core of volunteers, some of whom are aging. FoF is looking for volunteers to continue our good works on behalf of residents. We could move meetings to **Saturdays** [1x per month] to accommodate more folks. Let us know if such a change would facilitate your participation. Phone, write, or email. Contact information appears in this newsletter.

Many thanks to administration for returning laundry machines to the PAT A living units. Three **hurrahs** [or hoorays if you prefer] are in order and will be offered next meeting.

A few words about my Dad, Ed Hardman, if you don't mind. He was a social worker [MSW] who took on Fircrest resident guardianships after he retired from his career at Ryther Child Center. He was a dedicated and highly professional guardian. He set standards we might all hope to achieve in what we do. He made sure to understand his clients individually and he had a genuine and profound respect for each person he served. He also had a real affection for each client. He was diligent in advocating for them while not alienating anyone. Years after he retired from guardianship, staff would volunteer kind words of respect for his efforts. He set professional standards that served me well as a lawyer and later as a guardian. I may never achieve those standards but as a goal I strive for them. Honesty, integrity, and diligence were his hallmarks pursued in a kind and friendly manner. I could do worse.

Dad is 91 and receiving care at an adult family home [738 N. 203rd, Shoreline WA 98133 if you would like to send him a card].

Enjoy the summer and the Fircrest Fun Fest July 25 - I love a parade - and think about how to aid FoF.

Spreading the word,

J.R. Hardman J.D.,CPG , FoF President

September 2013 Update from FoF Treasurer and Outreach Chair

Fircrest families should be happy that so far there have been no obvious reductions in services for our residents. There have been many staff moves, such as realigning the HPA coverage and some staff retirements as well as new staff coming on board.

Friends of Fircrest is still in action and did a great job in the most recent celebration of Fun-fest. The participation by the clients and the presence of the staff made it a truly Community of Fircrest event.

We welcome ideas and references for entertainment from staff, parents and guardians. Friends of Fircrest would appreciate support both financial and participation from our members.

We are looking for new board members and persons who may have areas of special talent such as computer program skills, accounting experience or leadership in organizing for presentations to other non profit groups. If you are interested in joining please call Maria Walsh at 206 718 1761. You can send your resume to Jim Hardman, president of Friends of Fircrest 15230 15th Ave N.E, Shoreline, WA 98155.

Hope to see you at our meetings. Maria

2013 Up to now... *summary of some FoF activities & other news*

- RHC & ActionDD officers met with new DSHS, Secretary, Kevin Quigley
- RHC advocates attended DD Service System Task Force hearings. Our opposition to its recommendations voiced and recorded.
- Series of pamphlets on specific DD care concerns crafted by Terri Anderson were delivered to legislators.
- Over a half dozen legislative bills impacting RHCs and DD people were closely followed by our RHC advocates.
- FoF provided stipends for our delegates to attend the annual VOR convention in D.C. They made presentations to selected congressional representatives. See highlights pg.5.
- Advocates send letters and e-mails National Council on Disabilities (federal funded organization who are moving on eliminating "Institutional Care").
- Committee to oppose to and critique findings of recent audits by SAO on RHCs is in progress with support of local legislators. Saskia Davis has provided a comprehensive summary of its faulty assumptions and misguided direction.
- FoF's outreach committee sponsored an open house on campus for local D.D. advocacy groups. This was coordinated by Cheryl Felak through the Shoreline Special Education PTA. Thanks to Kristin Ellison Oslin, for being our emissary.
- FoF had a well received presence at the Shoreline Chamber of Commerce Business Fair. Thanks to Maria Walsh & Jim Hardman.
- A tour of Fircrest was led by Maria for members of Shoreline Chamber of Commerce & Shoreline Solar program.
- Board voted to become members of Directors of Disabilities Organizations-a network of agencies supporting people with disabilities.
- Campus ADA access shortcomings were identified by a resource Cheryl Felak engaged. Some improvements are already remedied. Grant monies are needed to take it further. Thanks to
- Campus healing garden gets regular loving attention by volunteers from "Garden of Weedin" employees. What a blessing.
- Shoreline City off lease dog park opened on south east Fircrest campus.
- Washers and dryers were reinstalled in PAT A home units after FoF's ardent complaints to an "experimental Laundromat" program.
- Our Legal Committee has sent letters to Fircrest Administration requesting clarification on handling of resident accounts -post mortem, cost care withdrawals from client accounts, human rights restrictive procedures, and the scope of authority of Family Council. Our attempt to get some visibility on campus was finally given the okay. We now have a small sign with a new "Who We Are" pamphlets in the Admin lobby. Outside signing will be set out before meetings in January.

