

Changing Times enews

Fall 2016



Changes
PARENT SUPPORT NETWORK

Changes' Parents Give BIG!

On May 3rd and 4th of this year, the Seattle Foundation held GiveBIG, annual nationwide day dedicated to raising funds for nonprofits. Despite some technical problems on their end, the fundraising event was still successful for Changes. Changes raised over \$5,000 and will receive an estimated match of \$800, from the Seattle Foundation, for a total of \$5,800!

Way to go Changes members and all others that helped make this year a successful GiveBIG campaign!



2016 Auction, Dinner and Gala

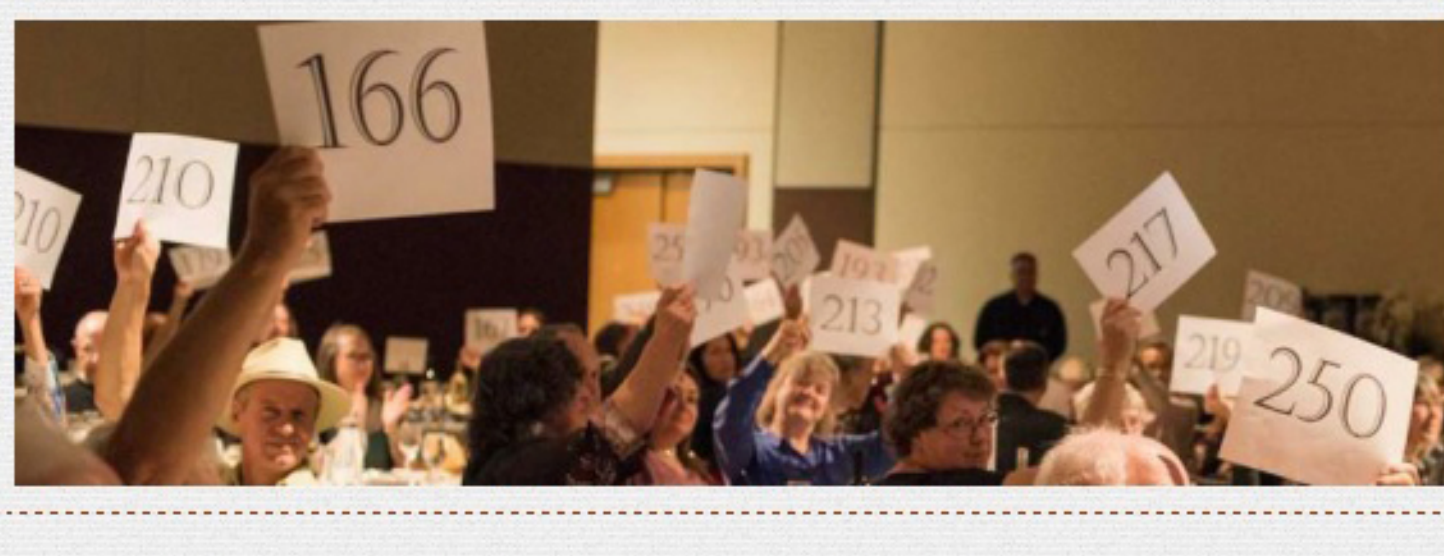
Changes is proud to announce this year's auction theme. During our Annual Auction Kick Off Party held at Kathleen Coletta's beautiful home overlooking Lake Washington, Changes members worked together to create this year's theme. We enjoyed lots of good company, plenty of laughs, and great food.

We broke up into groups, brainstormed ideas, and then met as a whole to go over them. We came up with an exciting theme: in consideration of Changes' 20th Anniversary we chose:

"The Roaring Twenties: Celebrating Changes' 20 years of supporting families."

Mark your calendars and join us on Saturday, October 22nd at the Lynnwood Convention Center. You will enjoy an elegant evening of indulgence (and cake!) as we raise funds for Changes Parent Support Network.

