

Because of You

What Did You Do Today?

And so the dinner time conversation begins. We talk about the meetings, the errands, the workout, the story we heard on NPR, the funny video someone posted on Facebook. For most of us, the report doesn't vary much from day to day.

But if you are one of over 1,500 donors to VA Puget Sound Fisher House, you can answer the "what did you do today" question with all sorts of stories. You scooped ice cream for "Banana Split Day" and gave two hours of chair massage to tired, tight necks and shoulders. You gave little Carly crayons and Legos to keep her entertained while her mommy is visiting grandpa. You tended the produce garden, abundant with strawberries and lettuce, to make Vicky's lunch. You shaped what used to be lawn into a verdant, private space where Beth can listen to the breeze in the leaves and the calming music of the fountain. You took some tired Veteran families out to dinner. You made a trip to Costco, laundered over one hundred pounds of linens, and bought three new DVD players. You made an overwhelmed wife laugh. You comforted a frightened husband. You delivered the Friday donuts, created a taco buffet, and baked some crème de menthe brownies. In short, every day your financial gifts directly touch the lives of our Veteran and military families. You provide peace and respite to an average of 50 families a month, families who might otherwise not be able to be near their patient. But because you care, they have a home.

What did you do today? You changed a life.

Thank you.



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By the Numbers

- Over 5,300 families served since opening
- Estimated savings to families: over \$9.3 million
- Number of volunteer hours logged since opening: over 10,500
- Estimated number of cup-cakes consumed at our birthday party: 180

Friends of VA Puget Sound Fisher House

Our mission is to ease the burden on our Veterans and their families during difficult times. The Friends, a 501(c)(3) non-profit, work to raise funds and awareness in support of the VA Puget Sound Fisher House. We are grateful for your partnership with us!

Officers:

Chris Blackman, President

Mike Winkler, Vice President

Roxane Rusch, Secretary

Directors:

Cathy Dickson

Gail Eck

Melanie Kreizis

Holly Krejci

Pat Norikane Logerwell

Victoria Roberts

Lorraine Thomas, Development Director

Keep in touch. Stay informed.
Follow our digital footprint!



And we're always @
www.fisherhousevaps.org

Friends Talk

Are you a Hero? ...a person who is admired for great acts or fine qualities used for the greater good instead of for themselves? If you are reading this, the chances are good that you are! Each day at the Fisher House there are Veteran families who would say you are their heroes. They have given so much already standing by their loved ones as they served our country and protected us all. Your support allows them to persevere through the continued challenges of each day, spend cherished moments with loved ones in the hospital, and feel safe and comfortable in their "home away from home." You may not get to meet these Veteran family members, but you are their heroes, all the same. Fall is a time for reflection and renewal. As Veteran's Day approaches we can all think of reasons to be grateful for our Veterans and their families. My rewarding experience as a Board Member of the Friends of VA Puget Sound Fisher House the past ten years has left me humbled and passionate about the work that goes on each day at the VA Puget Sound Fisher House. Your support has done so much good. Each guest experiences a soothing, caring haven at the House which extends to the gardens that help to heal and restore the spirits of young and old. The many programs at the

House offer a respite from long days at the hospital.

This is just one expression of gratitude out of thousands that have come from guests at the House: "I will never forget the kindness and love at Fisher House. I was blessed to be able to stay in Seattle, close to my son during his illness. I learned to count my blessings instead of my troubles." So hooray for our "Heroes!" We appreciate each and every one of you. Thank you on behalf of all the Veteran families. I am stepping down from the Board but I will continue to help in the wonderful Healing Gardens that your support helped to build. Please join me in continuing to support the VA Puget Sound Fisher House.



Pat Norikane-Logerwell

Director

Big Checks, Big Thank You

Basic program costs for VA Puget Sound Fisher House run around \$6,000 a month. Our faithful base of supporters make sure those program needs are met. But as you can imagine, running a large house with a revolving door of guests can also be very costly. While the VA owns the House, the truth is that the Friends can respond much more quickly to needs. It's our belief that, if we have the resources, the Friends can step in to repair a refrigerator or paint a room, leaving the VA to focus on their main job of providing health care to our Veterans. We are able to do this because of tremendous community partners and we are very grateful.

In July VA Puget Sound Fisher House received a gift of \$10,000 from the Boeing Employee Credit Union (BECU) "People Helping People" awards program. Past President Pat Norikane Logerwell and current President Chris Blackman were on hand to share more about the Fisher House program and receive the check.



Chris and Pat accept the Community Benefit award of \$10,000 from BECU

The 2016 Proliance Surgeons Foundation Golf Tournament netted an incredible \$50,000 for Puget Sound Fisher House, twice what was raised in 2015! Thanks to all the golfers and the folks at Proliance Surgeons Foundation and main tournament sponsor Kibble and Prentice for their compassion for Veteran families. You exemplify community service.

