



# “THE KOKUA SPIRIT”

“Kokua’s Mission is to provide citizens with disabilities the support needed to lead full and meaningful lives.”  
www.kokuaservices.com

October 10, 2011

Volume 7, Number 10

## FUN THINGS TO DO:

“My Morbid Mind” Haunted House 4548 Marvin Rd SE, Olympia \$10.00. Oct 14, 15, 21, 22, 28, 29, 31, 7pm-11pm Prepared to be SCARED!

**Northwest Glass Pumpkin Patch - Olympia (Free) Saturday, 11/5 9am-4pm at [Port of Olympia Plaza](#), Olympia (in front of Anthony’s Restaurant) Features 2000+ hand-blown glass pumpkins crafted by local glass artisans. It’s a dazzling array of one-of-a kind glass pumpkins in a variety of colors, shapes, sizes and price ranges.**

**Zomprom 2011**, Friday, Oct 14 7:00p at [The Olympia Ballroom](#), 116 Legion Way SE, Olympia \$8.00 with food donation \$10.00 without. The Olympia Zombie Association hosts its third annual Zomprom to help support the Thurston County Food Bank.

**Schilter Farm**, Friday, corn maze, petting farm, wagon rides, pumpkin patch. \$5 weekdays. More info: 459-4023

**HALLOWEEN  
OCTOBER 31**



Contact us to have your newsletter delivered by e-mail. (360)705- 4665 or e-mail: [sally@kokuaservices.com](mailto:sally@kokuaservices.com)

## Sensational Saturday

Smiling children, drummers drumming, craft and food vendors selling their wares - Kokua and South Sound Parent to Parent launched our first Sensational Saturday last month in Tumwater. It was the culmination of a shared vision and many months of planning and preparation. Our goal was to create a fun fair fundraiser and invite the whole community. We had a blast in spite of the chilly, damp weather with over twenty activities for children, a variety of entertainers, home baked treats, vendors and a cadre of stellar volunteers. We also learned a lot in the process which will pave the way for an even better Sensational Saturday in 2012. Thank you to everyone who contributed through in-kind donations, sponsorships, financial assistance, great ideas and hours of volunteer preparation and event day involvement. Also, thanks to **Peter G. Schmidt Elementary School** for donating the use of the site and of course, our wonderful partners - the Board, staff, volunteers and families of Parent to Parent. Below, the “Balloon Lady” practices her art at Sensational Saturday.



## KOKUA COOKS

This time of year, the new crop of fresh, crisp apples is ready. Here's a recipe from Kokua's cookbook, "Love in the Soup" that uses some of those apples.

### APPLE CARROT MUFFINS

1 ¼ c whole wheat flour  
¼ c sugar  
1 tsp cinnamon  
½ tsp baking soda  
½ tsp baking powder  
¼ tsp salt  
1 c grated carrots  
½ c unsweetened applesauce  
2 large eggs, beaten  
¼ c raisins or currants  
¼ c milk or rice milk  
¼ c canola oil  
1 tsp vanilla extract

Preheat oven to 350°. Lightly grease a muffin pan or use paper muffin cups. In a large bowl, whisk together the flour, sugar, cinnamon, baking powder, soda and salt. In another bowl, combine the carrots, applesauce, eggs, milk, oil and vanilla. Add half of the wet mixture to the dry ingredients and stir. Add the other half of the wet mixture and mix thoroughly. Spoon into the muffin cups and bake about 20 minutes, or until a toothpick inserted comes out clean.

### Cookbooks Make Great Gifts

Kokua's "Love in the Soup" cookbook makes a great gift - for someone else or yourself! Our cookbook is packed with yummy recipes all designed with healthy eating in mind. The proceeds from cookbook sales will benefit individuals with developmental disabilities. Buying a cookbook (or 2, or 3!) is easy. You can order them from our website & they'll arrive by mail. If you live locally & would like them delivered to your home, call Chris, 705-4665, ext 101 & we'll arrange delivery at your convenience.

