

Changing Times

News from the **Changes Parent Support Network** community

2019 Fall Social and Auction



By Kathleen Coletta

I wanted to take a moment to thank all that made the 2019 Fall Fundraiser a success! It was a fun event in a scenic venue. GG Green, the magician, dazzled us with his jaw dropping magic and was a big hit!

The Changes fundraising committee was instrumental in pulling this event together. A huge thank you goes out to Karen Gustafson, Leslie Serling and Grover Shegrud for so generously donating their dedication and valuable time. You are awesome!

After all expenses, we netted a total of **\$10,400.00**. This is outstanding considering how much we scaled back this year. Thank you to all who attended and donated. These funds help with ongoing expenses like rent, licensing, fundraising software, bookkeeping, insurance, outreach, and continually working toward expanding CPSN to reach more families who are struggling.

If you have any interest in helping with fundraising, or have connections with venues, caterers, or big-ticket auction items, we would love to have you on the committee. Please contact Kathleen Coletta at 206-402-3287 or pbjkathleen@hotmail.com.

Thank you for your ongoing support of CPSN!



**Save the Date
for the
2020 Changes
Social & Auction
Saturday
September 27**

BECU's People Helping



People Awards

This annual awards program brings BECU's principle of people helping people to life. Every year, BECU recognizes and honors both members and organizations that devote their time to helping others.

Last year Changes was a semi-finalist for a BECU People Helping People Award. We were so close to receiving at least \$15k in grant money! Thank you to Ellen Lewis and Alan Grim among others for nominating Changes. Any BECU member can nominate a non-profit for this award. This grant is about heartfelt services and that is what Changes is all about.

If you are a member of BECU please consider nominating Changes. The 2020 nomination period is tentatively in April. For more information, visit <https://www.becu.org/members-matter/community-involvement/people-helping-people>.

At Changes I was welcomed by other parents who had similar issues with their teen and young adult children — for the first time I felt that I was not alone. Changes provided me with the tools and resources I needed to take care of myself and to allow my son to experience the consequences of his choices.

~Excerpt from a Changes parent's BECU nomination.

Meet Your Changes Board of Directors

Changes welcomes two new Board members: Dawn Lum of Seattle and Alison Jensen from Utah. Yes, you read that correctly; we now have a Utah member on the Board. Ellen Lewis, Martha Shegrud (President), Steve Samario, Martha Hobson, Katie Joannes (Vice President), Kathleen Coletta, Martha Clay (Secretary), Alan Grim, and Robert M. Huberth (Treasurer) will continue to serve on the Board in 2020.

Stephanie Mannion stepped down from the Board and Presidency in December. We appreciate her service to Changes, especially in this year of transition.



Taking Care of Yourself

To be able to care for the people you love, you must first take care of yourself. It's like the advice we're given on airplanes: put on your own oxygen mask before trying to help someone else with theirs. Taking care of yourself is a valid goal on its own, and it helps you support the people you love.

Caregivers who pay attention to their own physical and emotional health are better able to handle the challenges of supporting someone with mental illness. They adapt to changes, build strong relationships and recover from setbacks. The ups and downs in your family member's illness can have a huge impact on you. Improving your relationship with yourself by maintaining your physical and mental health makes you more resilient, helping you weather hard times and enjoy good ones. Here are some suggestions for personalizing your self-care strategy. [Read more...](#)

Updates from Our Four Changes Locations



Seattle, WA

We have had a steadily increasing group of dedicated parents at our Seattle Changes meeting this year. Each week 10-30 members have gathered in Wallingford, behind Dick's Drive -In and soaked in the welcoming environment and awesome tools that the Changes program and community has to offer.

As a three year member I have to say there seems to have been a changing of the guard this year. Some long time members have moved on... occasionally coming back to offer presentations on some of their well practiced Changes wisdom.

This year some of the returning members who offered presentations included:

- Rodney presented *Enabling*.
- Freda presented *No ACEing* with skits.
- Anne Ellis presented *Forming and Working with your Team*.
- Jerry presented *Stands and Small Steps*.
- Mary Chapman presented *Solo Parenting*.

Ever generous with their wisdom... Changes 'at large' experts and senior members Sandy Barnes and Curtis Fukushima offered presentations on *Struggling, Defining Success, Emotional Blackmail*, and more.

And we had some fabulous outside presenters:

- Kimberly Rettig from Bellevue Clubhouse
- Seth Welch from The Recovery School
- Andrea Hartman from Seattle Children's Hospital
- Laurie Riepe, therapist, presented on *Grief*
- Carol O'Dell, therapist, presented on *What is Conscious Parenting and What Makes it so Difficult*.

Ongoing Seattle Members, Katie Joannes, Henry Herfindahl, Karen and Bill Gustafson, and Katherine Dobson have continued to be generous in presentations and personal story offerings.

Everett, WA

The lovely couple at the auction pictured above is Everett's very own Vince and Ali Pirato supporting Changes.

2019 brought steady growth in Everett, where in the last three years, attendance has doubled. While only one team formed in the prior year, there seemed to be an explosion last year with five new teams.

During the summer Martha and Sandy presented on *Things We Do For Our Children*. The group came up with new ideas to bring the old list into the 21st century. Who uses pagers anymore?

This past year Everett member Alan Grim joined the Changes Board and also chairs the Outreach Committee. Kolette Beckett generously lends her expertise to the Program Review Committee.