Fisher House guests become a part of our local community during their time in the House. The generosity of our donors and community partners ensure they feel welcome. Thank you!

Board Blurbs

Thank You, Pat!

Pat Norikane Logerwell has served on the Board of Directors since 2006. Since the inception of the Friends of VA Puget Sound Fisher House she has devoted countless hours of time in support of the House and the families it serves. During her tenure Pat served as Secretary and President. Among her many accomplishments, Pat was instrumental in the creation of the award-winning Healing Gardens that surround the House. Pat's can-do attitude, bright spirit, and deep love for Veteran families have inspired us all. We wish Pat all the best as she steps down from the board and are grateful that she'll still be around, helping in the beautiful gardens.



Manager's Musings

From a Guest

"I never expected to find such a beautiful home. The garden walk every evening gave me the strength to go to the hospital every day and give my husband the support he needed. The nightly gathering in that beautiful kitchen to share our stories gave me the feeling of security and being part of a happy family. Thank you to all who made this possible for all people in need."

-Kaethe B., Great Falls, MT

Zachary's Corner



Fun Bear Fact: Zachary Bear loves school and is very proud of his new backpack.

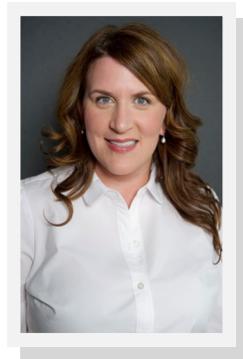
I love fall. Boots. Scarves. Pumpkin Spice (you can put that on EVERYTHING). Crisp weather. Crunchy leaves. School days. Trapper Keepers (I've just dated myself).

I mean, summer is great. Early sunrises with late sunsets. Seeing Mt. Rainier ALL the time. Splashing around on the Sound. But there is something about the fall that slows everything down. More planned dinners with family and more time in the kitchen. Because really, how fun is the kitchen in the summer? It's just pretty sweaty.

Today was one of those great fall days for kitchen time at the Fisher House. As part of the annual United Way Day of Caring, we had 18 PEMCO insurance volunteers at the Fisher House working in our garden, sprucing up the interior of the house and...IN THE KITCHEN! They started in chopping, grating, and stirring up a fabulous lunch first thing this morning. Guests and volunteers were chatting it up over preparation of a fantastic meal (pork loin, orzo, vegetables and brownies to be exact). The weather outside perfect for a kitchen day; crisp and a little rainy (sorry gardeners). Around noon, the

dining room was full of families noshing and sharing and laughing. The whole house still smells fantastic. And, there are plenty of leftovers if you're hungry.

So, that's why I love fall. More good meals. More good talks. Delicious kitchen smells. And not so sweaty. Happy Autumn, everyone. I'm gonna make like a tree and leaf.



*Stephanie Toepp
Fisher House Manager*

Hero's Rock. Literally.

Hero's Rock is a nonprofit organization that hand-crafts rocking horses in honor of fallen service members. They are currently touring the US, delivering these beautiful rocking horses to Fisher Houses. VA Puget Sound is now home to Kenny, a proud pony in memory of LCpl Kenneth Cochran who sacrificed his life in Afghanistan. We were honored to have LCpl Cochran's mom, Julie, and aunt, Allyson, in attendance at the presentation. Kenny now proudly sits in the play area of the living room, waiting to be loved by the little ones who come to Fisher House to stay. Thank you, Hero's Rock, for your caring hearts and beautiful memorials.



House Scrapbook:



Julie and Allyson with Kenny, the patriotic pony.



The pumpkins should be ready by Halloween!



Yay!!! Fisher House is 8 years old!

“Fisher House gave me a feeling of security and being part of a happy family. “



Lemonade and cupcakes? Must be a birthday party!



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Combined Fund Drive# 1480897
Combined Federal Campaign# 45650
King County Employee Giving# 9504

VA Puget Sound Fisher House—because a family's love is good medicine

Name: _____
Address: _____
City: _____ State _____ Zip _____
Email: _____

Enclosed is my donation for \$ _____

Please make checks payable to: Friends of VA Puget Sound Fisher House

This gift is in honor of : _____

This gift is in memory of: _____

This gift is anonymous. Please do not list my name in any published texts.

My employer will match my donation. Company _____

I was a guest of VA Puget Sound Fisher House.

I would like to make a recurring gift using a Visa or Mastercard. Please call me at _____.

Please mail checks to Friends of VA Puget Sound Fisher House, PO Box 18253, Seattle, Washington, 98118.



If you would like us to notify someone that you have made an honorary or memorial gift, please provide the name(s) and address(es) so we can send them a note:

You may also give online. Visit www.fisherhousevaps.org and click on the "Donate" button.