

THE FRIENDSHIP TIMES

Newsletter of Friendship House, Mount Vernon, WA

Celebrating Recovery: Tyler's Story

Lindsey Vis, Development Manager



Tyler never thought he would end up homeless, but when he got divorced after 10 years of marriage and subsequently turned to alcohol and drugs, that was exactly how he found himself. Being middle-aged, he didn't like being on the streets, but found it was so easy to get lost in the black hole that is homelessness.

Tyler first started coming to Friendship House about five years ago to eat meals in the old community kitchen. He saw the residents who lived there and that they were making changes in their lives, and finally decided it was time to do something. He was in and out of Friendship House several times over the years, battling his addiction and struggling to remain sober.

The difference for Tyler came when Kristie Kaaland, the current Men's House Manager, came to Friendship House.

"She gives you hope. She'll take you in and give you clean pants and a shirt and shower. You feel like a million bucks!"

Tyler was also very helpful in the kitchen where he did his house chores.

"I really appreciated the accountability of cooking for the people who were still out on the streets. It was much more than just a chore for me," Tyler says. He recalls a time he was serving a meal in the old kitchen alongside a volunteer, who complimented him on doing a great job.

"I told her I was just doing my chore, but she pointed out that I was greeting each person by name and welcoming them in to eat, and that that made a difference. Honestly, I remember what it was like to be out there on that ramp, hungry and waiting for a meal."

Tyler found that doing the right legwork through Community Action and the other local social service agencies really helped him get back on his feet.

He joined Alcoholics Anonymous and found great support and comfort in the meetings. He soon found a job at the Skagit Valley Food Co-op and was housed at Oxford House, a recovery transitional home for men. He is still working and living there, attending AA meetings faithfully, and will celebrate two years clean and sober in April.

"She gives you hope. She'll take you in and give you pants and a shirt and shower. You feel like a million bucks!"

Tyler is a frequent visitor to Friendship House, often checking in on the staff that helped him and encouraging the men who live there.

"He's a real cheerleader for the men," says Kristie. "I always appreciate when he shows up because he really helps to boost morale in the house and is always encouraging the guys in their recovery." ♥

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Hunger to Hope

Are you looking for a speaker for your next meeting? The story of Friendship House and Hunger to Hope is a great way to learn about homelessness in Skagit County.

Hunger to Hope is a 12 week program that teaches culinary skills to Friendship House residents and helps them prepare for employment. Job search skills, resume development, and interview practice are all part of the program.

Hunger to Hope Program Coordinator Jerry Shackette is the chief cheerleader for Hunger to Hope and is always happy to bring the Friendship House story to community groups, including churches and volunteer organizations. Call Jerry at 873-8022 if you would like to schedule a presentation for your group. ♥

Friendship House 2014 Top 5

- 5. Toilet Paper Drive:** Local radio station KISM held a very successful toilet paper drive for our shelters. We received at least 6 months worth of toilet paper and \$500 in Fred Meyer gift cards from the IBEW Union!
- 4. Volunteer Appreciation:** We held our first Volunteer Appreciation Celebration in May to say thank you to our awesome volunteers.
- 3. New Leadership:** Tina Tate started as the new Executive Director in April. She learned a great deal in 2014 to help make 2015 even better!
- 2. Meal Service:** Since opening the new Friendship House Café, we increased our meal service by 11,154 meals!
- 1. Hunger to Hope:** We started our culinary and job skills training program Hunger to Hope. We had four graduates who all successfully found employment. ♥

Join Our Monthly Meal Club!

Now that we have expanded our community kitchen and increased our meal service, our Monthly Meal Club is more important than ever! If you have a small group that would like to volunteer to provide, cook and serve a meal each month, you can contact our Kitchen Manager, Tom, at 854-8718. We would love to have YOU! ♥



Volunteers from First Evangelical Lutheran Church joyfully prepare a meal for the homeless community.

Why I Serve Friendship House

Deacon Dennis Taylor, RN, Board of Directors President

Why? It is a question young children can drive their elders crazy with. Why can lead to deep reflection on mysterious answers. When Tina asked me to answer the question of why I volunteer on the board, I will admit my first reaction was the former and then the later.

