# The Power of Partnership













# Our Beliefs & Our Values



## **Beliefs**

- In the dignity of life.
- In doing the right thing.
- That within each person there is an essence of beauty, value, worth and goodness.
- In selfless leadership.
- That compassion and forgiveness are virtues.
- Understanding and effectiveness come with empathy, not sympathy.
- That all people seek a sense of belonging and competence to feel worthwhile.
- That conflict is "normal."
- That "Magic Moments" not only happen, but can be fostered.
- In the importance of an ethical and moral foundation within a spiritual life.

## **Values**

We further our mission through ten agency values, which are the focal point of our everyday activities and decisions.

- Independence
- Opportunity
- Security/Stability
- Self-Advocacy
- Inclusion/Integration
- Relationships
- Dignity/Status
- Individuality
- Choice/Preference
- Joy

# The Power of Partnerships

In 1968, Nancy Stuart Johnson and family stepped forward to embrace a small group of children who experienced a disability. Rejecting institutionalization as an acceptable form of everyday life, a dream was founded and rooted and flourished in the heart of an inclusive community. That lofty and amazing vision was named "Hope," and it served as a beacon that would welcome countless children. adolescents and adults back home from out-of-state placements, from basements in psychiatric wards, and from a long history of exclusion, removal and even dehumanizing treatment.

The power of such extraordinary people was the lifeblood of Hope and quickly pulsed through a newly formed state for all of the years that followed. That dream was infused in hundreds of staff. board members and volunteers as armies of Alaskans executed an initial partnership with Hope that can be summarized in just one simple word—walk. The very first Walk for Hope recorded more than eleven thousand Alaskans who donned sneakers, hiking shoes, or that special comfortable pair of worn leathers and began a trek that would continue, in time, to this very day. They pledged or collected pledges. They lined the streets of many cities and villages in Alaska with a springtime celebration of all that was good, and right and just in this Great Land.

As decades passed, Hope grew and touched even the most remote parts of Alaska as partnerships



flourished and spread throughout nine regional offices. With over 1,400 families now supported in communities of their choosing, collaboration with a myriad of entities paved the road of today, and will guide us into the future.

Our annual report highlights a variety of valued partnerships, resulting in positive outcomes for our stakeholders. Our partnership with the Department of Labor's Apprenticeship program has been nationally recognized. For the development of future leadership credentials and expertise, we partnered with Wayland Baptist University. For inclusive art and a magnificent community display, we partnered with the Z.J. Loussac Library. For a dynamic forum that explored the future of disabilities in Alaska, we joined with the University of Alaska (UAA) Center for Human Development. For the enhancement of a rural subsistence lifestyle in Bristol Bay, we partnered with the Rasmuson Foundation. Partnerships with Healthy Tomorrows, the Wal-Mart Foundation and Spenard Builders Supply (with many other local businesses) created the "Garden of Hope," a community enterprise that will enable individuals and families to plant and harvest their own produce. The Alaska Mental Health



Lands Trust has been an on-going partner for decades, enriching the everyday lives of so many who experience a disability.

We have been abundantly blessed with so many priceless partners here at Hope who've become our everyday heroes. These are citizens, families and neighbors; these are businesses and organizations across Alaska who freely donate time, talent, expertise and funding so that the dream of community is alive and well for all who choose Hope supports. For all of this and for so much more, we are forever grateful. With profound appreciation and love, we dedicate this 2014 annual report to all of our partners. Because of them, we will continue to grow and touch the lives of so many more children, adolescents and adults who experience disabilities with that timeless message, "Yes—community really is for everyone!"

Robert Owens President

Stephen P. Lesko
Executive Director/CEO

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# Working Together

This year Hope Community Resources (Hope) celebrated 45 years of providing services and supports to Alaskans who experience intellectual and developmental disabilities, mental health challenges and complex medical conditions.

