



MSSSG

Mountain Shadows Support Group

MOUNTAIN SHADOWS
COMMUNITY HOMES

WINTER ♦ 2003

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Golf Classic now a Mountain Shadows icon

11th Annual fund raiser launches Mtn. Shadows Foundation, charts future of private support

BRIAN WIERSEMA

Joe Lizura (see box below) is the Channel 7/39 weatherman who played in our fall Golf Classic. Like many of us who attended the Mtn. Shadows Foundation's tournament, I stayed up to catch his remarks about us on the 11 p.m. news. He played in a foursome with Andrew Resnik, 7/39 reporter, Chuck Westerheide, asst. news director, and Tom Collier of Children's Hospital.

Very accessible and light hearted, Lizura told me before teeing off "how important it is to help these guys [Mtn. Shadows residents] who need a little extra help." After nine holes, Lizura added, "No one has been injured and the carts still have battery power. Our foursome is doing just fine."

Add this comment e-mailed to the Golf Steering Committee: "Great job everyone. Wow, I heard so many people talking about what a super time they had on Sept. 15!"

The event netted \$25,000 for MSCH enrichment.

Please see Wade Wilde's column, page 4

Tourney supporters were headed by Marrs Maddocks & Associates of Carlsbad and Mountain View Services, Inc. headquartered in Redlands. Each company chipped in an underwriting of \$5,000. Major donors were Robert and Mary Chakarian and Andriana Guevara.

Other sponsors are literally too numerous to list here. There were three Beverage Cart sponsors, a pair of program and tee bag sponsors, 44 gift and prize donors, 14 prime auction item sponsors, special recognitions for nine individuals and companies, 35 tee and green sponsors, and an estimated 50 volunteers. That adds up to 100 individual and corporate angels—a wealth of support for a "medium-sized" golf charity event. The total grows yearly!

The tourney was our 11th annual fund raiser, MSCH's largest enrichment revenue event. This year the Golf Classic came under the auspices of the new Mtn. Shadows Foundation, a nonprofit entity established to ensure the future of Mountain Shadows Community Homes. ■

Golf Classic gets a 7/39 TV plug

TV weatherman Joe Lizura did a great job showing our Mountain Shadows Golf Classic winner's trophy on the Channel 7/39 news on 9/15/03. He made some joke about the only way his name was getting on the trophy was if he scratched on "Joe was here." He seemed very impressed with our tournament benefitting Mtn. Shadows residents and we were all pretty proud to see his Golf Classic plug on county-wide TV.

Not exactly a tough start to golf tourney

BRIAN WIERSEMA

Before the tourney, golfer and Escondido City Councilman Ed Gallo was face down and loving the complimentary free massage at the hands of Bonnie Budd, tourney volunteer and a student at the Mueller College of Holistic Studies in San Diego.

One table away, volunteer massage therapist (also with Mueller College) Mistie Jung was easing the tension out of John Morrisette, golfer and principal with American Beauty Development in Encino. John was part of a foursome brought in by Carol and Randy Haskin.

“This is our first Mountain Shadows tournament and we are loving it,” said Morrisette with a smile on his face that could swallow Chicago. “We’re going to make this golf event a permanent yearly project.”

The third Mueller massage therapist, Doug Stewart, brought new life to Ken Chugg, marketing director for Encenta Inc., based in Orem, Utah. Chugg would team with Encenta CEO Brent Crabtree on the links. But more than that, Encenta was the event’s Tee Bag Sponsor and provided every golfer with a free \$200 value two-night stay at one of 100 destinations in the United States. They also gave away the free lodging packages last year. That’s 144 golfers times \$200 = \$28,800. Twice!

Like Teresa and John Martindale (MSSG board director), the Encenta duo flew in from Utah.

Meanwhile, SDSU cheerleaders Meaghan Galindo, Heather Birse, and Ruth Tyndall were officiating the putting contest. John Engstrom, president of Heritage Mortgage in La Jolla, had won the prelims and earned a shot at sinking a 60'3" putt and pocket \$25,000. He missed the cup by three inches.

Credit goes to volunteers Portia Bibb, Carol Haskin, Fred Lindahl, Adriana Guevara, Tara Decker, Amber Giacalone, Sherry Robinet, Teresa Martindale, Mary Lou Swarner, Lola Childs, Jo Renne, Rebecca Wylie, Vanesa Arrendondo, Portia Bibb, Tara Decker, Linda Cook, and a few other folks I probably missed.