Friendship House has been a part of my life almost from its conception: carrying food and attending Snoqualmie House meetings, where the Café is now, with my wife. It is a place of being present with those who have been pushed out of their community. Friendship House serves as a place where people can begin restoration to community. It has been a gift to be able to walk alongside the gifted and giving staff and clients of Friendship House. Bishop Duncan Grey III put it very well: "What was absolutely clear in Jesus' ministry is that he wasn't terribly interested in why the man was born blind, why the paralytic couldn't walk or why the 5,000 had nothing to eat. He simply healed and fed. So, too, is our calling." It is all about walking with our neighbor as they work to be restored to community. ♥



Friendship House Christmas Party

Kristie Kaaland, Men's House Manager

Christmas time at Friendship House is the best time! The community is so gracious to our residents over the holidays. I love being able to take part in organizing our annual resident's Christmas Party. You can see the genuine excitement and spirit of Christmas in everyone. It is a time we can all be together and enjoy what Christmas is all about: giving! ♥



Thank you to everyone who provided gifts for our residents! Our Christmas party was truly a celebration of joy and thanksgiving!

Essential Services

- Emergency shelter for men
- Emergency shelter for women & children
- Transitional houses in Burlington & Mount Vernon
- Daily hot meal service
- Hunger to Hope: job training program
- Free clothing: Tuesday & Thursday 10am-3pm
- Public Showers
- Supportive case management
- Information & referral

Greatest Needs

- Blankets
- Coats
- New socks & underwear
- Shampoo & conditioner
- Razors
- Q-Tips
- Ground Beef
- Cheese
- Protein



You can continue to support Friendship House all year by shopping with our partners!

Shop at AmazonSmile and Amazon will make a donation to: Friendship House
amazon smile



Visit smile.amazon.com to shop and support Friendship House. Our legal name is Skagit Valley Hospitality House Association.
Visit www.fredmeyer.com/communityrewards and enter #87701 to link your Fred Meyer Rewards card.

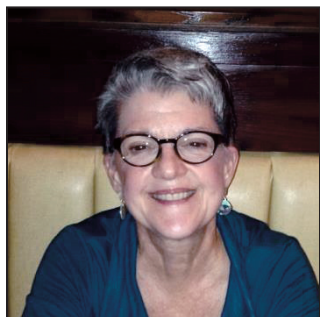
♥ Thank you for impacting the lives of our residents! ♥

Welcome New Board Members



Adrian Santangelo

Adrian has nearly two decades of computer forensic experience which started with deep roots in information and network security. He has been a self-employed security and forensic consultant all his adult life facilitating government contracts both federally and internationally. He currently owns and operates Interpreting Technology located in Burlington, Washington. There he specializes in technology support, implementation and management for a range of clients including government, health care, private and public sectors.



Dianne Goddard

Dianne is currently serving her 7th year as District Court Commissioner. Prior to that, she had a private practice law firm for 33 years in Mount Vernon. She is a member of the Skagit County Bar Association, the District & Municipal Court Judges Association, and the Mount Vernon Kiwanis Club. She and her husband, Dennis Edmonds, have been married for 44 years and enjoy spending time with their children, grandchildren, dog, and horse. In her free time, Dianne enjoys theatre, vocal music, travel, gardening, cooking and horseback riding.

Welcome New Staff Members



Anette Rocha, Women's House Manager

Anette joined Friendship House in December after previously working at Pioneer Human Services Crisis Center. She brings a caring and compassionate spirit to her role as Women's House Manager and enjoys this new opportunity to help clients through the next step in their lives to self-sufficiency and growth. She has over 14 years of experience as a social service professional, bringing a depth of knowledge about the issues surrounding homelessness, mental health, and substance abuse.



Jerry Shackette, Hunger to Hope Program Coordinator

Jerry coordinates the Hunger to Hope program for Friendship House, mentors apprentices, and serves as cheerleader-in-chief for their personal and professional development. He previously led the Hotel and Restaurant Management program at the College of the Ozarks. Recently moved "back home" to the Pacific Northwest, Jerry has a passion for all things food and enjoys seeking out interesting places to eat and exploring the vibrant local food culture in Skagit County.

