

## Welcome Andrea!

This spring we are partnering with United Way and 501 Commons to host a Volunteer Impact Partnership Manager. We are lucky to welcome Andrea, who is working with us to build our volunteer recruitment, engagement and training program. Our volunteers are core to our work and we want to make sure we support them in their important work. Thanks **United Way** and **501 Commons** for providing us with this wonderful opportunity!

## Apply to Join our Board!

Are you passionate about giving the people in your community a sense of dignity and hope? Would you like to help alleviate the effects of hunger, homelessness and addiction by providing community-based social services to those in need?

**If you or anyone you know is interested, we hope you'll consider applying to join the ICS Board of Directors!**

## Join us for the 4TH ANNUAL PUTT PUTT TOURNAMENT

**Saturday, June 8th  
2-6 PM | Interbay Golf Course**

**Interested in ...  
...being a Team Captain? ...playing on a team? ...sponsoring a hole?**  
Email [info@icsseattle.org](mailto:info@icsseattle.org) or visit [www.icsseattle.org](http://www.icsseattle.org) to learn more!



### LEGACY GIVING

Have you thought about leaving a gift to ICS in your will? Please consider supporting our work in this very special way. Your legacy will help care for the hungry, homeless and vulnerable. If you have already done this, please let us know. If you would like to explore this further...we can help! Please contact Shawna McMahon for more information: [shawna@icsseattle.org](mailto:shawna@icsseattle.org)

### Employee Giving Funds

Did you know ICS is part of the *King County Employee Giving Fund*? We participate through a food bank cooperative and get a portion of what is given to the group. BUT...anyone working for King County can **designate to ICS directly!!**

This is true for ALL workplace campaigns!  
So, if you have one at your work, think ICS!



*Our mission is to alleviate the effects of poverty, hunger, homelessness and addiction by providing community-based social services to those in need.*



## Meet Bobby: Mentor & Friend

*I'm right where I need to be...*

Bobby lost both parents when he was young and lived with different family members who didn't treat him well. By the age of 10, he was drinking and by the age of 16 he had graduated to major crimes like stealing cars.

Because of his adolescent crime spree, he went to prison – serving 18 years in three different states. Bobby shares that he “knew right then that I had to do something different. Prison kind of broke me right there but I still had two stretches to do.” So he kept his head down and got involved in service.

When he got out of prison, he joined a carnival and eventually managed it as it traveled around the country. He really liked the carnival and the responsibility but still struggled with drinking. He tried treatment a few times but life on the road and being in a carnival made it hard to stay sober; he always drank again.

Bobby retired from the carnival after 25 years and headed to Seattle. Not long after arriving, he found himself at Harborview with a gunshot over a \$50 disagreement in a pool game. It was there that Bobby met a friend who convinced him to go to an AA meeting where he met one of the residents of our shelter who told him about ICS. Exhausted and worn out, Bobby finally found his way to the ICS Recovery Shelter.

Bobby says he never intended to stay in Seattle but things happen for the best and he is where he needs to be. He is now 10 months sober and is preparing to move into his own apartment. He is a senior member of the house and finds a lot of satisfaction acting as mentor & friend to his housemates, many of whom turn to him for advice and support. Every week at house meeting he tells them, “Don't give up on yourself. You're worth more than that.” We think you are right where you need to be, too, Bobby!

**Don't give up  
on yourself!  
You're worth  
more than  
that!**

## Spring 2019

[info@icsseattle.org](mailto:info@icsseattle.org)

~

206-622-1930

~

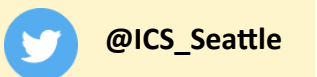
[www.icsseattle.org](http://www.icsseattle.org)

~

1215 Thomas St.

Seattle, WA 98109

Connect with  
us on Social  
Media!



**Don't forget to  
join us for the  
4TH ANNUAL  
PUTT PUTT  
TOURNAMENT!**

**Read more on  
page 4!**





## Letter from the Executive Director...

Hopefulness and Optimism...