Hope's history began in 1968 when Nancy Stuart, Hope's founder, became an everyday hero to 14 children with diverse cognitive and physical challenges by providing them with a loving and nurturing home. Today, over 1,400 individuals and families throughout Alaska choose to receive services and supports from Hope through nine regional offices in Anchorage, Barrow, Dillingham, Kenai Peninsula, Ketchikan, Kodiak, Juneau, Mat-Su Valley and Seward.

include care coordination, supported employment and/or volunteer opportunities, mental health services, spiritual supports, assisted living, recreation or subsistence activities, after-school programs and elder care.

Hope recognizes that to be successful, its service delivery system must continue to evolve in order to meet the ever-changing needs of its partners through innovation and creative ways of delivering supports.

## Community Collaboration

In addition to forming partnerships with individuals and families, Hope actively seeks ways to collaborate with community organizations and businesses to develop innovations designed to enhance expression and education opportunities for our stakeholders.

Collaborative projects this past year included: a permanent art installation at the Z.J. Loussac Public Library in Anchorage, the development of a Certificate of Leadership in Business Management with Wayland Baptist University, the planning of a new community center in Soldotna, the hosting of a Pastoral Day with representatives of multiple faith communities in Anchorage and a new community garden in Kodiak.

## **Forming Partnerships**

One key to Hope's success is found in the partnerships formed with individuals and families that assure each person has the opportunity to achieve a full life filled with adventure, learning and a true sense of belonging, to have the opportunity to reach for their dreams.

Services and supports are designed to incorporate individual desires and unique needs. Hope's goal is to create supports and services that reflect the essence of each individual and family by recognizing the importance of culture, spirituality, and the love of the outdoors.

Support options selected may







#### **Number Served by Region**

Anchorage Region	1033
Barrow Region	23
Dillingham Region	26
Kenai Peninsula/Seward Region	120
Kodiak Region	85
Mat-Su Valley Region	135
Southeast Region	42
Total Number Served in 2013	1464

#### Population Served by Age Group

Age 1-5	106
Age 6-12	304
Age 13-18	271
Age 19-29	392
Age 30-49	251
Age 50-6	110
Age 65+	30

# Expression Through Art

Expressing oneself through art can be a source of joy and discovery.

Hope Studios in Anchorage, the All Birds Studio in Mat-Su and the Kenai Community Center all offer continuous opportunities for collaborative art projects. Each group works with a variety of media, creating unique pieces they in turn showcase in community settings such as coffee shops, cafés and Anchorage's First Friday events.

Hope Gallery in Anchorage celebrated a grand opening in June 2013, providing a storefront option to display colorful original pieces created by gifted local artists. Located at 650 West International Airport Road, the Gallery is open from 10 AM – 6 PM Monday - Saturday.

Hope Studios participated in an exciting collaborative project this past year, accepting a commission to create a permanent art installation at the Z.J. Loussac Public Library in Anchorage for the re-imagined Play and Learn Early Literacy Center. The center is designed for families with children under three years old to help Alaskan children read, write, sing, play and talk in an effort to increase communication and early learning.

This project was truly a collaboration of the Anchorage community. Gifts of time and materials came from architects, designers, contractors, Hope artists and children of all ages, resulting in a bright and engaging learning area.















- 1) Marina and Duane share a moment of friendship at Hope Studios.
- 2) A striking piece of artwork from the All Birds Studio.
- 3) Deana enjoys mixing paints and cleaning brushes for others in the art studio.
- 4) Kenai Peninsula artists showcase their work at a local coffee shop.
- 5) Hope Studios artists display their grand opening sign and their pride prior to the event.
- 6) Joan and staff creating a one-of-a-kind jean design.
- 7) One wall of the amazing art installation at the Z.J. Loussac Public Library.

# Looking Forward

In conjunction with the UAA Center for Human Development, Hope co-sponsored a Future of Disabilities in Alaska Summit in early May.

The conference brought together a diverse audience, including individuals who experience disabilities, family members, advocates, service providers and policy-makers. The goal of the summit was to give everyone an opportunity to share ideas and explore key theme topics impacting disability supports such as: economic well-being, relationships, advocacy, health and housing. The results of the two-day summit and follow-up feedback have been summarized into a paper, which agencies and policymakers can use as a development tool for strategic planning.