Thank you Kathleen for the use of your home and to the Changes members who volunteered at the party: Peter Wick, Cindy Suzumura, Grover and Martha Shegrud, Mary Roberts, Mary Cole, Susan Mackey-Ellis, Gary Steile (as a guest), and Marie Norton-Olsen.



Changes annual picnic: "Yogi in the Park"

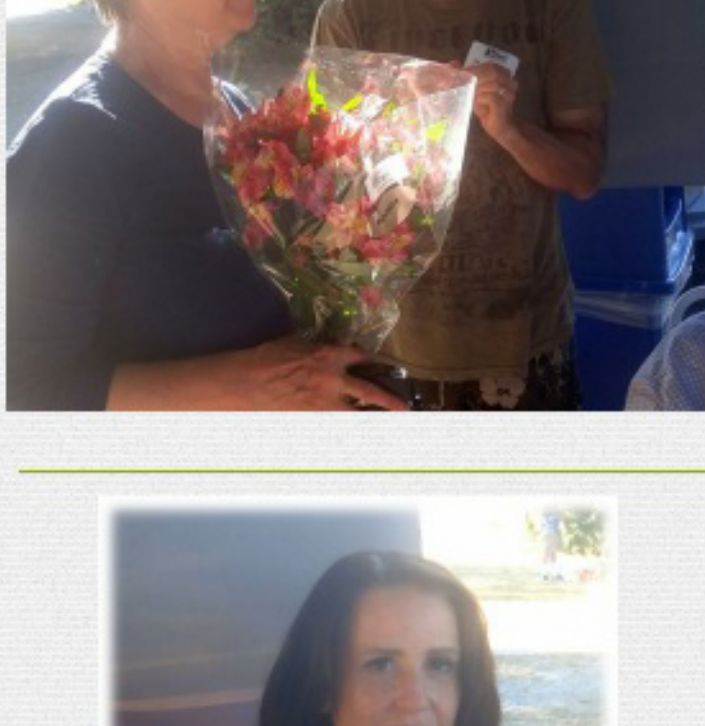
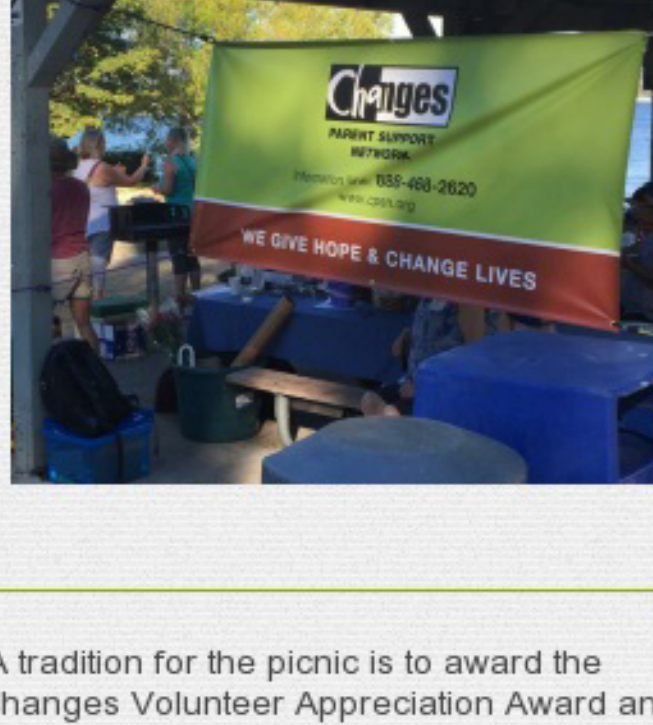
The annual Changes picnic was held on Sunday, August 14 at Magnuson Park right on the shores of Lake Washington. The Seattle Meeting took on the challenge to plan and put on this year's event, led by Stephanie A. and Connie M. The picnic was attended by over 50 Changes members, from all meeting locations. There was plenty of food from the potluck and Changes provided the hamburgers and hotdogs. Great food, fun games, fantastic weather, and wonderful Changes members made the 2016 picnic a big successes.



