

## Board of Directors Impact A Testament to Lifehouse Innovation

Stephen Meeker has been involved with the organization since 2007 and just completed three years as Chair of the Lifehouse Board of Directors to get us through COVID. As a Lifehouse parent and Board member, Steve is instrumental in helping Lifehouse stay true to our mission supporting people with intellectual and developmental disabilities (I/DD) and adapting to meet the ever-changing needs of this community. Steve's daughter, Anne, has been supported by Lifehouse since 2007, living in a Supported Living home. When Anne was later diagnosed with Prader Willi Syndrome (PWS), it was clear that her needs were different than the other residents of the Supported Living home. PWS is a genetic multi-system disorder characterized by cognitive impairment, an intense persistent sensation of hunger, and other emotional and physical disabilities. With the help of Steve, Lifehouse developed a program that addresses the very specific needs of individuals with PWS.

Steve's knowledge of PWS and his community network helped Lifehouse find opportunities to develop this new program. He is on the Board at Prader Willi Homes of California (PWHC), an organization dedicated to creating state-of-the-art residential centers in the Bay Area for people with PWS. Steve reports that there are approximately 2,600 people in California with PWS and only enough licensed homes to support 105 adults. The need for these services is great, as PWS is complex and requires constant vigilance. This statistic highlights a need in California, so Nancy Dow Moody, President & CEO of Lifehouse, and Steve and Kathleen Meeker toured group homes in Massachusetts specializing in PWS care. The features of the home cater to specific needs, such as restricting access to a kitchen so that individuals are supported in limiting their food intake. Most importantly, the staff at the group home are specifically trained to support the needs of individuals with PWS. A house has been purchased and is being renovated in Marin County by PWHC that will support four individuals with this syndrome, and Lifehouse will provide the trained staff to support these individuals.

Innovation is what makes Lifehouse great. We appreciate the support of people like Steve who use their resources to help Lifehouse look for solutions to make things better for people with I/DD. The design of a home specifically for people with PWS is a testament to our desire to fill the gap in services needed in the community. We are very excited about this new program.

### What is Prader Willi Syndrome (PWS)?

PWS is a genetic multi-system disorder characterized by cognitive impairment, an intense persistent sensation of hunger, and other emotional and physical disabilities, resulting from an abnormality on the 15th chromosome.

### How common is PWS?

Given the incident rate of one in every 12,000 – 15,000 people, there are approximately 20,000 – 25,000 people in the US who have PWS. Unfortunately, approximately 65% of these are not known to the national organization and therefore are probably not receiving necessary support and services.

### What is the treatment for PWS?

Behavior therapy helps manage the behavioral aspects of the syndrome, and proper food security helps manage weight.

[pwcf.org/what-is-prader-will-syndrome](http://pwcf.org/what-is-prader-will-syndrome)





Dear Friends,

As Lifehouse continues to respond to the growing need for support in our community, the need for fundraising support increases as well. We utilize our fundraising money to pay competitive wages as well as maintain affordable homes and apartments. Currently, Lifehouse employs 500 staff, supports 370 clients, and our budget is projected to be \$35M for FY22-23. This growth attests to the commitment that Lifehouse has to our mission, which is to provide quality support for people with I/DD and offer the opportunity to lead a full life. Recovering from the global pandemic, a crisis that has disproportionately affected the lives of people with I/DD, Lifehouse now needs to reposition ourselves to be ready for the future and be a leader in the field.

Lifehouse is currently embarking on a five year Strategic Plan. The Strategic Plan involves the efforts of the Lifehouse Leadership Team, the Board of Directors, as well as Facilitator Steve Hoffman who has worked with Lifehouse for many years, and CVNL Leadership, Linda Jacobs and Tom Hayashi. Meeting as a group, we are brainstorming goals for financial resources, infrastructure upgrades, program innovation, board development, and agency leadership. The goals developed for each of these initiatives will enable Lifehouse to move forward to address challenges while maintaining our core strength of providing support for people with I/DD to live independently in the community.

As we look to the future to maintain our capacity and resilience to respond to the ever-changing needs of the community, we rely, more than ever, on our community of generous supporters. The reimbursement rate for services does not cover the cost of wages, medical, vacation, sick benefits, retirement, and mileage! We have lowered our rent/mortgage payment; however G&A (General & Administration) and payroll have all increased. Our supporters play a crucial role in helping Lifehouse and our staff maintain quality support and stay true to our mission. Now with inflation, the costs of providing services in the Bay Area continue to rise, and additional funds are needed to close the growing gap between revenue and expenses. I hope you will think of Lifehouse when you make your philanthropic plans to help ensure that the people we support continue to have the opportunity for a full life. Please remember that any amount is appreciated and makes a difference. I encourage you to donate now to ensure a quality life for the most vulnerable members of our community.