Moo Time Creamery of Coronado provided hundreds of free ice cream sundaes (thanks Patrick Richardson). Domino’s Pizza provided four kinds of heavily discounted pizza—free to golfers, of course. Linda Cook brought in three foursomes from Kiwanis. Rubio’s provided GREAT beef burritos (thanks Dist. Mgr. Dave Rodriguez).

Golfers picked up a free supply of beverages, six-pack coolers, polo and tee shirts, carry bags, golf balls, golf caps, visors, and more stuff than Santa delivers at

Christmas. Of course, that’s how you BUILD and grow a charity golf tourney. Give good weight, is the phrase; deliver excellent value. And spoil your golfer guests by bending over backwards.

Near the end of the afternoon, when the drinks ran out, Wade Wilde, the MSSG Executive Director, made a pickup and delivery run.

Also noted: Volunteer Greg Souza, an American Bulldog breeder, drove in from Phoenix to be Wade’s go-for and help set up the late afternoon awards banquet. The two are good friends and associates in American Bulldog breeding and training. ■

Many stitches in time from our Sewing Ladies

DENISE KADAR

The MSCH Sewing Ladies (Betty Kadar, Pat Reamer) made 45 costumes for the residents of Olive, Ash, Cedar and Pine for Halloween. They hunted through area thrift stores for bargains on costume pieces to be used as well as making some costumes from scratch. The project was started in May and the costumes were delivered in September. They recently made a bunch of helmet covers for one of the residents. They also made more than 20 privacy curtains for the houses. They are currently working on stylish bandannas with terrycloth backings.

“Auxiliary Sewing Lady” Rae Hoffer made 12 Halloween wall hangings and 20 Christmas wall hangings over the last year for the MSCH residents. One is a 36' Christmas tree wall hanging for one of the houses that cannot have a tree in the house. The wall hangings will be delivered early December. Rae lives in Temecula and is a retired seamstress. She has volunteered her time to make some crafty decorations for the holidays.

Frank Kadar, “Sewing Hubby”, recently donated a computer monitor and color printer to the Activities department. He is training staff in various kinds of software. The computer will be used for processing pictures taken at events and other uses being planned by Activities Director Donna P.

Halloween—a carnival of fantasy

Our crack MSSG news team covered the Mtn. Shadows Halloween festivities on Oct. 31. The following is a roundup of the highjinks:

Cedar House

Ash-Cedar-Pine RC Lisa Love led the parade as a good witch in black cape and pointy hat. She took residents out trick or treating. Resident attire: Kathy was a granny; Sandy sported the showgirl look; Janell, a French maid; Kathy, with the advantage of a speedy motorized wheelchair, collected the most loot.

A pizza party provided by Mtn. Shadows kicked off the night's festivities. Cedar handed out Tootsie Rolls, Snickers, and suckers. House decorations were monster posters and spider webs.

Apple House

Apple was festooned with hanging pumpkins, ghosts, spiders, and webs. Featured residents were Shirley and Rachel as cave girls, Jean as a geisha, Lisa a princess, Angela a cheerleader, and Jackie as Pocahontas.

Birch House

Birch House made a wild night even wilder! Kenny went out as a "funny looking girl," Travis impersonated a prison inmate, Tara went



as a baby, and Frank turned into Fred Flintstone. Martha Cannon, NOC and Acting Team Leader, helped decorate the house with spiders and webs, ghosts, scarecrows, and a flying witch slamming into the front door.

Willow House

Willow was one busy place, thanks to Team Leader Carlos Diaz and Specialist Blanca Morales. "My goodness," said Diaz, "we were full up on ghosts and pumpkins and a message warning, 'Danger, Beware. Enter at your own risk.'" Blanca has an eye for decorative art.

On Nov. 1, Willow was cleaning out Halloween and busy putting up fall decorations for Thanksgiving. Overnight seasonal switch! Credit artistic Blanca, adding fall leaves to the walls and hanging a turkey from the ceiling.

Pine House

Pine residents dressed up as a pumpkin (Memo), a frog (Jose), a referee (Arron), a ghost (Tony) and as a country bumpkin (Vicky). "It was quite a parade with everybody visiting houses," said DCS Luis Castro.