Plan on attending next year, as the annual picnic is a great place to meet other Changes parents to share in fellowship, as well as meet new members that are available to serve on teams, share large group presentations, and provide insights to parenting challenges.



A big thank you to Connie and Stephanie for organizing this year's picnic.



A tradition for the picnic is to award the Changes Volunteer Appreciation Award and this year's recipient was Cindy Suzumura. Cindy is the Board President, Communications Committee Chair, and volunteers in many other capacities for Changes. As a graphic designer, Cindy is responsible for helping Changes look professional in all of our publications, social media, and outreach materials – check out our new banner. Cindy surely is a blessing to Changes and her dedication is greatly appreciated.

Program Rep Meeting

Hard at work for Changes members.



Program Reps from all meeting locations met on May 7, 2016 with Program Rep Liaison, Amy Frazier and Executive Director, Peter Wick. The Changes Program Reps meet once a quarter to

share updates regarding their meetings, organizational issues and discuss idea's regarding Changes meeting structure.

As a form of improving the way Changes Meetings operate, and issues that arise are handled efficiently and effectively, a policy has been adopted ~~tasks~~ any member that has questions, comments, or concerns regarding Changes Program, process, resources and tools, to bring their issue to the meeting Program Rep, who in turn will bring it to the other Reps for discussion and clarification. If the Program Reps are unable to determine the appropriate answer or action, the Program Rep Liaison is to be informed – Amy Frazier. Lastly, if the Program Rep Liaison is unable to be of assistance, the issue will be brought to the Executive Director– Peter Wick

The following was the agenda for the meeting

1. Quick self-introductions (Name, Chapter, Role) -5min
2. Guest Speaker: Scott Sentenr 5min
3. Chapter reports (One rep from each Chapter reports) 5min *

- Attendance (past quarter)
- Orientation & New member retention
- New teams
- Successes
- Challenges

4. Program Representatives (Amy) 15min

- Review Role and Responsibilities Statement
- Volunteer Training Day Review – What do we need (Freda)
- New Volunteer Hours for Team Meetings and Move-Out (Peter)
- Move-out materials print-outs ready to go.
- Suggestion form (Submit to specific committee)

5. Changes & Committees Update (Peter) 10min

- Organizational updates
- Communications: Need to promote – Website Management and Member section

6. Orientation Material Review (Gary Streile, Martha Shegrud) 40min

7. Wrap-up (Amy) 3min

The meeting concluded with Gary Streile, who led the nearly year-long Orientation Task Force Sub-Committee, presenting the new flip chart and script.

Program Rep Meeting notes are available upon request.

Please show your appreciation to those Changes members that serve as Program Reps.

Looking to the future and beyond.

Tablets for the Chapters? Yes, you heard right.

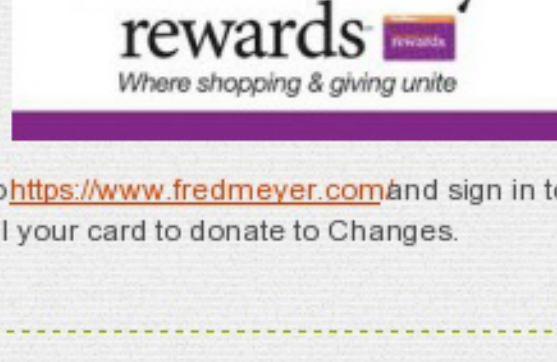
At last year's Microsoft Give Camp not only did we start the process of changing our data management software but we looked into options for completing Chapter business during meetings via electronic forms. We have been working hard since camp to migrate all our data to our new software and now we are ready to think about tablets in the chapters. Our hope is to simplify the process of attendance and volunteer hours tracking, creating more time to discuss important issues to the chapters and their members.

Not long ago we conducted several focus groups relating to size, shape and general use of 8 different tablets. The winner: 8" Asus tablet. Now the Tablet Task Force will be meeting to discuss options for obtaining the necessary tablets and develop a roll out plan. The Communications and Marketing Committee will work on simplifying the electronic forms.

