A Week in the life

Ryther’s Cottage Program

From the time they awake to when they shut their eyes, the 36 children in Ryther’s Cottage Program are beneficiaries of your generosity. Here is one child’s typical week. “Justin,” from cottage C is 9 years old. He is awoken by staff and does his “routines” with donated toothbrushes from Delta Dental. Next, he enjoys breakfast, paid for by your annual operating gifts and prepared by Cottage Behavioral staff, also funded through general operations. What to wear? Jeans and shoes from the League’s clothing fund, plus a jacket from F-factor fit perfectly. As he dashes out the door, donated school supplies fill Justin’s backpack. A look in the mirror says that haircut really looks good…thanks to volunteer hairstylists.

After school on Mondays Justin looks forward to seeing his Best Buddy volunteer. On Tuesdays he works with his Ryther therapist. They may “hike” on the volunteer-created nature trail or work in the garden, also made possible by volunteers and special funds. Since Justin reached a treatment goal, he chooses a toy from the prize box. His Survivor and Healing Hearts groups require materials as well as celebratory items for the completion of the hard work he will do. These items are funded through your donations to Healing Hearts and Specific Assistance funds. Wednesdays, he receives much needed unconditional love from his therapy dog, made possible by the K9’s volunteer owner. And lots of tail wagging. When treatment and homework are done, Justin bikes the loop, plays with his DS and scores a soccer goal, thanks to Holiday Gifts donors!

Special Friday nights include pizza and a movie thanks to ongoing donations from individuals. Justin’s birthday was special because he received a Rocky Balboa cake from the Ryther League, birthday books from two special donors and a party, organized by Random Acts of Kindness.

At bed time, which can be very difficult, the flannel sheets, stuffed animals, nearby nightlight and League’s quilt all make for a restful sleep. There are many more instances illustrating how children benefit from your involvement. We thank you for caring and giving help.

To Give Help, contact Austin at Austink@ryther.org or call 206.517.0204.
Message from Lee

One of the best things about being a member of the Ryther family should be the good feeling you get from knowing you have made a difference in the lives of children that most of the rest of society would like to ignore. Our kids are hard to care for and they remind us of some of the worst features of human nature. The care they need is expensive and often they will need services for a very long time. These children remind us that love is not all they need and thus making traditional home-like settings inappropriate, at least temporarily. Alas, these are lessons too easily ignored or forgotten by people who believe they have larger and more important issues to address.

This past year you all helped in a major undertaking to educate and persuade government officials about what Ryther children really need. That effort was successful in securing a 3% rate hike for providers like Ryther serving these traumatized children. A commitment for another 3% increase was made starting in July of 2016. As good as this may be, you should know that these increases will still mean that State reimbursement for Behavior Rehabilitation Services (BRS) kids will still be 14-18% below what would be necessary if the State just kept up with inflation since 2004.

This is not to diminish what we have done. Rather, remember that the really big and important issues in life require constant and ongoing attention. There are a lot of really big and important issues out there, but in that of context and scale, the problems facing BRS providers are actually small and easily solved. Moreover, the costs of not adequately addressing the needs of abused, neglected and traumatized children are enormous.

Do not lose heart or focus. What we have accomplished in the last two years should actually give us hope that when we work effectively together we can do great things.

Lee E. Grogg
Executive Director/CEO

Thanks for Giving Help!

Back to school supplies were plentiful this year. Thanks to: Lynn and Jim Fisher, Fraternal Order of Eagles, Aerie No. 1, Cathy and Dennis Katte, Lake City Emblem Club #189, Julia and Kim Lebert, Kayleigh Rayment and Friends, Rho Chapter of Delta Kappa Gamma, Ryther League, Seattle Radiologists, SMART Technologies, Elizabeth and Art Sullivan, Bobbie Vchulek, Daron Vchulek, Western National Insurance, and Jody and John Woodruff.

Since mid-July, corporate groups have enriched our campus and the lives of children: Thank you UPS, Premera, Delta Dental and Milliman. Also thank you Syd for astronomy night, F-factor, the many hairstylists who came on campus, and Mallory Todd owners, who took staff and families out for a wonderful experience on their schooner.

To Give Help, contact Chris at Chrisv@ryther.org or call 206.517.0286.