Palm House

DCS Noemi Garibay (who celebrated her 1st work year anniversary in October) made Palm a decorations stand-out. Noemi studied art for four years at Escondido High, graduating in 2002. Her house trimmings included a fall tree, ghosts, and R.I.P. tombstones with the names of senior staff. Honored with pretend demise were Abby Aguirre, Lindsay Rochette, Rosanna Gonzales, and Maria Bermudes. It took Noemi two days to brighten up Palm between her House duties.



A menagerie of costumes and outfits went into the Palm show. Victor came across as The Hulk. Michael took on the Ninja Turtle look. Tori was a fearsome devil. Amanda went the way of a wizard, and Allysa was high and dry as The Little Mermaid.

Olive House

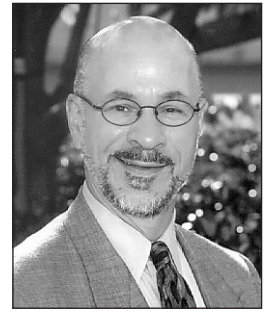
Olive too was noted for their costume variety. Halloween was an extra blast for DCS Tanya Allen. Her three-year-old daughter Tahliya joined her at work and mom and daughter went hand in hand with the Olive residents from house to house. "It was a really fun time for the two of us, and of course the residents. Talk about variety of garb!" Tanya said.

Valerie fabricated herself as a witch. Jo Jo became rock and roll singer Lenny Kravitz. Allen pitched in as a farmer. And Bonnie was a tourist—you know, like someone who had just stepped off the boat in Hawaii.

All in all, the residents looked like an invasion from a parallel universe, or a breakout from a dozen Hollywood movie sets. And each took satisfaction in getting to be a different person for the night. Ah, socialization and sense of playful escape! Thanks to all staff for giving their support on Halloween and getting into the spirit. And that was just the warm up for the season, with Christmas and the New Year coming up next in quick succession. ■



Notes from the Executive Director



WADE WILDE

Wade Wilde

Nurturing our Mountain Shadows Foundation

The 11th annual Golf Classic was the official “coming out” of the Mountain Shadows Foundation (MSF). The Foundation represents insurance for the future of Mountain Shadows Community Homes.

Headed by Doug Cook, MSF tackles the mission of building an endowment for the benefit of the residents of MSCH.

Meanwhile, the MediCal reimbursement system is in more trouble than previously thought since it is dependent upon the California state legislature and governor to approve the funding each year. The state budget continues to be projected at higher deficits than originally known.

In short: Our major long-term financial challenges are not going away.

The other edge of this Sword of Damocles you already know about: elimination of \$65 million in California services to developmental disabilities programs; whopping jumps in liability and insurance; and workers-comp insurance premiums. Facilities for persons with developmental disabilities are going broke and closing their doors. The frozen MediCal rate effectively shrinks while the costs of residential care balloons.

The new Foundation is no frill. It represents an “insurance policy” for MSCH to stay viable and a fiscally sound business in the long term. Cook’s financial goal is an endowment of \$10 Million to be raised over 10 years. Invested at say 7%, ten million would give us an annual revenue boost of \$700,000. That figure represents less than 20% of the cash that MSCH needs to operate in the year 2013—and yet we could easily be using a lot of that interest money just to keep the doors open.

Crunching numbers (my career profession) for the year 2013, it’s almost a sure thing that MediCal reimbursement rates will “shrink” and that inflation and the cost of doing business will rise. Endowment interest income from the Foundation to MSCH might be vital.

You do the math. In 2013, plus \$700,000 is *breaking even*.

Thus, our annual Golf Classic is, for now, the flagship of the Mountain Shadows Foundation. And it’s darn important to stroke and praise the volunteers and players. Thank you from the bottom of our hearts.

Cook’s track record for achieving the near impossible is intact. He took a few handfuls of parents, emptied their penny jars, and pulled off a 100% leveraged buyout of the Mountain Shadows business operation—and saved the facility from closure in the 1980s due to licensing problems under the previous owner. Cook, as CEO, kept MSCH not only afloat, but also thriving.

How do you grow a foundation? The same way we grew Mountain Shadows—with good, dedicated people committed to an appropriate mission and willing to work hard. Add to this the key of building relationships with our donor base and expanding that base to the corporate community.

It’s the worst of financial times, and yet we are on a roll with the Foundation. We are taking action and heading in the right direction.