Hope was encouraged to find that it was addressing vision topics in its initiatives, which are already in place. Creating accessible spaces for people of all ages to learn, play, recreate and socialize is a shared vision. Hope partnered with Parks for All in support of an accessible playground project in Anchorage and will continue to support their initiative throughout the state. The Discovery Center, Kenai Community Center and Hope's subsistence program all provide opportunities for accessible recreation and opportunities to develop meaningful relationships.

Supporting meaningful employment is an initiative Hope takes very seriously. Employment services provided by Hope include

job exploration, job development, training and placement, as well as creating micro-enterprises. As an example, one individual has a small business producing custom order logo items utilizing a sublimation printer.

Another topic Hope has committed resources toward is honoring spirituality as an important life domain for those experiencing disabilities. In 2009 Hope added a Director of Spirituality position to assist stakeholders in connecting with culture and spirituality through faith communities, cultural gatherings and individual expression. The director, Rick Benjamin, earned a Spiritual Support Professional Certification through the Religion and Spirituality Division of the American Association on Intellectual and Developmental Disabilities, making him one of two people to hold this certification nationally.

Other topics the conference addressed included stable housing; well-trained staff and consistent services; living in community of choice; being meaningfully included in the community; having the opportunity to advocate for one's self; and much more. Hope can proudly say that these topics and more are included in current strategic plans that focus on sustainable futures for the individuals Hope supports.

## BridgesPlayCenter

"Bridges" is a new social skills-building program being created at the Discovery Center to provide a therapeutic play environment for children between three to eight years of age experiencing autism.

This setting will provide a unique opportunity for Anchorage-area children to develop social skills needed to succeed in school and to experience positive social interactions in a teaching environment tailored to their specific needs.

The impetus behind this program is a trending shift in the demographics of those seeking services through Hope. Families with pre-school and primary aged children on the autism spectrum are increasingly seeking support and Hope is reaching out to meet these requests.

The playroom renovations were generously funded through the proceeds from the Walk & Roll for Hope and a portion of the supplies and equipment are being funded by a generous grant from ConocoPhillips.

The pilot phase of the program is scheduled to launch in the spring of 2014.

# Educational Opportunities

An exciting opportunity for Hope employees is a collaborative venture between Hope and Wayland Baptist University School of Business. This one-year program is designed to enhance management and leadership skills for both current leaders and for those desiring to grow into leadership positions. It consists of four graduate-level courses and results in a Certificate of Leadership in Business Management. Nine employees graduated from the first cohort in October of 2013 and five are currently enrolled in the second cohort scheduled to graduate in October of 2014.

The Trust Training Cooperative—a program of the UAA Center for Human Development—offers a Frontline Leadership Institute targeted to enhance skills for supervisors. Twelve Hope supervisors have completed this program, which provides insights and practical strategies for developing leadership skills and supporting frontline direct care professionals.

Foster parents provide vital supports to children and young adults who may have experienced significant trauma in their lives. In order to enhance therapeutic parenting skills, Hope is providing Presley Ridge training—a comprehensive and well respected curriculum—utilizing two instructors from its training department. The curriculum is written for new and experienced parents alike and is designed to prepare foster parents to better address the therapeutic needs of the children in their care.

#### **FY 13 Operating & Restricted Budget**

#### **Funding Source**

Medicaid	67,882,388.31	
State Grants	1,803,758.03	
Individual Fees	870,053.30	
Fundraising	513,782.00	
Other Revenue	2,331,728.32	
Total Revenue	73,401,709,96	

#### Expenditures

Salaries, Wages and Benefits	58,551,718.28
Other Support Services	2,982,220.45
Depreciation	2,052,418.56
Leases and Rentals	1,161,507.56
Professional Fees	646,823.95
Utilities	1,691,512.02
Supplies	698,227.22
Insurance	942,593.19
Travel/Mileage/Fuel	839,715.79
HR Recruiting	178,500.00
Staff Development and Training	147,050.00
Miscellaneous	1,142,108.01
Fundraising*	234,538.16
Marketing	142,000.00
Bad Debt Expense	200,000.04
Repairs and Maintenance	797,600.29
Interest Expense	993,176.44
Total Expenses	73,401,709.96

<sup>\*</sup>Fundraising expenses reflect the expenditures of proceeds earned through agency fundraising for the purpose they were raised, along with the costs associated with those fundraising endeavors.