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**FOR SALE:**

Kim R is selling a twin size bed. Includes frame, mattress, and mattress protection. \$150 obo. Call 360-413-7934 if interested.

## WHAT'S HAPPENING AT KOKUA?

**Jack D** is so excited - he sold two bikes at the rummage sale. **Ed W** sold one of his paintings to the office. Way to go, guys! Both Jack and Ed recently went to a pottery shop and got to experience all the different designs. They both say they really enjoyed it and would like to go again.

**Manuela C** and **Maggie P** enjoyed their joint birthday. Manuela has been baking and listens to several audio books every week. Maggie visited her friends **Jenny D** and **Bobby C** on her birthday. **Beverly G** and **Manuela C** went to see the horse races at Emerald Downs on Fan Appreciation Day. **Cecelia M** was excited to get the new Harry Potter 7 computer game, and she has been going to dance, going swimming and decorating the house for Halloween.

**Sue W** is going to do some fall clothes shopping and is very excited about it. She has been baking up a storm and is sharing it with her neighbors. She is continuing to take power walks everyday and eating healthy foods. Sue wants to remind people to go to the fruit stand on the corner of Lilly and Stoll.

**Doreen L** went to Disneyland with her sister Linda in September and had a great time.

**Michael C** is leaving for a trip to Hawaii at the end of the month. He's excited and is looking forward to the trip. **Joe L's** parents came for a visit. They had a good time and Joe really enjoyed seeing them.

**Jenny D** has finally reserved Dr. Phil tickets for the end of October. While in California, she will get to meet Art Laboe and go shopping for more records. **Robert C** will be going to the library to see a movie and to do research for service animal information.

September was a month for fairs at Angela house. **Laurie H**, **Kim R** and **Christine R** went to the Puyallup Fair, where they played games and ate food. They attended Sensational Saturday and had a lot of fun. They ate good food and saw good friends at the People First Picnic. They are currently looking forward to going to Lattin's to pick out pumpkins for Halloween, drink cider and see the animals.

Wow, what a whirlwind of a wrap up to the summer for the guys at 31st! A new bathroom floor was installed for John. Derek and Danny got a whole new bathtub AND floor. Next, a huge group of fabulous people showed up to paint, paint, and paint!!! Next, more paint, and.... still more paint going on.. But, their home looks awesome, inside and out! It is great that the weather held up for most all of the events. The guys were mostly interested in hanging outside in their great back yard during a lot of the commotion or just plain "gettin' away from it all". (Thanks Rodney, Jeff and Charlie for sharing some of the "gettin' away from it all" adventures)! The most spectacular adventure was during the day of the extreme painting party - a perfect day for the guys to leave town. It took a while, but eventually everyone was headed towards Bremerton to have lunch and await the Seattle bound ferry. The weather was fabulous and there was obvious enjoyment shared by all. The great Washington State ferry service provided a front row view for the guys. It was quite spectacular! EVERYONE had a great time and there were smiles galore! (Ask the guys about what they saw on the buoy during the trip. Also, ask Derek about the airplanes he was looking for that day). They visited three parks that day! There was talk about jumping into Lake Washington. All of the guys were smiling and happy after returning to their "sparkling" home after the most spectacular "gettin' away from it all" adventure.... All of it, just plainly and seriously tremendous!

Biker chicks, **Frieda B.** and **Sue W.**, are enjoying fitness class (picture below). The class takes place twice a month at the **Ultimate Fitness Center** in Lacey and is led by professional trainer and fitness instructor, **Sonja Randall**. The owner of **Ultimate Fitness**, **Gary**



## EMPLOYEE APPRECIATION AWARDS

This month's Awards go to:

**Independent Living Team** In the last two months IL staff members Wendy Y, Lynn R, Lisa C, Becky P, Rob B, Jill R and Danielle P have gone out of their way to ensure that the health and safety needs of all of our clients are met. They've covered shifts at the last moment, coordinated with each other to provide much needed breaks and have done all of it without complaining. Their resilience and fortitude are evident every day through the amount of work they accomplish. Thank you to each of you for what you do to create such an awesome team. You're an inspiration for all of us!