Survey Statistics Comments

A summary of 2003 shows that MSCH falls in the upper range of ICF DD-H homes subject for survey of compliance with state licensing regulations and also shows a decrease in “deficiencies” over 2002.

Historically, MSCH has a history and a reputation for achieving outstanding surveys; however, passing the Department of Health Services annual survey is only the threshold of Mountain Shadows definition of “quality care”. We feel that the highest qualities of life and care are reflected in the satisfaction of our consumers and their families.

Although all of the houses earned their re-certification, many showed significant improvement and one had a three-fold improvement, reducing last year’s deficiencies from 9 to 3 for this year.

These fine results are clearly a function of the continued conscientious efforts of the staff and management.

Thanks for the hard work. ■

Former Lemon resident David Hartman

BRIAN WIERSEMA

David Hartman, a long-time resident of Lemon House, who loved TV boxing and Elvis memorabilia, died at the age of 49 in October at a skilled nursing facility.

David moved into Lemon in October 1992 and left MSCH to obtain higher levels of medical care in August 2003.

Lale Laubach, QMRP for Lemon House remembers David: "He was a fun-loving guy with a great personality and a lot of charisma. David, though quite opinionated, was quick to win over hearts. He had a giant smile, which he reserved for special occasions.

"David had many interests—



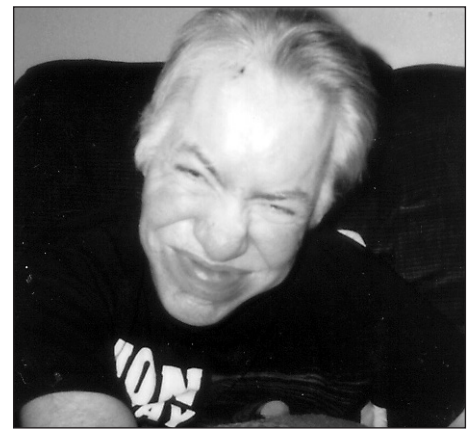
especially anything Elvis and anything sports. He was able to attend many sporting events during his residency at Mountain Shadows, including seeing the Padres, Chargers, and Anaheim Angels.

"He attended several different Day Programs while he was here and always formed close bonds with the people that he worked with—many of whom kept in touch for years. He was especially close to one teacher, Grace Sperling. She and her husband would have David over for weekend visits periodically at their home in Vista, which he greatly enjoyed.

"I first met David at the Unlimited Quest Day Program in April of 2000 and as fate would have it, I became his QMRP in July of 2000. We clicked from the first day we met. I always admired his spunk and his wit. David and I spent a lot of time together. He would stop by my office every day when he arrived home from work and offer to help with stapling or reading off papers for me. Every month I would print a list of Elvis movies on TV for him at his request and he would read them over and circle the ones he wanted to watch. Those are moments I will treasure."

David has three sisters, two who live in Northern California and one who lives in Chula Vista. He will be buried with his parents in Los Angeles.

A memorial service for David was held Monday, December 8 at 3:30 p.m. in the backyard of the Lemon, Tangelo, Orange triplex. David was a great person to get to know and a good friend to have. He will be missed by many resi-



David Hartman, 1954-2003

dents and staff.

"He liked to tease people and bet on sports," said Doug Cook. "He'd wager a six pack of beer or Coke. David had a medical prescription to drink beer." Doug often sponsored David's watching pay-for-view boxing on HBO. "He was a fun guy, and he enjoyed life," said Cook.

Lemon House and all of us are saddened by his passing. ■

Donations Accepted Here

Mountain Shadows Support Group, Inc. is a 501(c)(3) non-profit corporation. We are authorized to accept donations of cash, boats, furniture, computers, cars—you name it. And you can write-off your gifts as an IRS tax deduction. We win. You win. Think about us and give what you can.

Note: Free publicity in the *North County Times* recently generated several donations of clothing and furniture to Mountain Shadows. These gifts help us out substantially. Keep us in mind when that apartment suddenly empties or the garage runs out of storage space.

Excellent surveys reflect quality care

BRIAN WIERSEMA

Mountain Shadows Community Homes falls in the top percentile of California ICF DD-H homes for compliance with licensing regulations, according to Stacy Kendall, MSCH Director of Residential Services.

Figures for 2003 released by Kendall at the November Friends of Mountain Shadows (FOMS) meeting show a decrease in “deficiencies” over 2002. Historically, we have a history and a reputation for excellent surveys. That reflects on the threshold of MSCH quality of care, though it is only one method of measurement, where Mtn. Shadows resident satisfaction is another direct measure.