Sometimes it's really hard to see. The last few months we've seen more and more negative stories about people in our community who are experiencing poverty, homelessness and hunger. Some people get so angry and only see the person who appears to be homeless sitting or sleeping on the streets, asking for money on off-ramps, in camps or on TV with garbage & needles.

But I see the beautiful humans who stand behind me ready to come to my defense anytime someone in the neighborhood is aggressive or rude to me. I see the folks in our Hygiene Center who asked for fliers when my dog Sophie went missing (while I was out of town) and took the fliers around the city to several homeless encampments looking for her. I see the Recovery Shelter residents who work so hard all day every day to overcome their addictions to drugs/alcohol and then I see them come back to the shelter and help shovel snow, serve food, work at the Food Bank or stuff envelopes. I see the 12 men who commenced last month and the four men who have moved into their own apartments this month! I see the people who felt invisible or hated for so many years and when treated with a bit of kindness & compassion, they find the courage and strength to build a new life for themselves....and then come back to ICS to serve others! There may not seem to be a lot of hopefulness and optimism around but just stop by ICS and we'll share some of ours!

In Peace and Hopefulness, *Shawna*



ICS Executive Director, Shawna McMahon (left), met with Secretary Hillary Clinton, Washington Senators Claire Wilson & Mona Das and other women in leadership from around the region earlier this month.

Secretary Clinton encouraged us to remain optimistic and hopeful: "Be part of something bigger than yourselves. There are a lot of good things happening that just don't make the headlines. Be willing to stake your claim on making a difference!"

## Commencement Celebration!



This April we celebrated one of the largest commencements that Immanuel Community Services has ever seen! Twelve of our Recovery Program Shelter residents commenced from their Intensive Outpatient Treatment Program at the Matt Talbot Center. Two residents, Jeremy and Jake, graduated from the year-long program.

When men graduate from the program, they have the opportunity to speak back to the community. Jeremy and Jake gave

heartfelt speeches, thanking those that have helped them, reflecting on their darkest times and ultimately looking to the future with positivity and hope. We are so proud of each one of them – and the incredible strides that they take each day for recovery. Thanks to supporters like you, these men find a safe, warm, comforting place to stay while they work to overcome their addictions.



Such a great day had to be celebrated with an Ice Cream Party!

## Needs List

We are looking for specific donated items, including:

- New pillows for the shelter
- Storage bins for our Recovery Shelter residents (contact Mariel or Shawna for specific sizes)

## GIVEBIG 2019!

Thank you for GivingBig for over \$13,600!!

Your GiveBIG donations will provide funding for a full-time service member who will provide case management and client support to our guests. This one-on-one compassionate support is the only way that these folks can get off the streets and hope for a new life for themselves. Thanks to your support we can now deepen our services and address the long term issues our clients struggle with, creating a path out of poverty, homelessness, hunger and addiction.



## Volunteer Appreciation

We celebrated our amazing volunteers this April, in honor of National Volunteer Appreciation Month. At ICS, volunteers are critical to our programs and the community we serve. In 2019 so far, volunteers have donated over 1,000



hours of their time by providing warm, nutritious meals for our Hygiene Center, & Community Lunches, bags of fresh produce for our Food Bank guests and an overall welcoming environment for our clients. We honored them at a Volunteer Appreciation Party, where we played games, gave out prizes and enjoyed a delicious BBQ meal. It was fun for everyone! We love our volunteers!!



## Cooking Matters

This spring we teamed-up with Solid Ground to host a six-week **Cooking Matters** class for the residents of our Recovery Program Shelter! Each Tuesday, a team of volunteers taught our guys how to cook on a budget, healthy eating and handy cooking tricks & tips. Some favorite moments from this year's cooking class were: learning how to peel ginger with a spoon, visiting the grocery store to practice healthy shopping on a budget, cooking stir fried rice and a pizza-making competition. The guys had a really great time!