Your board & member advocates have been working..... more news next page....

Up to now 2013continued

- Hope you didn't miss the annual July parade at Fircrests' Funfest. FoF sponsored a refreshment booth, the dunk tank and hot dogs. The Shoreline Special Ed PTA sponsored some fun activities as well. Thanks to all who helped make it great day in the neighborhood.

News from Fircrest Administration:

- The Activities building is opened for use. Pools are being worked on. Campus grounds and repairs are being done.
 - Cottage upgrades are in progress, some new furnishings are being ordered plus new TV for Senior Program.
 - Staff teams have been shifted and staff added to ease case overload. Additional Rec staff is on board.
 - Infirmary hours have been extended for respite and for sick or recovering residents.
 - RHCs are continuing "LEAN" implementations which means doing more with less.
- Speed bumps recently installed on campus roads do slow down those in a hurry. Residents are out an about -for whom we must be ever watchful. **15 MPH on campus!!**

Highlights of VOR Annual Meeting June 8-June12 2014 Washington D.C.

Attended by FoF board member Terri Anderson & FoF Legal Advisor, Michael Johnson

Key topics for this year's meeting included Deinstitutionalization, Reauthorization of the DD Act and the need for uniform background checks

For the past 13 years funding has simply rolled into the DD Act without any true accountability. We asked for support of a moratorium on federally supported deinstitutionalization actions until Congress can hold hearings.

We asked for support for national background checks for direct care workers in human service industries.

We feel for the most part our issues were accepted and will be acted upon when they work their way through the D.C. system. We will ask you to continue contacting your legislators to keep these issues in the forefront.

Submitted with permission of author Terri Anderson, State VOR Coordinator.

VOR & Action DD... Two organizations that all RHC and ID/DD advocates **must** support. Both organizations have voices at federal and state legislatures. Both need your membership and **financial** contributions.

Info available at ActionDD.org Go on line and join today!

Friends of Fircrest

c/o Fircrest School, RHC
15230 15th. Ave. N. E.
Shoreline, WA 98155

SAVE THESE DATES!

- HUR mtg. -Sept. 17, Tues. 1pm
- FoF Board mtg. - October 13, Sunday 1pm
- HUR mtg. -Oct. 15, Tues. 1pm
- King County Legislative Forum-
Nov. 25, Mon. (watch for more info)
- FoF Annual mtg.– Nov. 8, Sat.

Time and location TBA

See pages 1&2 for meeting day and schedule changes & news about our new newsletter program!

Friends of Fircrest E-MAIL NEWS SIGNUP *And member information update*

NAME: _____ LEGISLATIVE DIST: _____
ADDRESS: _____
CITY: _____ STATE: _____ ZIP : _____
TEL: _____ CELL TEL: _____ WORK: _____
E-MAIL ADDRESS: _____

Please sign me (us) up to get news and alerts on line:

I (we are) unable to receive FoF news on line. Please keep me (us) on FoFs' postal mailing list.

If you haven't renewed your membership for 2013 it's not too late.

Family: \$25.00 ___ Individual: \$15.00 ___ General donation \$ _____

Make check to: Friends of Fircrest

Send to: FoF Treasurer c/o Fircrest RHC, 15230 15th Ave. NE, Shoreline, WA 98155

Questions or comments? Call Maria: 206718 1761 or Mwalsh1240@earthlink.net

Your membership dues and donations keep us going and are tax deductible. Thank you