### **Susie Wilcox and Jessica Rea**

Your help with Day of Caring was tremendous. You both came in willing to do whatever had to be done to help finish the painting project and put 31<sup>st</sup> house back together and make it sparkling clean for the men who live there. Your attention to detail extends beyond the house to the clients. Thank you for being such strong advocates for Danny, Derek, John, and Kevin and for being great team members.

**Sandy Wilson**, Office Volunteer Extraordinaire since 2007. Thank you for all you do to help the Kokua admin staff in the office. Your assistance with the newsletter, even taking it to the Post Office, saves staff a lot of time. You are flexible and accommodating, and you recently helped organize and standardize client files in one week's time! You are so easy to work with, and the impact you make is huge! A big thank you from the Kokua staff.

**Sue Korns** You're able to stay on top of everything at 31<sup>st</sup>. The men get to their scheduled appointments and activities, their daily lives are organized and things run smoothly at the house. You communicate regularly with your CSC, as well as the staff at the house. Thanks for being such a great team leader. You're admired and appreciated for all of your hard work and dedication.

**Briggs**, donates the space and Sonja donates her time. We thank them for their generosity and community spirit.

## MORE BUDGET CUTS COMING

If you have been reading the newspaper lately, you can't help but notice that the U.S. economy continues to be stuck in the doldrums. What is being called the Great Recession has been chipping away at the social safety net in ways that make any person of conscience very uncomfortable.

The most recent Washington State revenue forecast indicates that significant cuts must be made in the 2011-2013 budget and the Governor has called a Special Session for November 28th to close the 2 billion dollar budget gap. The Governor's proposal asks for 10% across the board cuts to state agencies. It will be up to the Legislature to fine tune the way the cuts will be implemented. Either way, the budget shortfall must be covered.

If you or your family member receives state services and you are interested in how your family might be impacted, you can see the Governor's proposed cuts at [www.dshs.wa.gov/budget](http://www.dshs.wa.gov/budget)

Click on Decision Packages by Program and you will find details for the program you are interested in. If you feel strongly about a specific cut, let your legislators know how you feel.

## THE FRUGAL BOX

Kokua has a beat up cardboard box in the front entrance. It's not pretty, in fact it looks kind of tacky, but the box has a very useful purpose! Over the course of the year, generous individuals have donated office supplies to help us keep our supply budget down. We so much appreciate everyone who has helped out!

Diane, our Business Coordinator, is the thriftiest individual I have ever met. She uses every strategy known to man to get us items for free or as cheaply as is humanly possible. Diane's saintly husband, Bob, volunteers his time to fix all of our wobbly furniture and make necessary office repairs. Still, many essentials must be purchased and these things cost money.

If you are a regular COSTCO or WALMART shopper, would you consider picking up a little something extra when you shop and dropping it off in our Frugal Box? We especially need the following items:

- 3-ring binders, 1.5 inches to 3 inches
- Spiral notebooks
- Boxes of copier paper
- Packages of blue or black pens
- Post it notes
- Large boxes of business envelopes

If you know a business that has any of these items to donate, please send them our way. Another idea could be to donate a gift card to Office Depot or Staples. Any help you can give to assist us in weathering the budget cuts would be greatly appreciated.

Christine Rasmussen-Barsanti, Executive Director  
[www.kokuaservices.com](http://www.kokuaservices.com) 360.705.4665, ext 101

## NEW FACES AT KOKUA

Brittany Dayton has recently joined the Kokua team as a Mental Health Intern. Brittany was born in Wichita, Kansas. She enjoys cooking, tennis, jogging, traveling and nearly all activities that are outside!

Welcome to Kokua!

## RECRUIT NEW EMPLOYEES FOR KOKUA AND EARN \$\$

Kokua is still giving out bonuses for referrals. Here's how it works.

