

Community First

A QUARTERLY NEWSLETTER FOR FRIENDS AND SUPPORTERS OF THE GREATER MAPLE VALLEY COMMUNITY CENTER

Summer, 2016



In this issue:

Meet our Lead Staff
What Happens at the
Community Center
2016-17 Annual
Sponsors
Program Highlight -
Friends 'N Fun
Leave a Legacy

The Greater Maple Valley Community Center enriches our community through quality human services and social activities.

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Community Center Partners with Kent Youth & Family Services

The Greater Maple Valley Community Center has entered into a partnership with Kent Youth and Family Services to provide counseling with a focus on co-occurring disorders. The partnership will target youth 13-21 years old with both mental health and substance abuse challenges. Counseling will include co-occurring, group, and family counseling and will be based at the Den Youth Center adjacent to the Community Center. Assessments and evaluations will also be available at this location.

The desire to offer these services at the Den arose from

strategic conversations by the GMVCC Board of Directors and the Tahoma School District. After agreeing that there was a largely unmet need for these services within the City, Community Center staff began discussions with Kent Youth and Family Services to forge a partnership that brought them to Maple Valley.

“Having Kent Youth and Family Services operating in our building is a real coup for Maple Valley,” according to Erika Guernsey, GMVCC’s Director of Prevention & Intervention Services. “We know of a number of young people seeking these

types of services that have had to travel to Renton, Auburn, Kent or even Seattle. This can be especially tough for someone without a car so having counseling available right here can mean the difference between a successful intervention or not.”



Guernsey already provides drug and alcohol prevention programming in the Tahoma School District so intervention counseling is a wonderful complement to the Community Center’s existing services.

A Message from our Board President



My name is Syd Dawson and as the President of the Greater Maple Valley Community Center’s Board of Directors it gives me a great deal of pleasure to welcome you to this inaugural edition of *Community First*.

I never fail to be amazed at the impact that the Center’s programs have on its participants and the extended community. Therefore, I am especially pleased to be able to share with you what we do. I’m also excited to let you know that we have a multitude of opportunities for those who would like to give back to this community through volunteering. We have openings for everything from front counter staff to volunteer drivers to Board members. Contact the Center at (425) 432-1272 for more information.

Meet the Lead Staff

This Community Center is incredibly lucky to have four lead staff members with the talent and experience to make a difference every day. These four are responsible for making sure that our finances are squeaky clean, our programs are top quality and that our facility is clean and safe.



The heart and brains of the operation is **Signe Tao**, our Finance Director. Signe joined the organization in 2004 as the Operations Coordinator and has

worked her way up the ladder to her current position.

Tracy Jones has been our Director of Health & Wellness since

September of 2015. Tracy, who constantly challenges our seniors to stay physically, mentally and emotionally sharp, started with the



GMVCC as a hike leader and is another example of a staff person who moved up to take on a lead staff role.

Our Prevention & Intervention

programs are held in the very capable hands of **Erika Guernsey**. Erika comes to us from the Orting School District where she worked as an EBD



Para Educator/ABA Therapist. She is currently working on her Master's Degree in Criminal Justice Legal Studies.

Our newest Lead Staff is **Cindy Frey**, our Facilities and Office Manager. Cindy joined the team in



April of this year and has been a wonderful addition. Her experience includes working as a Supervisory Production Controller at the Puget Sound Naval Shipyard where, among other things, she was responsible for evacuating 1,000 Americans out of Japan following the devastating 2011 earthquake.

What's Happening at the Community Center

AARP SAFE Driving
Quarterly - call for dates

Autism Support Group
3rd Tuesday, 7pm

Covington Quilters
1st Thursday, 6-9pm

Foster Parent Connections
3rd Thursday, 5-9pm

Friends & Fun Club
Developmentally Challenged Adults
1st & 3rd Tuesdays 6:30-8:30pm
2nd & 4th Tuesdays 7-8:30pm

Home School Support
Tuesday, Noon-2:30pm

International Social Club
2nd Friday, 6-9pm

Line Dancing
Wednesday, 2:30-5pm

Maple Valley Rotary Club
Friday, 7:15-8:30am

Medical Equipment Lending Program
Available Monday through Friday

Mental Health/Drug Dependency Counseling
Tuesdays & Thursdays (The Den)
Call for information

Senior Program
Congregate Lunch/Social Activities
Monday, Wednesday, Friday 10am-4pm