Executive Director Wade Wilde reported MSCH’s worker’s compensation insurance premiums for 2003/2004 rose 32%, reflecting a huge statewide inflation in work comp costs. This annual insurance price tag rose by \$111,000 over the previous year. Our 2003/2004 work comp bill is now almost half a million dollars; that represents a whopping 8% of MSCH revenue.

A big round of praise went to Activities Director Donna Ponomarenko for her coordination of MSCH’s “huge block party” on Halloween—a night of wild costumes and more treats than tricks.

The residents’ Christmas party, including a visit from Santa, is set for mid-December with FOMS donating a total of \$2,500 in gifts for all 117 residents. Credit Donna P. and the Residential Coordinators with taking resident requests and ordering presents. Lisa Shea’s Girl Scout troop again wrapped all the gifts. Thanks Lisa.

Lale Laubach (Lemon-Orange-

Tangelo QMRP) begins a pregnancy leave early in 2004. Staffers Eden Steuer and Flor Shaw are QMRPs in Training, Eden to fill Laubach’s shoes and Flor to be the replacement QMRP for Olive.

A specific list of needed items for the Carmen Ortega family (mom and three older teens) was issued. The needs are in kitchen, dining room, bedding/linens, living room, bedroom, and cleaning categories. DCS Ortega was burned out completely in the late October wildfires. To get specific contributions requested, call the MSCH Receptionist at 760.743.3714.

Mary Lou Swarner (and daughter) again served heroically in the Knights of Columbus October Tootsie Roll Drive, whose revenue benefits our residents. No final

tally was ready by newsletter deadline, but last year’s K of C efforts raised over \$4,000. The Knights staffed three major stores collecting donations. Mtn. Shadows took Food 4 Less, with a big assist from 12 residents, house staff, and Donna P. Thanks goes to K of C Drive chair Chuck Ayash. FOMS pitched in to help big time: also participating in the Drive were Virginia Kappler, Mr. Anthony, Maria Olmeda and her two daughters, Carol Haskin, Keith Mitchell, Grace Yoshi and son Maki (resident of Tangelo), Lee and Corky Kleeberger, Bill and Cynthia Neville, Mary Blackburn, and Carol Fuller. Biggest FOMS Tootsie participation ever!

Donna P. reviewed resident activities in multiple areas, including religious services here on Saturday (Catholic) and Sunday. She reports residents have adopted special education students at Bandini School in San Diego and displayed resident-prepared gifts of ribbon and bow-enhanced stuffed animals for students there.

The week of Feb. 26 provides sit-skiing for 15 residents. MSCH has rented a handicapped-accessible condo near Big Bear for the week for a bargain price. Over seven days, groups of 5 will go up to the Big Bear lifts for two days at a time. (Doug Cook adds that you can take your loved one up yourself. Contact the United States Adaptive Recreation Center near Big Bear, phone: 909.584.0269.)

Thick smoke from the wildfires effectively shut down Mtn. Shadows for three days. Residents were

FOMS meetings ‘04

The schedule is set for quarterly meetings of Friends of Mountain Shadows (FOMS) parents and friends support group. Meeting dates: the third Saturday in February, May, August and November. Specifically, FOMS meets at 11:00 a.m. on February 21, May 15, August 21, and November 20 in the MSCH office.

Please mark your calendars. Your participation is a vital and important part of our benefitting the residents via activities and enrichment contributions.



Please see FOMS on page 7

Staffer burned out in Paradise blaze; please help!!

The fire that swept Valley Center hit close to home. Plum House DCS Carmen Ortega and her family barely escaped the late October Paradise fire that blew east of I-15 and took out 56,000 acres north of Escondido. Carmen's Valley Center home was destroyed and the family lost everything but the clothes on their backs.

Their hasty escape through flames damaged their van's paint, and the children (two girls, ages 18 and 15, and one boy, 17) were traumatized by the wildfire that burned rapidly to the base of Palomar Mountain, destroying 221 homes and 192 outbuildings. The fire, which started October 26, took 11 days to contain.

All three Ortega children returned to Escondido High School and received counseling help. Mtn. Shadows employees pitched in with cash donations so that the family could buy clothing and other essential items.