What’s New

Giving Help:

• **Deck the halls at work** and home with quality Poinsettias from Squak Mountain Nursery. 40% of sales support Ryther’s Cottage and TFC programs! Contact Ryther League’s Project Chair Jane at 206.243.7373 or jleonard.2007@yahoo.com. Orders due Nov. 1st. Deliveries of 10+ are free!

• **Help needy families** served by Ryther’s outpatient and Cottage programs with Thanksgiving dinner baskets. Contact Chris at Chrisv@ryther.org or call 206.517.0286 for list.

Getting Help:

• Ryther offers group therapy for children, teens and parents, from DBT Skills for girls to Emotion Regulation and Problem Solving to Parenting Support. Visit get help page at www.ryther.org or call 206.517.0234.

• Clients may now pay their bills online at ryther.org. Visit our homepage and click the Pay Pal link on bottom left of page.
The public phase of our capital campaign is in progress with a total to date of $6,355,987 raised towards our $7 million goal. Our new Center Building for outpatient services opened early August and construction on the first cottage is underway, slated for completion by late October. Once completed, children from one cottage will move into their new digs and their cottage will begin renovations. The cottages are expected to be completed by spring. We still need your support to reach our goal and we have opportunities for you to provide funds for specific items such as carpeting, bedroom furniture, kitchen appliances and more.

If you are interested in learning more or visiting to see the much improved facilities, contact Austin Kellogg at Austink@ryther.org or call 206.517.0204.

**What’s Happening**

The Ryther League’s 78th year kicked off on the 17th floor deck of Russell Investments Center, with a pledge of $178,000 to support the Cottage and Therapeutic Family Care programs. Nor’Easter, a new unit, was added to the 15 existing units or groups that comprise the Ryther League. The League was formed in 1937 and while smaller today in numbers and units, their impact is huge. The mission of the League is to support the work of Ryther but it’s also to provide community for its members. Many members are enjoying decades of friendship while doing something truly important for the neediest of children in our State’s child welfare system.

One of the League’s biggest and most visible fundraising efforts began in 1971 in Ballard with the all-volunteer-run thrift store. Now, ReStyle for Ryther has nearly doubled sales since its remodel two years ago and provides many opportunities for both League and non-League involvement.

**To Give Help** to the ReStyle for Ryther thrift store:

- **Donate** quality used men’s and women’s clothing and shoes, jewelry, purses, scarves, belts, books, CDs, DVDs, small kitchen items, small décor and art to Ryther’s main campus during business hours: 2400 NE 95th Street, Seattle, WA 98115 or to the ReStyle store in Ballard at 5435 Ballard Ave NW, Seattle, WA 98107.

- **Volunteer** in the ReStyle for Ryther thrift store. You will be trained and paired with another volunteer. Consider volunteering with a friend, teen son or daughter. Pick one day or more per month when you can commit to working. We also need volunteers in the Receiving Room on campus to sort and organize donations and transporters to take items to and from the store. Contact Sharon Setzler at 206.499.3710 if you are interested in any ReStyle for Ryther opportunities.
Please join us for a luncheon that will benefit the children in our cottages and therapeutic foster homes.

**Ryther Luncheon 2015**

**CELEBRATE CHILDREN CELEBRATE COMMUNITY**

**Thursday, November 19th, 2015**
11:30 am - 1 pm
Guest registration begins at 11:30 am.

**Presenting Keynote Speaker:**
**Eric Pettigrew**
Community leader, Representative of the 37th District and champion of children.

**Seattle Waterfront Marriott**
2100 Alaskan Way Seattle
Program begins promptly at noon.

**Master of Ceremonies:**
**Dennis Bounds**
KING 5 TV News

Valet parking for $19 plus tax at hotel and self-parking at Bell Street Garage, one block north of hotel available at $5/hour. Entrances to Bell Street Garage on Elliott Ave. and on Wall St.

While there is no suggested minimum donation, your gift will be graciously accepted at the luncheon to support the children receiving treatment in the Cottage and Therapeutic Family Care programs. Because the luncheon has been underwritten by our generous sponsor, Jacquie and Michael Casey, your donation is 100% tax-deductible. Email austink@ryther.org or call (206) 517-0204 with questions or to RSVP.