Warmest wishes,

Nancy Dow Moody  
President & CEO

## Board of Directors

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# The Lifehouse Team

## Welcome



**Katherine  
Petcavich**  
Vice President of  
Human Resources

We would like to welcome Katherine Petcavich (Katie) to the Lifehouse Leadership Team as the new Vice President of Human Resources. Katie has over 20 years of experience in building successful HR infrastructures that support organizations and their employees.

Katie brings a depth of experience in HR from her ten years as Vice President of Human Resources at Guide Dogs for the Blind and nine years as Human Resources Director at the Dominicans in San Rafael. Throughout her career, Katie has leveraged her long-term strategic hands-on approach and relationship-building skills to implement a successful framework of support.

Katie is a graduate of the University of the Pacific in Stockton, CA achieving a B.F.A. in Commercial Art, with a Graphic Design emphasis. She holds certifications in SPHR, SHRM-SCP, HRCI and OSHA, distinguishing her as an expert in the HR field, with proven levels of skills and knowledge in all HR disciplines, and for understanding business issues beyond the HR function.



**Timothy Montgomery**  
QIDP/Administrator of  
ICF Homes

Joining Lifehouse as the QIDP/Administrator of Intermediate Care Facilities (ICF) homes, Timothy Montgomery (TJ) brings more than 15 years of experience providing person-centered services to adults and children with I/DD. Having served in direct treatment and leadership capacities across a number of states, TJ has always endeavored to support the well-being and inclusion of service recipients and students in residential treatment programs, community-based support programs, in-home therapy delivery, and public and non-public school settings. Originally from the Chicago area, TJ and his family have greatly enjoyed exploring California from their home base in San Rafael. He is very excited to offer his own contribution to Lifehouse's deep tradition of compassionate support for the people we serve.

## Promotions

Congratulations to Viola, Ann, Joy, Malcolm, and Jennifer on their well-deserved promotions!



**Viola Morris**  
Chief Finance  
Officer



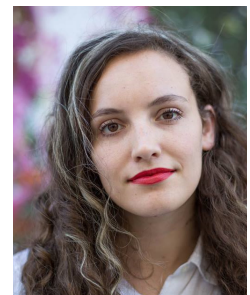
**Ann Elias**  
Chief Development  
Officer



**Joy Harris**  
HR Generalist



**Malcolm Daniels**  
HR Generalist



**Jennifer Waight**  
Development &  
Marketing Manager

# The Evolution of Lifehouse

## The Story of a Name

In 2002, Nancy Branigan, a former Lifehouse Board member, facilitated a donation for Lifehouse to receive a name and logo rebranding from Landor, a design firm in San Francisco. MARC (Marin Association for Retarded Citizens), as we were known at the time, did not reflect what we wanted the organization to look like going forward. The existing name restricted our geographical scope in providing services and held a term that should no longer be used to describe people with I/DD.

According to Landor, the role of a name not only communicates the function of an organization and differentiates it from others, but also tells a story. We knew that we wanted our new name to be flexible enough to support a broad range of services based on evolving community needs. We also wanted the name to reflect warmth, friendliness, optimism, and be compatible with the emotional attributes of security, empowerment, growth and independence. After three finalist names were developed by Landor, the team ran a preliminary trademark screening for any potential conflicts in registered trademarks.

The finalists were presented to the Board, and after much discussion, the name "Lifehouse" was chosen. According to Landor, the name Lifehouse reflects a metaphor for "aiding navigation", and "life" evokes optimism and positivity and "house" evokes security, comfort, and warmth. These attributes are the guiding principles of Lifehouse, and we are proud to make this the cornerstone of our mission in supporting people with I/DD in having the opportunity to live independently and to their fullest potential.

### Old Logo & Name



#### Marin Association for Retarded Citizens

While straightforward, this name is less flexible, long, and most importantly, it does not reflect the dignity of people with I/DD.

