



PNW Helping Hands inc.

Quarterly Newsletter

~Quarter 4 2016~

Brooke

The Brooke house has gone through a few more changes this quarter. We welcomed a new Program Supervisor, Chris Lester, as well as three new girls. The girls got to know each other better by teaching treatment coaches the different rules to multiple board games that were donated to the program, all while having a great time. The girls grew closer and shared a special moment each time they accomplished a new group goal as well.

As the quarter progressed, the holiday season snuck up on us which began, for the Brooke program, with a traditional Thanksgiving dinner, followed by decorating the house for Christmas with homemade ornaments and a wreath. All of the girls had a special

Christmas, and either went home, or had an outstanding event. The girls who stayed at the program elected to have Christmas Lasagna and spend time driving around looking at the beautiful Christmas lights around the area. They had a great time playing in the snow too! They worked together and brought Frosty to life before turning him into a mountain in which they planned to climb and conquer.



They also enjoyed a gift exchange and were happy with the thoughtful gifts they gave and received. They are looking forward to spending New Year's Eve at Riverfront Park for First Night Spokane. All of the girls were excited to see the fireworks and work towards meeting their goals in the New Year.

Balfour

Balfour was excited to welcome a new client to the program to begin this quarter, and what a quarter it was to be welcomed into. One of our clients won tickets from her school to an EWU playoff football game. Go Eags! Our girls

had the opportunity to visit Rocky Cove Youth Ranch as well. They enjoyed their time there by interacting with and riding horses.

In addition to those noteworthy activities, the youth celebrated the holidays these past few months by carving pumpkins and decorating the house for the harvest season, cooking a traditional Thanksgiving dinner where each youth



took responsibility for a specific portion of the meal, and filling the Balfour house with delicious smells of sugar cookies, brownies, apple crisp, and gingerbread from baking goodies. Clients took part in decorating the Christmas tree and had a wrapping party to wrap gifts for their peers and significant others in their lives.

Along with the Holiday joy, we were very excited to celebrate the departure of one of our youth who graduated in time to spend Christmas with her family! Another youth will be transitioning into an apartment of her own near the end of the year with the help of donations and support from VOA/IHYP and Safety Net. A very big thank you to those who are helping with this transition in her life!

Elgin

The boys at Elgin kept busy this quarter with various activities; from welcoming two new boys, to volunteering to shovel the neighbor's footpaths and driveways. Their favorite activity, however, is going to SCRAPS where they can care for, walk, and play with the dogs and kittens. This is an outing that is greatly anticipated during the week. They also enjoy going to the library, being as there is many a reader in the house. Another activity the boys work hard at and spend a lot of time



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participating in is, community service. During the fall, the youth raked, cleaned, and discarded leaves from the property and paths. The boys also earned a special Redbox movie night with popcorn for their hard work when they participated in a litter pick up around the house and community.



With all their hard work, the youth earned some time to play. They boys got into the holiday spirit this year by sledding at the local park. The boys have enjoyed this, especially after a good snowfall when they can have races and show off their great skills of maneuvering down the hill. They had a great time showing the Program Manager, Scottie, how much fun snow can be!

Along with sledding, the youth celebrated the holidays and had many activities that revolved around pride for their home. They planned, together, new ways to decorate the house and make it more like a home. These plans included putting up group artwork, deep cleaning, and decorating for the holidays. The boys enjoyed a beautiful Christmas tree that was set up and spent Christmas Eve watching special holiday movies, wrapped up in their favorite blanket and pj's, with brownies to snack on! Now the boys are concentrating on the New Year with many resolutions that are focused towards earning their personal and group goals.

Hamilton

Even with the cooling temperatures, the Hamilton boys didn't miss a beat when it came to outdoor activities. The boys spent time building jumps in the driveway and riding bikes off ramps at the local park. As the weather cooled even further, the boys built igloos and went ice skating which for some was their first time and for others was a nostalgic reminder. All Hamilton youth got sleds for Christmas, thanks to an anonymous donator! The boys are so happy to be able to

participate in such a fun winter activity, especially those from the Western side of the state.

With all of their outdoor activities, the boys spent some time warming up at the Garland theater watching new movies like *The Secret Life of Pets* and *Storks*. They also spent time working on social skills in group activities, playing basketball with their peers and doing one of their favorite activities: playing dual-racing video games. Their time indoors also included a huge Thanksgiving feast which involved arts and crafts and holiday movies. The boys especially enjoyed apple cider, that was a first for many!

For the next quarter, the boys plan on continuing with indoor activities at Mobius Science Center. The Hamilton boys recently obtained Mobius passes as well and are very excited to start attending the science center and children's museum. Thank you to our new Program Manager, Courtney, for working hard to make this happen, and thank you to Mobius for your generosity!



Hamilton program ended the holiday season with one youth who was able to graduate after months of hard work, and transition home to family. Another youth transitioned to our Western Washington program to take the next step in his treatment and family reunification. We are excited to see how he does in our Jace program!

Hunter

Our Western Washington program celebrated this holiday season in many ways, including going to the movies and watching Christmas classics like *Home Alone* and *Rudolph the Red Nose Reindeer*, going to Zoolights and viewing the many animals and holiday light displays, and having a Christmas themed rap battle where the boys enjoyed getting creative and showing off their hip hop skills.