Hikes & Trips
Call for dates and destinations

Teen Program
Youth Council - Call for details
All Stars, YO! & DateWise

Offered in the schools,
September through June

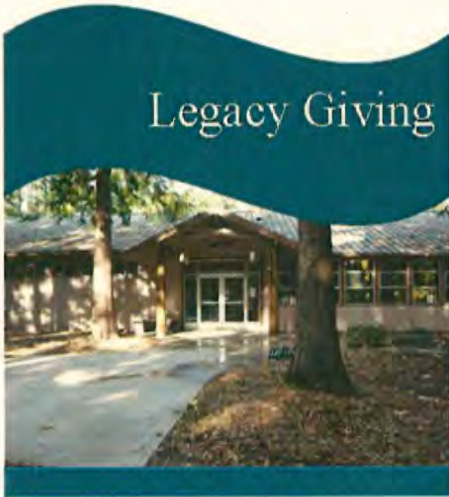
Toddler Time
Tuesday—summer
Tuesday & Thursday—school year
9:30-11:30am

Wednesday Night of Your Life
(Alcoholics Anonymous)
Wednesday, 6:30 - 8:30pm

Yoga
Monday, Wednesday Friday,
9-11am

Resources available by appointment

Dental Hygienist
Foot Care
King County
Juvenile Probation
SHIBA
Veterans Assistance



Legacy Giving

A Living Legacy

Throughout our history, the commitment by participants of their time, talent and treasure has been the catalyst for the energy needed to drive our mission to new levels of depth and breadth.

Building on the legacy of so many who have passed through our doors since 1976, the Community Center has united the residents of this area for decades. Today's program participants benefit from the generosity of prior generations.

Building a Legacy

The time has come to build upon this legacy we have received to pass

on to those who will follow us. As times are changing we must continue to meet the challenges we face, ensuring that the Community Center is endowed and equipped to continue and grow.

What will a Legacy Gift Do?

The impact of a Legacy gift depends upon the wishes of the donor.

It can provide for the annual operational and maintenance expenses of the Community Center that are not covered through corporate and government grants.

It can be invested as an endowment and managed by a professional portfolio manager so that the gift can grow with the proceeds being invested in the Community Center in perpetuity.

It can also take the form of a Special Gift that is designed for a very specific, short term need.

Some gifts have been large and some have been modest, but all have been a blessing to the

"A Legacy Gift of any size can impact generations to come."

Community Center.

Ways to Benefit the Community Center Now

- ◆ Endowment Fund
- ◆ Special Gifts
- ◆ Appreciated Securities
- ◆ Charitable Gift Annuity
- ◆ Real Estate

Ways to Benefit the Community Center Later

- ◆ Bequest in Will
- ◆ Life Insurance
- ◆ Retirement Accounts

Certain types of legacy giving strategies have tax advantages. The Community Center is not in a position to provide advice on estate or tax planning and, therefore, we encourage you to seek professional advice.

Getting Started

The Community Center can provide you with additional information about each of these methods.

Contact Mark Pursley at (425) 432-1272 or by e-mail at markp@maplevalleycc.org for more information about Legacy Giving at the Community Center.

Program Highlight - Friends N' Fun

One of the most valuable partnerships enjoyed by the Community Center is with Friends N'Fun, a social activities group for Maple Valley area individuals with special needs.

The group is designed for individuals ages 16 and up and meets on Tuesday evenings at the Center or the Den, depending on

that evening's activity.

Friends N' Fun provides these young adults with the opportunity to socially engage with their peers in a fun setting, often leading to the formation of lifelong friendships.

Contact the Community Center at (425) 432-1272 for more information.





**Greater
Maple Valley
Community Center**

Established 1976



**22010 SE 248th ST.
Maple Valley, WA 98038-6067**



United Way of King County

PILLARS OF SERVICE



The Four Pillars of Service

The Community Center regularly examines our role in our community and how we can most successfully meet those human service needs unmet by other organizations. A result of this process is that we regularly update and refine our service delivery model.

As an organization, we are striving to better communicate to the public the value that we bring to the community. This effort has led us to develop the Four Pillars of Service at the Community Center. While we continue to offer multi-generational programming, we feel our services are better defined as being Prevention, Health & Wellness, Community and the Warming Center.

Prevention:

Providing programs, activities and/or guidance that seek to reduce or deter specific or predictable problems. Protect the current state of well-being, or promote desired outcomes or behaviors.

Health & Wellness:

Helping people to be active participants in managing their health and lifestyle. Focusing on the mental, physical, emotional and social components of everyday life to promote independent living and aging in place.

Community:

Serving as the hub, or gathering place, for the varied and diverse elements of our local society. Providing support for groups to develop kinship, positive growth and a cooperative spirit to better our neighborhoods. We are building centered but not building bound.

Warming Center:

We are the gathering place in the event of a local, community-wide emergency, especially a cold weather emergency. We will offer shelter, warmth and sustenance to those who need us the most in the event of a disaster.