Ask a Program Rep about which committee you would like to volunteer for.

Redmond, WA

Happy New Year 2020! Thank you to Stephanie Mannion for her service and dedication as our Changes Board President for the past year and all the great value she has brought to Changes. A big thank you to Leslie Osborn who has served as Program Rep for the past 2 years and all of her diligence and great improvements she has brought to the Redmond Chapter.

Looking back at our Program lineup for 2019 we had great topics and speakers:

We had 17 presentations from Changes 101 One Liners to Changes 301 Move Outs delivered by our Redmond & Seattle Chapter members. Family stories were shared by Rick & Lori Varsafsky, Pam Milewski, Judy Russell, Ellen Lewis and Jim & Leslie Osborn.

Great outside speakers to present on top of mind topics for parents:

- Mark Cohen, therapist
- Seth Welch, Recovery High School
- Detective Jamin Palmer presented *Drugs and Paraphernalia*
- Allie Wile, Hotel California by the Sea
- Mike Mathias, NAMI Programs
- Villette Nolan, Imagine Low-Income Housing
- Wendy Eden, therapist on *Transgender Issues*
- Gregg Mohr, *Life Management Reducing Marital/Parental Conflict*

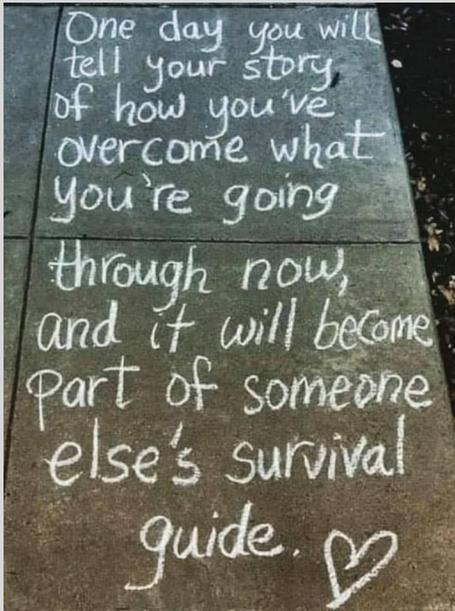
We welcomed 3 new reps in 2019:

Katherine Dobson, Annie Stocker, and Bill Gustafson while a couple of the returning reps moved on to more responsibility in the Changes community. Thank you Paul Costello, Stephanie Allen, and soon to be retired Katie Joannes.

Others who have generously volunteered for ongoing jobs this year include Antje Mueller, Pam Milewski, Laura McCormick, Karen Gustafson, and Paul Ivester.

It really takes a village to keep this wonderful community rolling.

Thank you. Community is where it is at. Let's keep going this way!



We are excited for 2020 at the Redmond Changes Chapter in getting back to basics. We are working hard getting new chapter members involved in volunteer roles, when they can, to give back and to keep the Redmond Chapter growing with new ideas and perspectives.

Utah

Our Utah group is excited to have Alison Jensen serving as a board member! We appreciate all the hard work the board does and know she will be a great contribution.

Alison and I have also been serving on the planning committee for the Utah Addiction and Substance Use Conference that will be held on March 13 at Utah Valley University with MacKenzie Phillips as the keynote speaker. We will have a Changes booth, and Gray Otis is a presenter and will involve Alison in demonstrating some Changes tools and how they help families.

I am focusing again on outreach and how to get the information about Changes to the people and places who need it. My first goal is to contact all the high school and junior high guidance counselors.

Changes 2019 Picnic

Last year, our annual CPSN picnic was held at Richmond Beach Saltwater Park. We had a great turnout and it was loads of fun! This year we played a couple different games, like "musical hats" and the game that got the most laughs was the "pooping potato game." Thanks to all of those who participated in the fun at the risk of looking silly. Much laughter was generated! Thank you to the Seattle Chapter for planning and carrying it out this year. We had a wonderful potluck in addition to CPSN providing hamburgers and hotdogs.

The annual picnic is a great opportunity to meet members from other chapters and to socialize in a setting that is fun and interactive. Thank you to all who attended!



Save the Date

Please join us this year for an afternoon of socializing, food, and fun with members and alumni from all our meetings.

Saturday, July 18
12 pm - 4 pm

Langus Riverfront Park
400 Smith Island Rd., Everett, WA

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 Changes.

If you are a Fred Meyer shopper, get a rewards card, link Changes as your choice for nonprofit donations – Changes gets a check from Fred Meyer each quarter at no expense to you. If you need more information or help enrolling, please contact the Changes office at office@cpsn.org



Sign in and enroll your Fred Meyer card to donate to Changes at <https://www.fredmeyer.com/online-services/community-rewards>

Support Changes as You Shop

Amazon will donate 0.5% of the price of your eligible Amazon Smile purchases to **Changes Parent Support Network** when you shop at smile.amazon.com

- Same prices and selection.
- No cost to you.
- Use your current Amazon account OR create a free account with an email and password.
- Amazon Smile eligible purchases will be noted on the product detail page.



Amazon Smile purchases provide funds for Changes program and services. For more information, visit smile.amazon.com/about

2020 Events Calendar



2nd Monday every month:
Board meeting

May 6: GiveBig

July 18: Annual Changes Picnic

September 27: Changes Social and Auction

