

THE FRIENDSHIP TIMES

Newsletter of Friendship House, Mount Vernon, WA



Welcome our New Executive Director!!

By Tina Tate, Executive Director



Hello! My name is Tina Tate and I am the new Executive Director of Friendship House. I am very familiar with Friendship House because I was a resident 10 years ago and later served on the Board of Directors for five years. I was Board President in 2011 & 2012 and got a good understanding of the inner workings of this organization. This has helped me be effective in my new role as Executive Director.

Previously, I worked at Skagit Publishing for 10 years and was in a management position for many years there. I enjoyed that work, but working for Friendship House is what I have been called to do.

I am very excited to now be at the helm of this organization that is so near to my heart.

In many ways this is my dream job. I have always wanted to make a difference in the world, to help others and make the community better. Now I get to do that as a full time job! I hope to be able to do many good things in the community.

My vision for Friendship House is to sustain the present strength of our organization. We just opened our beautiful new Friendship House Café and launched Hunger to Hope. The future looks bright for us and I hope to keep it that way.

I am a very active community member. I try to volunteer every chance I get. I live for volunteering!



Photo: Tom Hoffman, Kitchen Manager and Tina Tate, Executive Director.

I also value spending time with my family and friends. Most of my close friends I consider family. I have lots of brothers and sisters and many young people look to me as a mother figure.

"I have always wanted to make a difference in the world, to help others and make the community better."

I also want to thank our former Executive Director, Marie Marchand, for her excellent service to Friendship House. She made such a difference in this organization in a time when she was truly needed. She took Friendship House to a new level of sophistication and helped expand our vision for serving people. Marie moved on to a new job as the Legislative Assistant to the Bellingham City Council to follow her dream to work in politics. We wish her the best.♥

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Why I Volunteer

Vicki Aslett, Friendship House Volunteer

Being a volunteer at Friendship House is like being a part of a big, extended family. This is a family whose foundation is based on love, acceptance and respect. It is a safe environment for the residents, staff, volunteers and many community members who share daily meals and resources. Since I began volunteering at Friendship House, I have always been treated as a valued member of this family. My efforts are always appreciated and I enjoy the camaraderie of working with residents, staff and fellow volunteers. We are so blessed to have Friendship House in our community. ♥



Vicki with Christmas gifts galore

Join Our Monthly Meal Club!



Kitchen Volunteers from Mount Vernon Presbyterian Church

Are you looking for ways to get involved? We love our volunteers, churches and service groups who work with us! The monthly meals they provide are vital to our success, as they save us time, money and resources.

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! ♥

Essential Services – Spread the Word!

Emergency shelter for men
Emergency shelter for women & children
Donation Room on Tuesday & Thursday 10am-3pm
Transitional houses in Burlington & Mount Vernon
Supportive case management
Information & referral
Meals served three times daily, 365 days a year



A GREAT HOPE OF
SOCIETY IS INDIVIDUAL
CHARACTER. ♥

IT IS OF LITTLE TRAITS
THAT THE GREATEST
HUMAN CHARACTER IS
COMPOSED.♥

Want to help us save paper and postage?

Email lindsey@skagitfriendshiphouse.org to sign-up for e-receipts

Finding Sanctuary: Reggie's Story

Blake Westhoff, Hunger to Hope Program Coordinator

Reggie came to Washington State seeking refuge from his experiences in Southern California. Many of his friends were victims of horrible violence and some were even killed. Shortly after Reggie arrived at his cousin's house on Whidbey Island, it became apparent his cousin had a significant drug addiction. The stress of living with his cousin's addiction combined with his own growing mental health concerns made life in transition almost unbearable. Reggie's life began to unravel. Soon he was living on the streets and sleeping in nearby woods at night.



"I have found a support system who has been there for me through the most trying time of my life."

It wasn't long before Reggie found out about Friendship House from others he had met while being homeless. After moving into Friendship House, he worked with the House Manager, Kristie, to develop a specific Action Plan to regain control of his life and get back on track. He was connected with necessary community resources and began taking proper medications. Reggie explains that the stability and structure Friendship House provided allowed him to regain some of the confidence he had lost while he was displaced. After only a few short weeks in the house, Reggie became a House Assistant. He explains, "I have found a support system who has been there for me through the most trying time of my life."

Reggie has also joined Hunger to Hope, Friendship House's food service retraining program. He has found that the Hunger to Hope program compliments the Friendship House philosophy. "Since being here I have been exposed to a new lifestyle to make my life better and Hunger to Hope is giving me the tools to do it." He is expected to complete Hunger to Hope on August 15.

Here at Friendship House we are proud of how Reggie has grown and changed. He plans to utilize the skills and tools he learned at Friendship House far beyond his stay. The knowledge he gained will help him transition into successful independent living. Reggie dreams of the days when homelessness and uncertainty are in his past and looks forward to a simple and consistent life where he can get a dog, take him for walks, and return to an apartment of his very own. We are confident he will accomplish these things and much more. ♥

Consider shopping with one of our partners to help support people like Reggie!

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.

Hunger to Hope Success!

Blake Westhoff, Hunger to Hope
Program Coordinator

Friendship House is proud to announce our first Hunger to Hope graduates, Jade and Fancy! We celebrated their accomplishments on July 2nd, 2014 in a ceremony that highlighted their individual strengths and abilities. Completing Hunger to Hope required Jade and Fancy to commit to 12 weeks of food service, leadership, and employment training. They learned essential skills for working in the food service industry and spent over 450 hours in the kitchen, preparing and serving 10,192 meals to hungry people at the Friendship House Café. Our students each received Washington Food Handler's cards, ServSafe certifications and First Aid, CPR and Blood Borne Pathogens training. Since enrolling in the program, both Jade and Fancy have moved out of Friendship House and into permanent homes. Hunger to Hope staff believe they have what it takes to be successful and are actively assisting them in gaining long term employment.



