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- *2013 Luncheon Pledge*



A Ryther youth presents Seahawks players with "12 Kids Rising" flag.

12 Kids Rising!

The Seattle Seahawks and United Way of King County teamed up to build a new Fit Trail at Ryther as part of the NFL Hometown Huddle and Play 60. Kids from outpatient, Aspiring Youth and residential treatment were treated to a day of active fun with offensive linemen Russell Okung, Breno Giacomini, Caylin Huaptmann, Zach Allen, Alvin Bailey, Jared Smith, Ryan Seymour, Michael Bowie, plus Blue Thunder drummers, Sea Gals and Blitz! Kids got to do the 40 yard dash, football toss, high jump, and an end zone dance. Volunteers installed the Fit Trail system to help kids and teens work on physical fitness all year long as they work on their treatment.

It was touching to see how gentle these Seahawks giants were during their interactions with the kids. Plus, not all of the children could participate in the filming of the segment that aired during the Dec. 2nd Seahawks vs Saints game, so some players stayed late to give these children just as special an experience. Meanwhile, Okung, Giacomini and Seymour went to the teen boys' chemical dependency cottage. They shared thoughts about the mental aspects of the game and preparation in relation to actual playing time and how that translates off the field. Next, the boys got to go outside and catch some passes from the players.

After running and playing for 60 minutes, United Way of King County and volunteers hosted a healthy meal for kids, families and staff. At the end of the event, and after the players presented Ryther CEO, Lee Grogg, with a signed 12th Man flag, a Ryther youth gave Seahawks players a "12 Kids Rising" flag, since each of the cottages treat 12 children at any given time. It was a day to remember.



Ryther is now a Gold Participant on the GuideStar Exchange.

Visit our website to donate securely online:

www.ryther.org

Message From Lee

All of Ryther's friends and supporters are so kind that the material needs of our children at this time of year are very nicely met. It is, of course, their emotional and even spiritual needs that require extra care and attention from us. For many, Christmas and other holidays have been bleak reminders that they were not living a TV dream life. Thankfully, we have an expert staff that works effectively to provide the right level of emotional stimulation as well as calm and reflective opportunities to combat the holiday over-stimulation. Our goal, after all, is to help these children prepare for making future holidays happier.

A recent study reported that children placed into foster care experience Post Traumatic Stress Disorder on a level with combat veterans from the Middle East. Imagine how bad it must be for the Ryther kids who carry the burden of an average of nine failed placements.

While toys and gifts can't erase these issues, the love behind the gifts can make a difference. I hope it can remind us all to keep that loving in our hearts year-round.



Lee E. Grogg
Executive Director/CEO



A visit with Santa and Mrs. Claus.

To All of Ryther's Santas!

"Go! Santa, Go!" That's what 6-year-old "Jack" would cheer if he saw Santa Claus after the holiday. Ryther staff joins "Jack" in his sentiments to all of our "Santas" including dozens of companies, groups and individuals that provided meals, clothing, toys, gift cards, stockings, Christmas trees and other special items from Thanksgiving through Christmas and the New Year. You helped to make warm holiday memories for the children and adolescents in residential treatment at Ryther, as well as the many foster families and families receiving outpatient treatment. One family wrote, "We were blown away by the kind hearted giving. Words do not fully express the gratitude that my family has for everyone that gave and shared their heart, time and money. Thank you."

Volunteers, League members and staff members organized events for the children and teens on campus, including the Holiday Party featuring the Dickens Carolers, homemade cookies, new quilts and a thrilling visit from Santa and Mrs. Claus. The kids learned about and celebrated Christmas, Chanukah and Kwanzaa. The holidays can be a difficult time for kids at Ryther. Past holidays have not been as special and, for some, this is the first time they were celebrating. But your support – our very own Santa Claus – helped make an unforgettable and joyous Christmas where the children and teens were able to do what they do best: open presents, play with toys and just be kids.



What's New

- Participants in Ryther's Aspiring Youth Program were the recipients of the Denny Award for Service after contributing over 4,000 volunteer hours to Mountains to Sound Greenway and Seattle Parks and Recreation. The ceremony was held at MOHAI, where City Council Member Sally Clark personally delivered the award.
- Join us on Tuesday, February 25 at the Lynnwood Convention Center for a presentation on the Adverse Childhood Experiences Study by the study's co-founder, Dr. Robert Anda. For more information on this event, email sherris@ryther.org.

Sincere thanks to those who made Thanksgiving and

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Ryther League NEWS

Getting to Give...

Each year, League members scour sales, pick up an extra something while shopping for loved ones for the holidays and may even “re-gift” certain items – all for the Marion Baer Holiday Store. This year, food items were a hot seller as were anything Seahawks-related. Dog toys, jewelry, cars and scarves also went fast. The store was open for business as staff brought in a few children at a time to “shop.” Who do the kids buy gifts for? It ranges from siblings and parents to foster and relative caregivers to therapy dogs. For children without involved family, social workers, case managers and Best Buddies are likely recipients. There are usually three opportunities to choose a few gifts and even children in Ryther’s therapeutic foster homes get to shop.



What a great feeling for kids at Ryther!

The “store manager” is League member Colleen, who gets help each year from her Calico Unit elves. Thank you Ryther League for bringing the meaning of giving to the children at Ryther.

From poinsettias to grand trees...



Our Ryther League stands by the kids!

Joyful League happenings brought people together at their all-League Holiday Luncheon, Noel’s Holiday Luncheon and Mardi’s Round Up. Sou’Wester thanks everyone who bought poinsettias to deck their halls. Besides generating funds for the year to come, \$4,000 was designated for winter clothing and boots for the children in residential treatment. The ReStyle for Ryther thrift store continues to bring in customers with its new digs and merchandise. If you want to learn about this outstanding community or to volunteer in the store, call the Ryther liaison at 206.517.0215 or email robinb@ryther.org.

Thank you in-kind donors!

Devan White: 40 Shine in the Market gift certificates for Luncheon centerpieces
 Microsoft Corporation & Daniel Shreter: Laptop & ultrabook
 Seattle Seahawks: Support for Hometown Huddle event
 Seattle Aquarium: 100 tickets
 “Secret Auntie”: 28 sets of sheets
 Starbucks Coffee Company: 45 boxes of Via coffee for Luncheon centerpieces
 The F-factor: Nice clothing & shoes for children
 Sahale Snacks: snack samples for Luncheon centerpieces
 UPS: Mints for Ryther’s fundraising luncheon

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Thank you for being in the business of caring

Thank you to the sponsors, table captains and guests of Ryther's Business of Caring Luncheon. You raised over \$217,000 to help heal little hearts and minds. Thanks for caring!

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