Number of Employees		<b>Employees by Region</b>	
Full-Time	560	Anchorage	768
Part-Time	377	Barrow	22
Seasonal/On-call	94	Dillingham	6
Other	105	Juneau	59
		Ketchikan	
Total	1136	Kodiak	53
		Mat-Su Valley	48
		Kenai Peninsula	163

#### **Discover Health**

Research has shown that adults and children who experience disabilities have a higher prevalence of obesity than others in the same age range. In addition, Americans in general are challenged to make better choices for their long-term health. In order to address these issues, Hope is introducing exciting initiatives to help stakeholders live healthy lives.

Following the success of the Mat-Su regional offices' Healthy Lifestyles program, the "Discover Health" initiative began in Anchorage in early 2013. This initiative helps people understand choices they have and why it is important to lead an active life. To support Discover Health, Hope hosts cooking and nutrition classes, consults with an adaptive physical activity expert, and utilizes volunteers with recreation backgrounds to offer Pilates, Zumba, water aerobics, karate classes and many other invigorating activities.

The Discover Health cooking program teaches portion control, healthy snack alternatives and the importance of balanced meals; it also adorns the walls with a plethora of positive posters and collages created by class participants. Meals are prepared with healthy ingredients, and participants can explain why "fat free" doesn't always mean healthier on a food label.

The water aerobics classes are a favorite of many of the participants; karate is new but gaining in popularity. Early-week Pilates classes, and late-week runs on the treadmill in Hope's Discovery Center keep people challenged, excited and engaged. Employees are encour-































aged to participate in all activities and classes to model behavior or share support in their own journey to discover health. Hope also partnered with Weight Watchers to offer classes on-site that provide stakeholders with additional wellness options.

- 1) Susan learns to cook healthy meals with assistance from Louise.
- 2) Swimming lessons get a "big thumbs up."
- 3) Staff provide encouragement during weekly workout sessions.
- 4) Fishing is one of many opportunities offered through Hope's Outdoor Pursuits program.
- 5) Children enjoy the new accessible Parks for All playground in Anchorage.
- 6) Cherelle puts the finishing touches on the community smokehouse in Kodiak.
- 7) Irish volunteers perform to "Holding out for a Hero" at Hope's annual staff meeting, highlighting active lifestyles.
- 8) Outdoor activities are a highlight of Hope's Camp Cara, which is held each summer in Anchorage.
- 9) In Dillingham the men at the Yuguukut home utilize a Ranger to assist with their subsistence activities.
- 10) Jared finds his job at P&M Gardens very satisfying and rewarding.
- 11) Kodiak's "Garden of Hope."
- 12) Winter sports are a hit with teens.
- 13) Nine out of 17 employees who received 10-year longevity plaques and recognition for their dedication to Hope.
- 14) Jerry and John prepare logs for their woodworking business.
- 15) Home Alliance Coordinator, Curtis, spends his vacation time each summer volunteering for a disability agency in Israel.



# Farewell to a True Hero

Hope's founder, Nancy Stuart Johnson, passed away in August of 2013.

Nancy focused on a vision that children with disabilities belong in the community. Her tenacity and devotion planted the seeds for the organization of today to flourish.

From a few children in her home 45 years ago, to the Hope of today, the growth has been significant. Hope is now a statewide agency supporting over 1,400 individuals and families to live full lives in the community of their choice. Nancy is proof that one person with passion can make a tremendous difference in the world.

Nancy was honored posthumously with Hope's Visionary Award at the Annual Appreciation Luncheon in September of 2013 for the dedication that laid a foundation for today's statewide outreach.