Fancy Scott (left) and Jade Culp (right)

Success can look different, however, depending on the individual. While we recognize the accomplishments of Jade and Fancy, we can also recognize the strides that other students made while participating in the program. Chris and Gabe are both former students of Hunger to Hope. Although these two did not complete the program, both were successful in becoming self-sufficient. Chris completed court and legal obligations in the area and left Friendship House to reconnect with his family in California. Gabe left shortly before graduation to cook on a boat for the Alaskan Fish Company. Both of these achievements reflect the progress they made while in Hunger to Hope.

Hunger to Hope staff believe they have what it takes to be successful and are actively assisting them in gaining long term employment.

We are proud of all our Hunger to Hope participants and work diligently to promote and encourage their success in all areas of life.



Jade Culp, Hunger to Hope participant and Tom Hoffman, Kitchen Manager

Success is liking yourself, liking what you do, and liking how you do it.
~Maya Angelou

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.

Welcome New Board Members



Don Zimmerman

In 2010, I entered retirement after 44 years of banking in Idaho, Alaska and Washington. During the last 11 years of my career, I served as President and CEO of two financial institutions. I have always been involved in civic and non-profit entities that are beneficial to the community. Friendship House meets those criteria. Providing food, shelter and safety to individuals and families in need is very vital. I feel it is important to try to make a difference. This wonderful entity is doing that.



Lynn Austin

I was a resident of Friendship House just a few years ago and I wanted to give back to the organization that gave me so much. I love Friendship House because of the safe and loving environment they provided me when I was at a low point in my life. I am honored to be a member of this wonderful Board of Directors. They all really put their heart and soul into the mission.

Board of Directors

Josh Kelley – President
Dennis Taylor – Vice president
Barbara Cheyney – Secretary
Ryan Schols – Treasurer
Allen Bird – Immediate Past President
Roy Martin – 2010 Past President

Sharon Dillon
Vicki Wesen
Jason Garten
Don Zimmerman
Lynn Austin

Thank you for your
outstanding
dedication and
commitment to
Friendship House! ♥

Friendship House Staff

Tina Tate, *Executive Director*
Lindsey Vis, *Development Associate*
Tom Hoffman, *Kitchen Manager*

Brenda Perkins, *Women's House Manager*
Kristie Kaaland, *Men's House & Transitional Housing Manager*
Blake Westhoff, *Hunger to Hope Program Coordinator*

Let Us Know What You Think!

We want to better understand YOU! As a supporter of Friendship House, your opinions matter. Please consider taking a short survey to help us learn what's important to you and how we can best serve you.

All questions are optional. Thanks!

Completed surveys may be mailed to PO Box 517, Mount Vernon, WA 98273. You can also take our survey online at: www.surveymonkey.com/s/ZXJXZB8

CONTACT INFORMATION

Name(s): _____ Birthdate: _____

Phone: _____ Email: _____

Employer: _____ Occupation: _____

Church, Service Group, or other activities: _____

CONTACT PREFERENCES

How do you prefer to be contacted?

| | Preferred | Okay | Do Not Contact |
|--------------|--------------------------|--------------------------|--------------------------|
| Phone | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Email | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Mail | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Other: _____ | | | |

How do you prefer to receive tax receipts?

- One receipt each time I make a donation
- Quarterly (monthly donors only)
- One year-end receipt with my total giving
- I do not need a receipt
- I'd like to receive my receipts by email

RESPONSE QUESTIONS

Why do you support Friendship House?

How important is it to support Friendship House?

- I strongly believe in the Friendship House mission and serving people experiencing homelessness.
- I support various charities or causes; Friendship House is one of them.
- I prefer to mainly support another cause(s).

Do you believe Friendship House is a trustworthy organization?

- Yes, I believe Friendship House is using donor money wisely to fulfill its mission.
- I'm not sure.
- No, I have some concerns: _____

Would you like to get more involved?

- Yes, I would like learn more about volunteer opportunities at the shelters or Café.
- Yes, I'd like to get involved in En Vogue, the annual fashion show fundraiser.
- Yes, I have a specific area of expertise (financial services, mechanical services, wellness classes, etc.) I would like to offer your residents
- No thanks!

Please Join



At Our **FUNDRAISING EVENT** For

FRIENDSHIP HOUSE

Invite All Of Your Friends & Family To Dine With

Us And Applebee's Will Donate **15%**
Of The proceeds to

FRIENDSHIP HOUSE

Every Wednesday in September

ALL DAY

(360) 757-1414

ONLY @

188 Cascade Mall Drive

Burlington, WA 98233

(To Go And Carside To Go Orders Will Be Applied!)

***This flyer IS your ticket**

Please do not distribute flyers in or around restaurant

Our Greatest Needs

One way to support Friendship House is by providing tax-deductible in-kind donations. They can be dropped off at either 922 or 1008 S Third or 108 Snoqualmie in Mount Vernon.

Day Bus Passes
Toilet Paper
Shampoo and Conditioner (especially full-size)
Disposable Razors
Q-Tips
Socks (all sizes)
Underwear (all sizes, mostly larger)
Diapers and Wipes (all sizes)
Shower Caddies
Hand Soap
Latex Gloves
Bottled Water
Proteins: Milk, Cheese, Beef, Chicken, Eggs, Bacon, etc.



Thank you Skagit County!

www.SkagitFriendshipHouse.org • 360.336.6138 (Office) • 360.336.2418 (Women) • 360.336.2135 (Men)

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

RETURN SERVICE REQUESTED

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Mount Vernon, WA 98273



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