The Red Cross also stepped in with motel and food vouchers, and amazingly Carmen was back at work in Plum after just a couple days. But her family needs our help. Tell a neighbor, ask a friend. The family is in

need of *everything*, including an affordable house or apartment. "We need to help one of our own," said Linda Cook, MSCH Director of Community Relations.

Clothing sizes for Ortega family

Carmen: Blouses and shirts – medium; pants – 10/11; shoes – 7; jackets/sweaters – med/large

Daughter (18): Blouses and shirts – medium; pants – 5/6; shoes – 6; sweaters/jackets – medium

Daughter (15): Blouses and shirts – medium; pants – 7; Shoes – 7; sweaters/jackets – medium

Son (17): shirts (black or blue preferred) – large; pants – 32-34; shoes – 10; jackets – large.

Cash donations can be given to the Office Receptionist. Checks can be mailed to: Mtn. Shadows Community Homes, 2067 W. El Norte Parkway, Escondido, CA 92026. Attention: Fire Relief Fund – make checks payable to MSCH and write "fire relief fund" on the memo line.

What's needed? Whatever you can spare. This includes clothing, kitchen utensils, furniture, dishes, linen, toiletries, and appliances. ■

Mountain Shadows prepared for evacuation

MSCH prepared for a full evacuation on Oct. 27. Escondido Police and Fire Departments were alerted. We communicated with San Diego Regional Center and the Department of Health Services.

Our evacuation team included our QMRPs, Residential Coordinators and Nurses. Each person was assigned specific duties and each Q and RC ensured that all necessities (blankets, water, etc.) were ready to go. Nurses supervised possible transportation of medications.

All drivers and staff were contacted to ensure that they'd be at MSCH to help with the rapid exit of 105 residents, if necessary. Fortunately, we did not have to implement our plan, but everyone was well prepared to go on a moment's notice.

Several ICF DD H or N facilities in southern California were evacuated. These included 7 houses at the Home of Guiding Hands near San Diego, 7 homes operated by Horri-gan Enterprises in the Highland area, and one Independent Options home in Rialto.

■ FOMS (continued from page 6)

kept inside air-conditioned houses so they could breathe clean air. Doug Cook, Executive Director of the Mtn. Shadows Foundation, thanks the people who have donated autos to Cars for Cash and earmarked the funds to Mtn. Shadows. The money goes to the Foundation. Hope Restored, a charitable organization founded by employees of Mack Barclay, Inc., is leading the corporate way in joining the Foundation's "Adopt a House" program. They'll remodel a kitchen and provide Christmas presents. "The firm wants to be a substantial supporter of our Christmas programs," Cook said.

Carol Haskin, FOMS President, released the budget figures for 2004. Annually, \$10,000 breaks out in spending this way: \$3,000 in Christmas presents, \$3,000 for Circus Day, \$1,000 for sit-skiing, \$2,400 for quarterly resident activities, and \$600 in contingency funds. ■

HR Manager's mom Jo Renne was among golf event volunteers

Volunteering for the first time at this year's Golf Classic was Jo Renee. She is the mother of MSCH Human Resource Director Toni Albright. Jo, who had open heart surgery in August 2002, is an avid golfer who spent the past five years as President of the Ladies Club at Mission Trails Country Club. She originally volunteered to share her knowledge of organizing golf tournaments as a member of the Mountain Shadows Golf Committee.

She secured many golf prize donations, despite the fact that her involvement was limited due to an arm broken in July. Jo had hoped to play in the tourney, but

the injury limited her to volunteer duty—and she was seemingly all over the place as a registrar and a hole-in-one golf monitor.

On the day of the Golf Classic, she showed up bright and early, willing to do whatever was needed. Jo spent the day folding golf shirts, signing in golfers, and running multiple errands.

“By the end of the day she was pooped,” said daughter Toni Albright. “But she declared the MSSG Golf Tournament ‘one of the best she had ever been to’.” Jo also said, “the golfers got a lot of value for their entry fees.”

Mom looks forward to playing in next year's tournament. ■

Financials on Fall Golf Classic

Golf Classic chairman Robert Chakarian reports the following financial numbers on our 11th annual tourney, held Sept. 15 at the Bernardo Heights Country Club. Mountain Shadows Foundation pays a lot of bucks to put on a great show for the golfers.

Total Revenue: \$59,435

Total Expenses: \$34,014

**Net Profit:
\$25,421**

Visit us on the web at
www.mountainshadows.ws



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