Refer (or give an application to) people who would make great Kokua team members. Have them notify the Kokua interviewer that you've referred them. A referral form will be completed at hire. A referral form must be completed and in the new employee's file for you to receive the bonus. If your referral is hired and completes the 90 day probation period, you will receive a \$50.00 cash bonus. If your referral remains a Kokua employee for a year, you will receive a \$100.00 cash bonus.

## LOOKING FOR MORE HOURS?

Temporary and fill-in hours are available. We can train you to work at more than one house. Contact Client Services Coordinators for more information. Call 705-4665, Allen G ext 103, Sean B ext 118, Melissa K ext 123, Theo P ext 106 and Linda C ext 127.

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**Why do witches ride on brooms?**

**Because vacuum cleaner cords aren't long enough.**

**When is it bad luck to meet a black cat?**

When you're a mouse!



## VOLUNTEER PROGRAM NEWS!

By: Randi Miller, Volunteer & Internship Coordinator

### SENSATIONAL SATURDAY

September was a month of community service for Kokua volunteers. Our big fundraiser, **Sensational Saturday**, an ambitious joint effort with South Sound Parent to Parent, was held on Saturday, September 17<sup>th</sup> at Peter G. Schmidt Elementary in Tumwater. The day was a bit damp and cold outside but you would never have known from the smiles and energy of the wonderful volunteer crew that helped us from early in the morning until the very end of the day.

Volunteers helped with set up, clean up, entertainment, the first aid station and almost all of the activities were lead by volunteers. Some volunteers were Kokua employees and their families, some were long time volunteers and some were new to the agency. We estimated that Kokua volunteers contributed over 200 hours that day to help create this first time event. Kudos and a million thanks to all of you!!



### UNITED WAY DAY OF CARING

Another huge volunteer appreciation goes to the **Lacey Sunrise Lions** who were our partners once again for the annual **United Way Day of Caring**. On Friday Sept 23, these awesome volunteers painted the interior and exterior of the home of four Kokua clients. Their time, talents, and hard work gave that house a much needed makeover. In addition to their labor, the paint supplies were purchased through a grant that the Lions gave Kokua last year and to everyone's delight, **Starbucks** donated coffee and **Meconi's** donated a delicious lunch. We are grateful for the generosity of so many wonderful people who selflessly gave of their time - we couldn't have done either of these projects without you.

### KOKUA'S BAKE SALE AT SENSATIONAL SATURDAY

If you weren't able to attend the Kokua Bake Sale at Sensational Saturday, you really missed out on an abundance of goodies! Many thanks to all who contributed time, baked goods and/or assistance to make this bake sale happen. It involved a big effort from many people. All proceeds were donated to the Kokua/Parent to Parent fund raising event. Kokua employees who contributed baked items to the cause were: Sally L, Diane L, Chris R-B, Adwoa L, Cameron B, Amy G, Tina D, Rosie R, Hafsa P, Becky P, and Lisa G. (Hope I didn't miss anyone!) Also we had volunteers who helped with setting up and taking down the display. I so appreciate all who helped. In spite of the cold, wet day, we had a great time! Thanks also to Holly B for taking these pictures for our newsletter. *From Sally Lewis*



## Businesses that Give Discounts to the Over 50 Crowd

Submitted by Robb Kriebel  
(Not that any of you qualify for them yet....)

Here's a list of savings that will help you keep more cash in your pocket if you're 50 or over. I didn't know about a lot of these - they do not volunteer this information! Be sure to ask a sales person if this discount applies at their store.