Our Mission

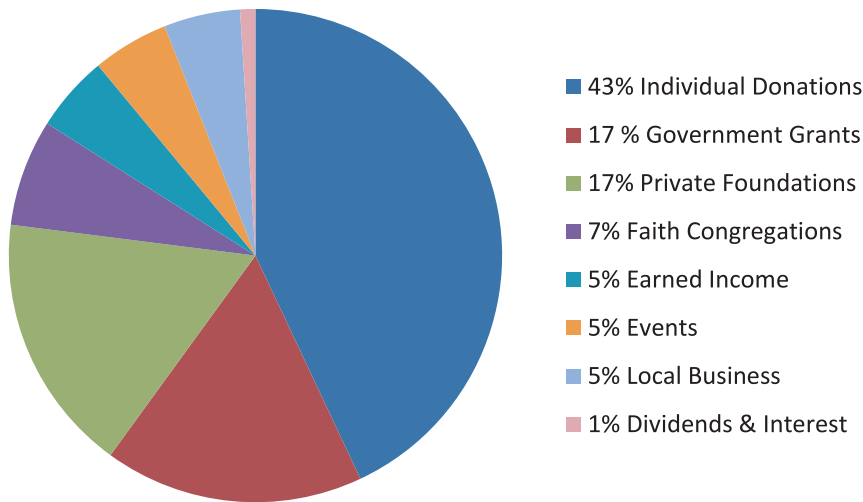
Friendship House of Skagit Valley reflects the heart of God by feeding, sheltering, clothing, and healing... to empower those in need.

Our Vision

Friendship House is a leader in providing comprehensive services and programs for homeless people who seek emergency shelter and supportive transitional housing, empowering them towards self-sufficiency.

2014 Annual Report

Ryan Schols, Board of Directors Treasurer



Thank you to everyone in the community who helped Friendship House serve more meals in 2014 than any year on record (61,427 to be exact). 2014 was the first full year of operating the new Friendship House Café and Hunger to Hope and we couldn't have done it without your generous donations. It's truly a blessing to live in a community with residents so dedicated to giving a "hand up" to those in need. I say "hand up" instead of "hand out" because one thing that makes the Friendship House different is our unique ability to change lives and guide our residents to getting their lives either on track. The employees and volunteers of Friendship House work hard to steer our residents towards leading fulfilling and productive lives. This includes job training, counseling, linking the resident to other community resources, or providing transitional housing. A "hand up" is one of the most important philosophies that guide us in our efforts and one of the main reasons I am so happy to be Treasurer of Friendship House.

In 2014, we continued to strengthen our financial position during the year, so that we can make sure we are able to continue providing compassionate service to as many of those in need as we can. Some of the projects we plan to fund in 2015 include an upgrade to our outdated phone system, an expansion of Hunger to Hope, and a remodel of the old kitchen space inside the Men's House.

Our Friendship House Café may be built and fully functional, but it is as important now as it ever was that we continue to see a steady stream of donations so we can keep food on the table, maintain the 100-year-old houses that provide shelter to our residents, and provide all the services our residents need to get back on their feet. Thank you again for your tremendously generous support of Friendship House. ♥

2014 By the Numbers

78% of total income to Program Services (above industry standard)

Net Assets 2012: \$764,871
Net Assets 2013: \$1,342,002

Actual Income: \$473,076.68
Budgeted Income: \$464,500
Actual Expenses: \$494,731.03
Budgeted Expenses: \$462,664

Men Housed: 307
Women Housed: 316
Children Housed: 64
Total Bednights: 13,058
Meals Served: 61,427
Clothing & Toiletries provided:
Thousands

Board of Directors

Josh Kelley, *President*
Dennis Taylor, *Vice President*
Barb Cheyney, *Secretary*
Ryan Schols, *Treasurer*
Allen Bird
Roy Martin
Sharon Dillon
Jason Garten
Vicki Wesen
Don Zimmerman
Lynn Austin

Staff Members

Tina Tate, *Executive Director*
Lindsey Vis, *Development Manager*
Jerry Shackette, *H2H Program Coordinator*
Anette Rocha, *Women's House Manager*
Kristie Kaaland, *Men's House Manager*
Tom Hoffman, *Kitchen Manager*

Faithful Friends Club: Monthly Giving

Lindsey Vis, Development Manager



Regular givers are the cornerstone of Friendship House support. They supply a steady income to ensure that we can feed, shelter, and clothe those in need. Would you consider making a monthly commitment to helping the homeless?

Many donors give a gift once or twice a year, but could potentially stretch that gift by giving small amounts each month instead. A donor who can afford a one time \$100 gift may be able to stretch their gift to \$120 by giving \$10 each month! It may not seem like much, but when smaller donations come together, they can do big things!

