

SEAN HUMPHREY HOUSE



TODAY

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Fall 2010

A TRUE PLACE OF HOPE

Before moving into the Sean Humphrey House in January of 2001, Thomas lived a wearisome life accompanied by poverty, behavioral issues, substance abuse, and a plethora of medical issues. He was facing a life without friends, family, or overall support. These hardships planted seeds of fear and pain which grew into overt acts of anger and self-hatred. Thomas admits that he came to the Sean Humphrey House as a last resort because his health was declining. He believed he would never live a life outside of his wheelchair. Little did he know that it would be here at the SHH, alongside dozens of staff members and volunteers, that he would successfully nurse his fears by learning life skills and under-



going several successful surgeries. He gained independence and confidence through the consistent support of those he found at the Sean Humphrey House. Thomas credits the Sean Humphrey House with helping him begin his independent journey toward a life of trust and hope and eventually standing on his own two feet! While living at the SHH, Thomas rediscovered a compassion for other living things by surrounding himself with and nurturing numerous beautiful plants and fish. He took to landscaping to help find some peace. For many years, Thomas has put much time, care and love into the picturesque renovation of the Sean Humphrey House grounds. This started to mirror his own life transformation. We are truly proud of him for abandoning his pain and fear along with his wheelchair in exchange for self-love, sobriety, and

his very own apartment. In his own words, "I have lived with HIV for over 27 years. Many times I have felt like giving up. For many years I had abused my body thinking life had no meaning and hope for me. Since living in the house I have lived a clean and sober existence and can't begin to express my gratitude and love that I feel to the people who have been helping me on my road to a better future. Although they don't like to take credit, the House Manager, Cassie and the Nurse, Ingrid have been by my side through thick & thin. No matter how busy they are, they always made time for us residents; we come first. They have taught me so much and have learned a lot about acceptance and patience during my 9+ years at SHH. Without them, I don't think I would have made it much longer, and it is with pride that I am writing this letting you know what the Sean Humphrey House has helped me accomplish in my life. Their love, compassion and care made my life more bearable and helped me keep going one more day." We are all excited for Thomas as he embarks on a new chapter in his life. His near ten year journey at the Sean Humphrey House is truly inspiring.

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LUCKY SEVEN

2010 was a tough year. Many individuals, families, businesses and non-profits have felt the financial burden. Organizations have seen cuts in funding on the local, State and Federal levels. When we were presented with a \$5,000 matching grant from the Lucky Seven Foundation in September of 2009, we were very grateful and knew it would be a big challenge. The task was to find new donors and encourage current ones to double their donations within one year. We are very happy to announce that we were able to raise \$5,131.43!

Thank you so much for all of your support!

WORLD AIDS DAY

Join us for Bellingham's annual World AIDS Day gathering December 1st. A candlelight vigil will start at 5pm on the corner of Railroad and Holly which will be followed by a march to Maritime Heritage Park. There will be a commemoration speech with the ceremonial lighting of the tree. Hot chocolate and cookies will be served at the park. On the same evening, our Director, Cassie Hernandez will be attending and speaking at the World AIDS Day Observance 7pm service at Pilgrim Congregational Church UCC, 2801 Commercial, in Anacortes. The service will help raise awareness and in memory of those who have passed. If you want more information about these events, please contact Elle Peters, VC at volunteershh@gmail.com or call (360) 733-0176.

UPGRADE TO OUR HOME

To help provide our residents with the very best home while cutting costs and conserving energy, we had our heating and air ventilation system upgraded. This project was made possible thanks to grants provided by Sound Community Foundation, Normal Archibald Charitable Foundation, Tulalip Tribes, and St. Luke's Foundation. This allowed us to add heating to our upstairs and air conditioning upstairs and downstairs. This new system is more efficient and includes a Clean Air Filter System which "collects 99% of airborne particles". Thank you Feller Heating and Air Conditioning Inc. and Electric West for all of your hard work.

DID YOU KNOW? (HIV/AIDS facts and statistics)

- Over 25 million people have died from AIDS since 1981
- In Washington State, the first reported diagnosis was in 1982
- As of December 31, 2009, there were 10,447 people known to be living with HIV in Washington.



Quince de Mayo Wrap Up

Quince de Mayo, Sean Humphrey House's annual benefit this past May, was a huge success!

With your help, we raised just a few dollars shy of \$19,000! We are so lucky to live in a community as supportive as this, and

we'd like to thank everyone who gave back. It is because of the great support that we are able to continue serving those in need and to care for a very underserved population. We'd like to

give an extra special thanks to **Marla Tyree**. Marla was a friend of SHH Founder Karen

Durham and she wanted to help out in the best way she knew how. As a

Graphic Designer, Marla donated her time and talent to design our Save the Date cards. Thank you Marla for your support over the past many years. We'd also like to thank Sunshine Printing who donated their services.

Save the Date:
May 14, 2011 date for Sean Humphrey House's annual benefit!

Sadie's Seasonal Wisdom:

If what you want lies buried, dig until you find it.



HOLIDAY WISH LIST

Below we've listed some of the things that our residents are wishing for this holiday season.

