

Friends of Fircrest

# Fall-Winter ♡ Newsletter 2024

Email: [friendsoffircrestrhc@gmail.com](mailto:friendsoffircrestrhc@gmail.com)

**Friends of Fircrest is an all-volunteer, non-profit 501(c)(3) organization advocating for the rights to quality living choices for all people with developmental disabilities.**



Photo by Paul Strand

## **President's Corner**

With 2024 now behind us I hope everyone had a happy holiday season with family and friends. 2025 promises to be loaded with many new ideas for activities and events. Our membership numbers are up so we're looking for more volunteers to help carry the load. We have several opportunities including Funfest where even small donations of time can make a big difference. So please reach out to us on our email address at

[friendsoffircrestrhc@gmail.com](mailto:friendsoffircrestrhc@gmail.com) so together we can find ways for you to join in on the fun. As important as our mission is to support our loved ones, parent to parent support is also vitally important.

As you know Raman Singh, Fircrest RHC Superintendent, is a regularly invited guest to our monthly meetings to share information on the latest goings on around campus. In our last meeting she told us a plan is being developed to enhance the security on and around campus. The details will be shared with all parents and guardians when the plan is finalized. For those of you who don't visit campus on a regular basis the construction of the new Nursing Facility has started as evidenced by the fencing around the zone. It will be great to finally see the building begin to take shape over the next two years.

*Lloyd Baker, President, Friends of Fircrest*

### **Campus Art**

This past Fall, the committee chose the artist and the art to be installed in the courtyard of the new Nursing Facility. A small deposit has already been made to the artist, Andrew Carson of [www.andrewcarsonsculpture.com](http://www.andrewcarsonsculpture.com). We have now engaged AHBL to do the structural engineering needed for the pedestal for the art installation. AHBL is already on the team working with Kiewit for the construction of our new Nursing Facility. We have many quiet months ahead of us now as we await the construction.

*Gwendine Norton – Campus Art Project Chair & Board Member, Friends of Fircrest*

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## **Friends of Fircrest Resident Enrichment Committee**

This fall and winter found us finding some fun ways to provide enrichment to the residents at Fircrest. In October, members of Friends of Fircrest visited campus bringing Krispy Kreme doughnuts and festive Halloween Decorations to the halls and units. In the month of December, we supported the Fircrest Christmas Parties by providing yummy cakes and cookies. We also provided Christmas gifts to the halls and units for each of the residents. This is quite a process! Many hands make light work, with several members receiving gifts that are ordered, wrapping gifts, and delivering them to campus before Christmas. Currently we are organizing surprise hall and unit Dessert Day Deliveries. We are trying to be creative with Dessert Day themes! This year we are providing funding twice a year for the Adopt a Hall Program. Each hall and unit will be able to participate and plan an activity to their liking, such as magicians, balloon artists, or other festivities that bring joy and enrichment to our residents. As we all look forward to Spring, we will also support interested halls and units that need gardening supplies to grow plants or small gardens.

*Mary Ann Baker, Resident Enrichment Committee & Board Member, Friends of Fircrest*

## **Therapy Garden Committee – No Longer A Walk On The Wild Side**

(Behind Units 301-02 & 303-04)

The rejuvenation of the Therapy Garden has begun. Many of the original plantings have been removed or trimmed back to a more acceptable size. The pathways have been re-graveled, fresh mulch has been added, and edging has been installed to give definition to the paths. The Garden is now more open and visibly pleasing.

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Next Step: Clean Up and Repaint the concrete decorative rounds, as well as the storage shed connecting arbor and work bench. Initial clean-up will help to decide the amount of professional assistance we will need.

A volunteer work party this spring will help us determine our next moves.

Our new Membership form includes a section regarding the wish to volunteer with Friends of Fircrest campus activities. If you are interested in participating in the care of the Garden, please contact the Garden Committee. We can be reached at: [friendsoffircrestrhc@gmail.com](mailto:friendsoffircrestrhc@gmail.com). Please use Therapy Garden as your subject line.

*Terri Anderson, Therapy Garden Committee Chair & Board Member, Friends of Fircrest*