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Not only did the youth celebrate the many holidays this season, but they kept busy with several activities. One youth received multiple awards from his football team and his team made it to playoffs! All of the boys participated in a foosball tournament too; testing their skills against some strong competition. Congratulations to the big winner, who happened to be one of our youth! Then the boys took a trip to Gig Harbor to enjoy some shopping and a fun, yet chilly, walk around the Marina and beach. They really enjoyed seeing the boats and sea creatures.



With all the fun the boys have been having, they have worked hard to continue on this path within their treatment. They have earned an awesome reward by all youth meeting their weekly goals. They are heading to Trampoline Nation this weekend for a high flying time. Not only have the boys worked hard, but the program itself has made some great changes as well. Hunter program received a new couch that the boys have been putting to good use as well as new carpeting throughout the home. We can't wait to see the positive changes that the program and youth continue to make in the following months!

Jace

As mentioned before, one of our youth transitioned to our Western Washington program to take the next step in his treatment and family reunification. He has had a very positive impact on the younger clients and they look up to him. He has set a great example of respect for staff and the program. We are so happy that he is doing well in this shift!

The other youth at Jace are also doing very well in their treatment. One youth has greatly improved his manners and respect for others over the past few months. Another has been doing very well in school and was rewarded with a special prize for kindness. Another is in his school choir with a final performance coming up. He often practices and has his peers join in, making for a very playful and joyful activity. As a

group, behavior towards each other and staff has improved. They have been understanding and flexible with all the transition going on around them. They have even tapped into their creativity, often using alone time to create works of art using donated supplies and art sets.

The Jace program has also been overcome with great amounts of generosity this quarter. They obtained a complementary membership to the Pacific Science Center. The youth are so excited to learn and explore. For Christmas, a very generous family gifted Jace with everything needed for the holiday; from a new Xbox to a ham dinner. The boys were elated and are still delighted from such generosity. They finished their holiday break by going to the movies and having a lunch at McDonalds while one of their peers was traveling to Vancouver via train. He had a great time and shared the stories of his adventures with his peers upon his return.

Mikhail

Mikhail was busy during the winter months of this quarter. They received one new client and he was welcomed with open arms by the other boys. All the youth enjoyed a holiday party hosted at Lutheran Community Services where they received presents, ate dinner, and had a blast. They also made their own tamales at the program for the holiday dinner and even personalized their stockings. They got into the holiday spirit by viewing decorations at the Manito Gaiser conservatory and by making snowmen, for one client this was his first experience with snow!



The boys also kept busy with plenty of outings and new activities for all of the youth. They visited Green Acre's Pumpkin Patch for Halloween which was a new experience for two of the youth. They also had the opportunity to attend two Spokane Chief's hockey games, which was a first for all of the boys.

The Mikhail youth have worked very hard this quarter as well; they have volunteered to help elderly neighbors clean their driveways and one boy earned a 1-on-1 outing to Cold Stone



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for having a 4.0 GPA! A big thank you to the doner of the weight set too. The boys are so excited to have a work out area in the garage where they can continue to work hard towards their physical fitness.

Nathan

The Nathan program gained an amazing artist this quarter. This new youth is very talented and complements the other talents in the home. One of the boys was involved in a dog training program at school and on behalf of a designated dog earned the award for most improved dog! Another of our youth made the honor roll and we are all as excited as he is for this academic achievement! Two of our other boys were also on separate football teams during the beginning of the school year and one team made it to the regional finals!

Not only did the youth work hard in their achievements at school, they continued to strive towards their treatment goals and put extra effort in at the program. Goals Week reward, which all youth enjoyed, was an ice cream sundae party, complete with a buffet of toppings! One youth was reacquainted with his family after not having contact with them for many years. Thank you to his Social Worker for the extra effort put in, especially during the busy Holiday season!

The boys continue to enjoy some of their favorite activities which include their favorite game, Heroclix. The boys were donated a custom made 3D game map made by Gamers Haven specifically for the Nathan program. Thank you!



The boys don't only enjoy playing this game though. Every Saturday there is a movie night at the Nathan program as well. The youth pick out a movie and watch it as a group while enjoying yummy popcorn.

The boys also enjoyed some time outside. They made a sledding hill in the backyard and had a snow war between the youth and the treatment coaches. With all the

accomplishments and activities that the youth completed this quarter, we look forward to what is in store for the next!

Administration

We are happy to announce a few promotions and new members within the company. Jared Hunt has been promoted from Treatment Coordinator and Scheduler to the Western Washington Director. A big thank you to our two Employees of the Year as well: Nate Pringle, the former Wester Washington director, we wish you the best in your future career and Clinton Allen, Residential Treatment Coach, thank you so much for your hard work and dedication that you put into the Elgin program.

In addition, our Western Washington office is finally put together, decorated, and is more welcoming for orientations and interviews. Both our Easter Washington and Western Washington administration offices have upcoming job fairs where PNW Helping Hands booths will be featured.

We would also like to take this opportunity to thank the Spokane Chiefs, Lutheran Community Services, Mobius Science Center, Irish Kate Brigade of Spokane County and our other anonymous donors for your generosity and kindness. As always without the dedication and kind hearts of the community and the Social Workers and our partners, none of this would be possible.



From your PNW Helping Hands Team

Don't forget if you are not on the electronic or paper mailing lists and want to be, please email our Receptionist, Mackenzie to be added:

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