### Restaurants:

**Applebees:** 15% off w/Golden Apple Card (60+)  
**Arby's:** 10% off (55+)  
**Burger King:** 10% off (60+)  
**Denny's:** 10% off, 20% off for AARP members (55+)  
**IHOP:** 10% off (55+)  
**Jack in the Box:** up to 20% off (55+)  
**KFC:** free small drink with meal (55+)  
**McDonalds:** discounts on coffee every day (55+)  
**Subway:** 10% off (60+)  
**Taco Bell:** 5% off, free beverages for seniors (65%)  
**Wendys:** 10% off (55+)

### Retail

**Big Lots:** 10% off  
**C J Banks:** 10% off on Wed. (60+)  
**Goodwill:** 10% off one day/wk  
**Hallmark:** 10% off one day/wk  
**K Mart:** 20% off (50+)  
**Kohl's:** 15% off (60+)  
**Rite Aid:** 10% off Tues & 10% off prescriptions.  
**Ross Stores:** 10% off Tuesday (55+)

### Grocery

**Albertsons:** 10% off 1<sup>st</sup> Wed of month (55+)

### Activities/entertainment

**Bally Total Fitness:** up to \$100 off membership (62+)  
**Regal Cinemas:** 30% off



## KOKUA KUDOS

*"Everyone appreciates being appreciated. Try to catch people red-handed in the act of doing something right - and praise them for it."*

Kudos to **Havi, Mandi and Carol** - we appreciate all of the help for our staffing shortage. We're glad to have you on our team. Kudos to **Amy G** for helping 51<sup>st</sup> out on top of your schedule and for volunteering to assist Jenny in her California trip. *From 51st staff*

Kudos to all the **new staff** - you have been doing an exceptional job, the guys love you and you have been catching on so quickly. *From the Clearfield team*

Kudos to team leaders **Sue K and Bea R** for really stepping up and supporting 54A. You two truly exemplified the "Kokua Spirit" and dedication in a time of stress. I needed you and you were there! Thanks!  
*From Jill M*

Thanks to **Jill S** for covering for our team meeting. We really appreciate it! *From Amy G*

Kudos to **Diane L and Amanda C** for their help in changing out desks and fixing up the financial office. *From Rose H*

I'd like to thank everyone who helped me out while I was gone for family emergency: **Diane L, Cary R, Kim S, Sarah P, Mark K, Ann R, Mandi C, Taiwo A, Lisa G and Carlos A.** Please forgive me if I failed to mention any others who helped out as well. I really appreciated your help and I thank you all. *From Zula W*

Thanks to **Melanie S, Kathleen O and Janet K** for having all the answers. Training at 22<sup>nd</sup> is a pleasure. *From Sara L*

Thank you to my **teammates and the ladies of 22<sup>nd</sup>** for being so wonderful to work with. I'm so grateful for your patience and help! *From Kathleen O*

Kudos to **Brianne S** - thank you for all of your hard work and positive attitude while at Angela House. Clearfield house is lucky to have you. Thank you to all the **fill-in staff** who worked at our house. You are greatly appreciated! We want to welcome **Sarah P** to Angela - we are all looking forward to working with you. *From the Angela Team*

I've said this before, and I'll say it again - Team 31st is so awesome! Everyone constantly goes way above and beyond, not only for the guys, but for fellow team members as well. **Mick G**, what great teamwork! It is truly back together, before the guys came back to town. They were appreciated! The guys are lucky to have you around. (So am I.) Thank you for sharing your tips and tricks for getting around Seattle! Speaking of Seattle.. **Heidi B.** thank you for EVERYTHING! You are a treasure! Oh, and thank you for the shoe that day! We miss ya! Best wishes to you, and stay in touch from time to time. **Hana G!** The bear necessities- Wow! Thank you for that and for lots of other stuff, too. Thanks for filling in. (Also, will you come and sign the schedule change, please?) **Susie**, WELCOME BACK! I really had no idea that your first day back would be the painting extravaganza day. I am first of all happy that you had a great vacation. Next, I was happy that I warned you about what to expect when you got back! Thank you also to **Jessica R** for coming in early! It is SO AWESOME that you were both there to put the pieces back together. The guys were all happy to come home after a great day, to a sparkling house. How spectacular! I wish to commend **Randi and Rose** for the coordination, hard work and creativity. A special thank you for the **volunteers** who stepped up that day to assist from **Sunrise Lions.** I'd also like to thank the **landlord staff from Homes First.** Great

people make great things happen..... *From Sue K*