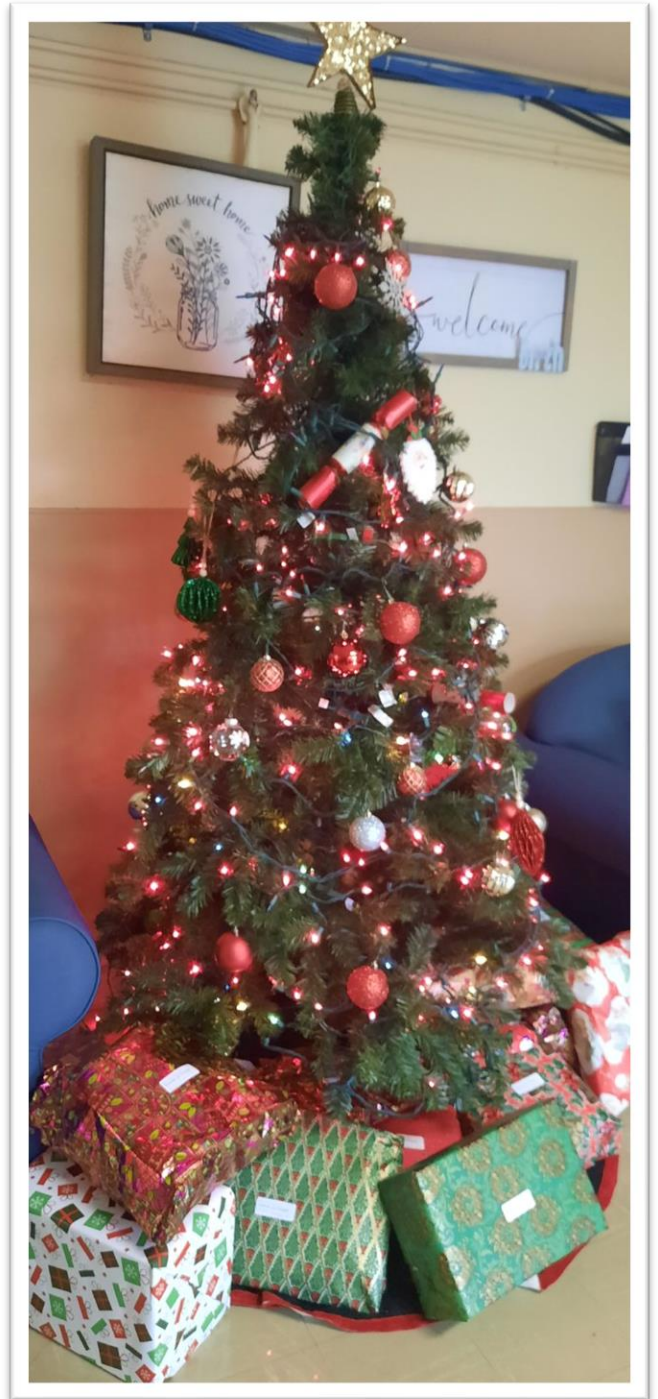
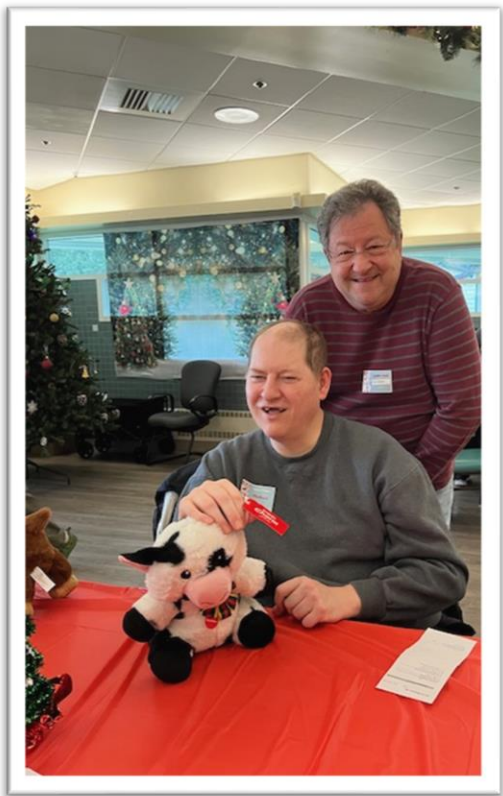
## **Membership Committee**

We welcome our new members! Thanks to you and the work of our committee members for helping us triple our membership since 2021. Committee is working on plans to reach out to all members in the coming weeks and months for socialization opportunities and sharing of information by setting up a “Meet & Greet” get together on campus. Time and location for an inaugural in person gathering will be announced soon. Parent to parent engagement including our professional guardian members promotes a healthier more vibrant organization. We’re also considering the idea suggested by a couple of our longtime members to restart the Home Unit Representatives (HUR) group in coordination with the Committee and those who participated in the group before meetings were paused just before the pandemic. However, the key to restarting HUR is whether there’d be any interest. The history of HUR will be discussed in the “Meet & Greet” meeting.

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## Christmas at Fircrest



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We hope you had a wonderful holiday season with loved ones, family and friends!  
Remember to join us or renew your membership by sending in your dues for 2025.

A membership form is below for printing.

Thank you for you support!

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## Join Friends of Fircrest

Print out and complete form, and mail it with your payment to:

Friends of Fircrest  
Attn: Treasurer  
15230 15<sup>th</sup> Ave. NE  
Shoreline, WA 98155-7196

Attached is my check made out to Friends of Fircrest to cover my (new/renewal) membership dues for the year(s) \_\_\_\_\_ (Membership year begins in January)

Individual (\$15.00) \_\_\_\_\_ Family\* (\$25.00) \_\_\_\_\_ Additional donation \$ \_\_\_\_\_

Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Are you able and willing to volunteer on committee(s) and/or support one-time special events on campus upon request? Yes \_\_\_\_\_ No \_\_\_\_\_

\*Additional Immediate Family Members (Family membership only): Limit 3 additional members

Name: \_\_\_\_\_ relationship: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

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