Keep your eyes open for more details in the near future!

Fred Meyer Rewards Program

So many Changes members and others have connected their Fred Meyer Rewards cards to benefit Changes when they make purchases, that it has become a nice stream of funding for us. Unfortunately, after July 1, 2016, Fred Meyer updated its Rewards Card program and in order to still have Fred Meyer give to Changes as you shop, you'll have to re-enroll your Rewards Card. It's easy and fast.



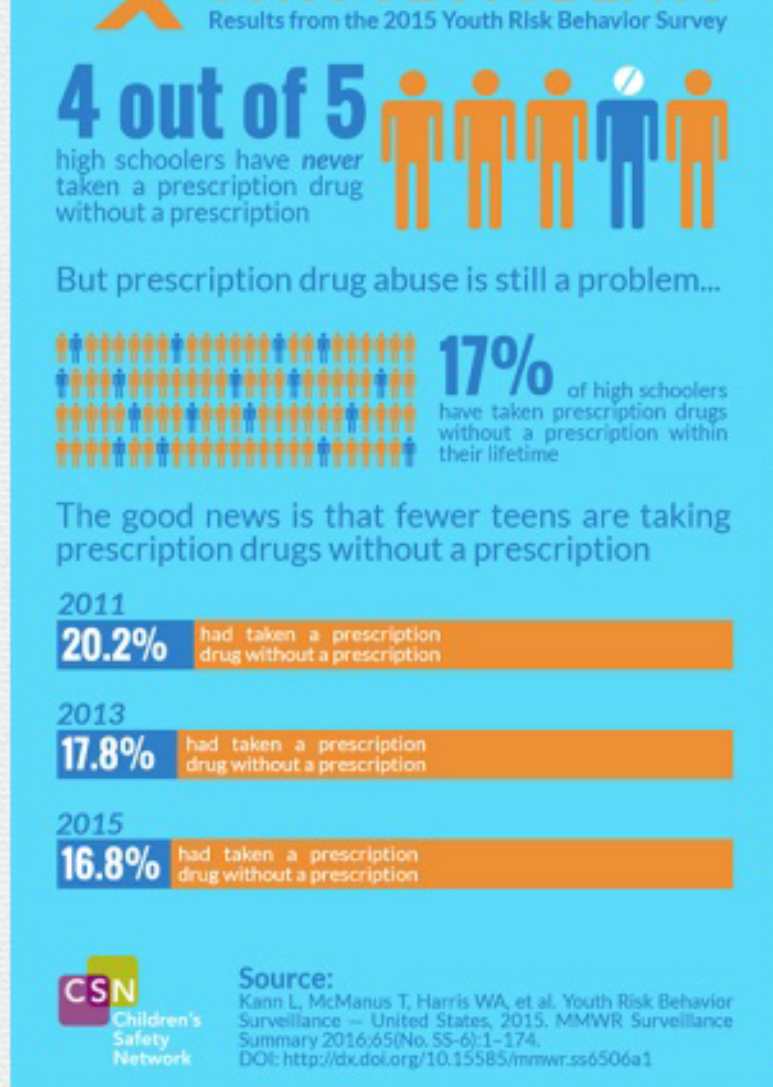
Go to <https://www.fredmeyer.com> and sign in to re-enroll your card to donate to Changes.

Want to share your story?

We are looking for parents who will share their stories. Particularly, we would like to interview someone about the benefits they received through Court & Support. Call or email Terri Suzuki at 206-859-3377 or suzki33@gmail.com to be interviewed. Help light the way for other parents!

2015 Youth Risk Behavior Survey

The Division of Adolescent and School Health (DASH) released the 2015 national, state, and large urban school district Youth Risk Behavior Survey (YRBS) results on the [YRBS Web site](http://www.yrbs.org)



2016 Events Calendar

Oct 22: Changes Auction

Nov 5: 10-Noon Program Representative Meeting

Dec 11: 10-11:30 Annual Membership Meeting