Her legacy rests in the simple but magnificent vision that children experiencing disabilities belong in families, not institutions. She rallied a community to share her vision and, as a result, thousands of individuals and families have been touched by her dedication.

The Board of Directors, management, staff and the individuals

and families who choose Hope's supports are indebted to Nancy for her vision and her selflessness in seeing the dream become a reality.

# Investing in Hope

The continuous and overwhelming community support experienced throughout the regions has created opportunities for Hope to serve stakeholders with a variety of innovative supports. Highlighted below are some of the more significant outcomes from the community's investment in Hope.

Thanks to the tenacity of Alaskans, the snow that fell on the 2013 Walk & Roll for Hope did not dampen people's spirits or support. Over 500 participants braved the cold, snowy weather in Anchorage, Kenai and Kodiak to fulfill their part in walking for pledges made by friends and family in support of Hope. Thanks to their dedication, walkers raised over \$75,000 to assist families and individuals who choose Hope's services. Funds are used to pay for a variety of needs not covered by other funding sources.

A generous grant from the Rasmuson Foundation enabled Hope's Dillingham program to purchase needed equipment, assisting them in continuing to live a subsistence lifestyle. The Yuguukut home in Dillingham is unique in that it annually acquires more than 90% of its protein through subsistence activities. Grant funds were used to purchase helmets, Mustang survival work suits, a trailer kit and a Polaris Ranger. The most significant purchase—the Ranger—allows individuals with mobility issues access to

the wilderness for hunting, fishing and berry picking. The Ranger will also be used for hauling meat, fish, wood and more, increasing capacity to self-sustain and to share their good fortune with other members of their community.

The Kodiak region acquired a new building this year, providing much needed space to expand programs and services. Through grants and donations from Healthy Tomorrows, the Wal-Mart Foundation, Spenard Builders Supply and other local businesses, volunteers have built raised vegetable beds, a greenhouse and a smokehouse on the new property.

The "Garden of Hope" is a community garden and will enable individuals and families to plant and harvest their own produce. It will also be used as a teaching venue, educating people on gardening and nutrition. The smokehouse will be used to teach smoking and fish processing techniques, utilizing meat and fish harvested from their subsistence activities.

In response to requests from families, Hope is in the process of developing a new community center in Soldotna. This center will be a hub of recreational and educational activities for individuals who choose Hope's services and for community members as well. The building will be located on property which currently houses Hope's administrative building and an existing recreation center. In 2014 Hope will engage the community in fundraising opportunities to assure this project becomes a reality.

# Thank You

Hope Community Resources sincerely thanks every individual, business and organization that made a contribution of time, talent, financial support or donated goods/services in 2013. Each and every one of you is a genuine hero. Large or small, your gifts directly benefit Alaskans who experience disabilities and choose Hope's services. You continue to invest in a community that embraces diversity. For that, and so much more, we are truly grateful.

Here we offer humble recognition to those whose gifts were received in 2013 of \$100 or more. Donations of less than \$100 were so extensive that, due to space limitations, we are unable to print the entire list. Please know that each and every donation is greatly appreciated.

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Jean Snyder Soldotna Professional

Pharmacy

Sona Vita Day Spa Abran Soria Cheick Sow SoYo Yogurt Shoppe Specialty Imports Inc. Linda Stamm

Steamdot Coffee Harry & Sarah Steven Matt Stevens Laura Stichert Kimberly Stoltz

JoAnn Stromberg

Stasia Straley

Jo-Anne Sullivan

Trailboss Solutions
Mead Treadwell
Tudor Road Bingo
Elizabeth Turgen
Sarah Twaddle
UAA Bookstore
Louis Ulmer
Jarod Urban
V Rae Art
Raymond Valencia
Heather Vallee
Phil & Jackie VanDaff
Robert & Carol VanDerWege
Fika Vanilau