Gift Cards:

- ★ Kmart
- ★ Walmart
- ★ Everyday Music
- ★ Casa Que Pasa
- ★ Boundary Bay
- ★ Fred Meyer
- ★ Clarks Feed and Seed
- ★ Movie Tickets
- ★ Michaels
- ★ Joanne Fabrics

Around the House:

- ★ Pillow cases
- ★ Twin sheet sets (fitted and flat)
- ★ Plastic mattress covers
- ★ Men's socks size 9
- ★ Socks with grips on bottom
- ★ Bath Towels
- ★ Books
- ★ Drinking Glasses



THE GREAT OUTDOORS

Summer has passed and fall has rolled in. The grounds of Sean Humphrey House remain a beauty. We would like to thank the many enthusiastic volunteers who came and helped keep our yard looking exquisite. Our volunteers spent many hours pulling weeds, trimming bushes, removing trees, and tending to our garden. Kent Lutheran Church helped us kick off the summer gardening season with Mosaic Church following along. The first annual Western Washington University Viking Launch program did a marvelous job keeping the weeds under control while the volunteers from IBM helped remove a dead tree along with some proficient

manicuring skills. We would also like to thank Incencio from Hosanna's Tree Service for helping us time and time again. Sheila Haugen from Garden Works has been keeping our grass mowed and helping us with all of our plant needs. Thanks to Kelsey Williams who spent a few hours each week controlling the Lavender and Rosemary bushes and tending to our yard. Every year we try to educate residents on growing a vegetable garden. This year we grew the biggest tomatoes we have ever seen. The residents found much satisfaction with the potatoes that were a success. Thanks again to everyone. Without you, our yard just wouldn't be the same!

RESIDENT'S CORNER

Sean Humphrey House residents have been busy this season. They have been getting outdoors more to exercise and to do garden work in the yard. A couple of residents had a great time on a cruise around the Bellingham Bay with the Evergreen AIDS Foundation, while others spent time swimming at the YMCA or fishing at Lake Whatcom. Rainy days have been keeping the residents busy indoors studying remedial math, learning to knit, and working on other arts and crafts. One resident is

Resident Joke:

Q: What did one penguin say to the other penguin?

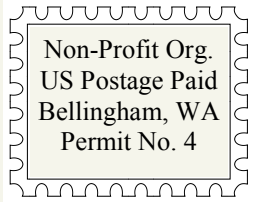
A: Does this tuxedo make me look fat?

using his wood burning kit to burn intricate designs on walking sticks. Others are passionate about decorating for holidays. We are all very thankful for everything that the Sean Humphrey House volunteers do to help the residents stay active and pursue their interests.



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 www.seanhumphreyhouse.org



RETURN SERVICE REQUESTED

SEAN HUMPHREY HOUSE IS
 IN COMPLIANCE WITH ADA.

Our Mission

Sean Humphrey House provides a safe home for people with HIV/AIDS who are low income or without personal resources and in need of personal care services.

Sean Humphrey House coordinates house management and resident care under the direction of our compassionate, professional staff and volunteers.

THANK YOU

**AFFORDABLE BUSINESS SOLUTIONS
 ARROW LOCK SERVICE
 ATTA BOY GUTTER CLEANERS
 AVENUE BREAD AND BAKERY
 BELLINGHAM FOOD BANK
 BELLINGHAM HOUSING AUTHORITY
 BELLINGHAM UNITARIAN FELLOWSHIP
 BENEFITX
 BETTY PAGES
 CHRIST THE SERVANT LUTHERAN CHURCH
 CITY OF BELLINGHAM
 ELI & CLARK'S FEED & SEED
 COSTCO
 DIAMOND JIMS
 ELECTRIC WEST
 ELIZABETH TAYLOR FOUNDATION
 EVERGREEN AIDS FOUNDATION
 FAIRHAVEN LIONS CLUB
 FELLER HEATING
 FOUNTAIN VET
 GARDENWORKS
 GREEN TREE CONSULTING
 JOE'S PLUMBING AND MECHANICAL
 RICK & SYLVIA HAGGEN
 HAMMERHEAD COFFEE
 HOAGLANDS PHARMACY
 GLEN HUPP
 INTERFAITH COMMUNITY HEALTH CENTER
 JAN BOWMAN & ASSOCIATES
 THE NORCLIFFE FOUNDATION**

**LUCKY SEVEN FOUNDATION
 MARLA TYREE
 MICROSOFT GIVING CAMPAIGN
 MIKE & TINA LOCKER
 MOSAIC CHURCH
 A NEW LEAF
 NORMAN ARCHIBALD FOUNDATION
 PRIDE FOUNDATION
 PUGET SOUND ENERGY
 SANITARY SERVICE COMPANY
 THE SLUM DOCTOR PROGRAMME
 SOUND COMMUNITY FOUNDATION
 SOUND REMODELING
 ST. LUKE'S FOUNDATION
 ST. PAULS EPISCOPAL CHURCH
 STARBUCKS COFFEE COMPANY
 SUNSHINE PRINTING
 SUSTAINABLE CONNECTIONS
 TAILS-A-WAGGING, PAMPERED PETS GROOMING
 TULALIP TRIBES
 UNITED WAY OF WHATCOM COUNTY
 UNTIL THERE'S A CURE
 WESTERN WASHINGTON UNIVERSITY
 WHATCOM COMMUNITY COLLEGE:ACTIVITIES COMMITTEE
 WHATCOM COUNTY HEALTH DEPARTMENT
 WHATCOM DIGITAL
 WHATCOM EDUCATIONAL CREDIT UNION
 WHATCOM VOLUNTEER CENTER
 WHIDBEY ISLAND BANK
 WWU LGBTQA**

*Sean Humphrey House
 Board of Directors:*

Elizabeth Page
 Joseph Correa
 Diane Weghorst
 Brian Tofte-Schumacher
 Catherine O'Keefe

Members at Large:
 Brady Robb

*Always in Memory of Our
 Founder*
 Karen Durham

Management Team:
 Director/House Manager
 Cassie Hernandez

LPN
 Ingrid Lair
 Lead Caregiver/Assistant
 Jenna Hullett
 Volunteer Coordinator
 Elle Peters
 Daniel Pierson (Intern)