The easiest and safest way to give is to make an electronic funds transfer through your banking account or credit card. You can sign up by mailing in the form below, or by calling Tina in the office at 336-6138. You can also support us by mailing a check to PO Box 517, Mount Vernon, WA 98273 or online at www.skagitfriendshiphouse.org.

Our Faithful Friends Club members will receive a year-end tax receipt each January, instead of each donation date, to save on postage. You will continue to receive our biannual newsletters, as well as occasional special information for the Faithful Friends Club. You will not receive appeal mailings. You can change giving amounts or receipt preferences at any time. ♥

"I have been donating to Friendship House since I was on the Board of Directors in the 1990's. I sent a check then, but it became possible to have the payments automatically withdrawn from my account on the date I specified...and it is much easier and saves a stamp! It works well for me and I get an annual statement of payment total for tax purposes. I recommend the more modern method!"
~Linda Pettit

Yes! I'd like to join the Faithful Friends Club with my monthly gift of \$ _____

Name: _____

Mailing Address: _____

Billing Address (if different): _____

Phone: _____ Email: _____

Please set up automatic withdrawal from my bank account:

Bank Routing # _____ Account # _____ Debit date: 15th 26th Other _____

Please charge my credit card:

Card Number: _____

Expiration Date: _____ CV#: _____ Debit date: 15th 26th Other _____

I will pay online at www.skagitfriendshiphouse.org or send a paper check to PO Box 517 Mount Vernon WA 98273

I wish to remain anonymous; please do NOT include my name for recognition in future newsletters and other publications

Your information is safe with us and will be immediately and safely disposed.

Skagit Fashion Week

Lindsey Vis, Development Manager



For the past four years, donors like you have supported Friendship House by attending our fabulous annual fashion show, *En Vogue*. For the first time ever, Friendship House is teaming up with the Museum of Northwest Art to present Skagit Fashion Week! We are excited to work with a reputable organization like MoNA that is also dedicated to improving the quality of life of those less fortunate in our community. Through its education and outreach programs, MoNA enhances creative development and communication skills in young students and underserved youth and adults.

“This theme of transformation echoes the incredible life changes we see taking place in our residents every day.”

Skagit Fashion Week begins with *First & Fashion* from the Mount Vernon Downtown Association. Boutique clothing and salon venues on South First Street will pair up to showcase their products and services on live models in their establishments. Discover trending styles, sophisticated career wear, and elegant evening attire, paired with fashion forward salon services. Top off the evening with appetizer/cocktail specials at your favorite eateries.

On Thursday evening, *En Vogue* features creative designs using repurposed materials in a fabulous runway show and live auction. This theme of transformation echoes the incredible life changes we see taking place in our residents every day.

On Saturday, *MoNA Style* will feature more than 40 participating Northwest artists to demonstrate, display, and sell their artwork. From 11:30-1:30, guests will have the opportunity to enjoy lunch at one of the participating restaurants where informal modeling will show off the artists' creations.

An *After Party* on Saturday evening brings the festivities to a close. This fun event will feature select designs, music, a photo booth, wine and hors d'oeuvres, and more. We'll announce the People's Choice Award winners for *En Vogue* and *MoNA Style* and acknowledge supporters of the event.

Come to one event or all week long! No matter which you attend, you will be supporting those less fortunate in our community. ♥

First & Fashion

Tuesday, March 10, 2015 5-7pm

South First Street, Downtown Mount Vernon

Free to attend

En Vogue

Thursday, March 12, 2015 at 6pm

McIntyre Hall in Mount Vernon

Tickets: \$35 General Admission; \$60 VIP

MoNA Style

Saturday, March 14, 2015 from 10am-5pm

Museum of Northwest Art in La Conner

Free to attend

After Party

Saturday, March 14, 2015 at 7pm

Museum of Northwest Art in La Conner

Tickets: \$25 in advance, \$30 at the door



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Mount Vernon, WA 98273

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Save the Date: En Vogue Runway Show & Benefit Auction on March 12th, 2015.

FRIENDSHIP HOUSE PRESENTS
EN VOGUE
Runway Show & Benefit Auction

McIntyre Hall
Thursday, March 12, 2015

\$35 General Admission
\$60 VIP (includes drink ticket and
premium seating)

Tickets available at McIntyre Hall
Box Office
360-416-7727 ex. 2
www.mcintyrehall.org