Kenneth & Michelle Withrow Mike Wojciechowski Gilbert & Cindy Wong Joan Wooliver Danielle Wright Colin Yamauchi Karen Yashin Cheri Yoesting YogaSol Yu Beauty Lounge Lamai Zajchowski Zan Inc Michael Zechman Louise Zeile



Shayna Summers Sun'aq Tribal Enterprizes Superfloors of Alaska Superior Automotive Susan Swiderski Fine Art Steve & Sandy Sutterer Brad Swenson Swim Like a Fish SysTech Alaska Barbara Tagaban Talkeetna Air Taxi Talkeetna Roadhouse Beverly Tallman Michael Teo & Cyndie Freier The Healing Center The Hungry Raven Ani Thomas Nancy Thomas Barbara Thorn Walter & Susan Tifental Faasisiga Toa-Mose Grant Todd Kathy Tonsgard

Volunteer Firefighters Association Meg Voss Crucelina Vrabel Anne-Marie Walker David Walker Agnes Walsh Chris Waters Kim Weibl Lance Wells Wells Fargo Bank Alaska Ritchie & Lisa West Whalebone Watercolors Todd Whited Tryon Wieland Greg Wilkinson Krista Williams Rebecca Williams Michael Williams Judy Williamson Jody Willing Willow Ranch Todd Winter

# <u>Executive</u>

# Team

Stephen P. Lesko

Executive Director/CEO

Roy T. Scheller, Ph.D

Deputy Executive Director

Tonja Rambow

Chief of Staff

Kathy Tonsgard

Senior Deputy Director/ CFO

Michele Girault

Senior Deputy Director

Eric Gurley

Senior Deputy Director

Michael Zechman

Senior Deputy Director

Michael Bailey

Controller

Eddie Campoamor

Administrator

Kris Jez

Deputy Director

Esther Loy

Deputy Director

Laura Newton

Administrator

Kathy Proulx-Hendrickson

**Deputy Director** 

Marti Romero

Deputy Director

Jo-Anne Sullivan

Deputy Director

# Our Mission & Our Vision



#### Mission

To provide services and supports that are requested and designed by individuals and families who experience disabilities, resulting in choice, control, family preservation and community inclusion.

# **Values**

As members of the community of HOPE, we believe that our actions of kindness, fairness, compassion, forgiveness and understanding derive from a shared kinship, founded upon values and grounded in integrity, loyalty, wisdom and our belief in the importance of dreams.

We will approach each person and each day with balance, commitment and vision. This will assist us in building inclusive communities that promote intellectual, emotional, social and spiritual development within one another while allowing for healthy conflict. It is our desire to leave a legacy of sustainable excellence built upon continuous learning, reflection, evaluation and innovation, which create outcomes that better human kind.







Anchorage/South Central Region 540 W. International Airport Rd. Anchorage, AK 99518-1110 907-561-5335/1-800-478-0078 907-564-7429 Fax

Barrow/North Slope Region P.O. Box 2123 Barrow, AK 99723-2123 907-852-0272 907-852-2157 Fax

Dillingham/Bristol Bay Region P.O. Box 715 Dillingham, AK 99567 1-800-478-2117 907-842-5475 Fax Juneau/Southeast Region 9301 Glacier Hwy., Ste. 100 Juneau, AK 99801 907-463-3602 907-463-3605 Fax

Ketchikan/Southeast Region 2417 Tongas Ave., Ste. 209A Ketchikan, AK 99901 907-220-9924 907-220-9934 Fax

Kodiak/Aleutian Region 917 Mill Bay Rd., Ste. 2 Kodiak, AK 99615 907-486-5011 907-486-5019 Fax Wasilla/Mat-Su Valley Region 4901 E. Mayflower Ln., Ste. B Wasilla, AK 99654 907-357-3750 907-357-3751 Fax

Seward/Resurrection Bay Region P.O. Box 1933 Seward, AK 99644-1933 907-260-9469 907-260-9435 Fax

Soldotna/Kenai Peninsula Region 47202 Princeton Ave. Soldotna, AK 99669 907-260-9469 907-260-9435 Fax