### New Logo & Name

The new name of "**Lifehouse**" reflects warmth, friendliness, optimism, and is compatible with the emotional attributes of security, empowerment, growth and independence. Most importantly, it reflects the dignity that people with I/DD deserve.



lifehouse



## Community Support



# Golfing for Lifehouse

Lifehouse Board member Eric Aanes' daughter, Sophie Aanes, aged 16, organized a day of golf to fundraise for Lifehouse. She has played a lot of golf in her young lifetime and is gearing up for her second year at IMG Golf Academy in Florida.

On Monday, August 22, 2022, Sophie teed up to play 100 Holes of Golf in one day at the Meadow Club in Fairfax, CA. She raised **\$18,576** for Lifehouse!

Sophie has been familiar with Lifehouse most of her life and has attended some events with her parents. Her father, Eric, has been on the Lifehouse Board of Directors for many years and is a longtime supporter. While attending Marin Catholic in 2020, Sophie volunteered at Lifehouse for several months. Thank you to this talented young lady for her support of Lifehouse!

# All American Printing

This newsletter is made possible by All-American Printing Services Inc, a generous supporter of Lifehouse. When we need something printed, All-American Printing is there for us.

All-American Printing is also a longtime supporter of Lifehouse's Great Chefs & Wineries. For this annual fundraiser, they print all our invitations and programs with amazing quality. We trust their services and always look forward to working on projects together.

A local business based in Petaluma, All-American Printing stands out in both their customer service and product quality. We are so grateful for our partnership with the team at All American Printing.

# Great Chefs & Wineries

2022



Sushi Ran



Peju Province Winery



Lifeshouse Performers w/ Huey Dow Moody, Bud E. Luv



Greg Miller & Marsha Treadwell



Copita Spring Ceviche



Ann Elias, Sid Sall, Nancy Dow, Heidi Krahling



Robert Sall, Deborah Gray, D



John & Lisa Geisse



Merry Edwards Sommelier C. Brown Uzoechi

- hosts**
- Honorary Chairman** Huey Lewis
  - Master of Ceremonies** Betty Yu, KPIX
  - Culinary Host** Heidi Krahling
  - Auctioneer** Damon Casatico
  - Musical Guest** Jefferson Starship

- restaurants**
- Copita Tequileria y Comida Il Davide
  - Insalata's
  - Left Bank Brasserie
  - Marinitas
  - Mersea
  - The Clubhouse at Peacock Gap
  - Peju Province Winery
  - Perkins Catering Co
  - Perry's Restaurants
  - Piazza D'Angelo
  - Poggio Trattoria
  - Rickey's
  - Sam's Anchor Cafe
  - Sushi Ran

- libations**
- Red Whale Coffee Bar
  - Republic of Tea
  - State Room Brewery
  - Alamere Spirits
  - King Floyd's Provisions
  - Martinis by Jeff
  - "The Barfly" Burkhart

- dining room**
- Rustic Bakery
  - Ital Foods
  - Red Whale Coffee
  - Fiorello's Gelato Bar

- bubbles**
- Schramsberg Winery

- wineries**
- Brooks Note Winery
  - Dutton Goldfield Winery
  - Freeman Vineyard & Winery
  - Grgich Hills Estate
  - HALL, WALT, BACA Wines
  - Kanzler Family Vineyards
  - Keenan Winery
  - Kendric Vineyards
  - Kosta Browne Winery
  - Linked Vineyards

- Merry Edwards Winery
- Papapietro Perry Winery
- Peju Province Winery
- Pride Mountain Vineyards
- Ron Rubin Winery
- Schweiger Vineyards
- Silver Oak & Twomey Cellars
- Thirty-Seven Wines
- William Harrison Vineyards & Winery
- Wines That Deliver
- ZD Wines





Lewis, CEO Nancy



ell, Lifehouse Board



w Moody,



rothy Sall

## Schweiger Vineyards & Winery

Schweiger Vineyards & Winery has been a longtime Lifehouse supporter, with 2022 being their 8th year as a participant. This year, Schweiger donated a 24 year vertical, a bottle of every vintage released of Schweiger's cabernet sauvignon until now! Well known for their award winning cabernets, Schweiger has been family owned and operated since the early 1960s.

## Sushi Ran

This year, Sushi Ran marks their 20th year participating at Great Chefs & Wineries. They have also generously donated to the auction throughout the years. Sushi Ran has been recognized by Michelin, Zagat, and many others over the past 36 years. Thank you Sushi Ran for your continued support.

## Auction Donations Valued Over \$1000

- |  |  |
|--|--|
| <b>Damon Casatico</b>                        | <b>Kosta Browne Winery</b>                 |
| Nicholas Coley                               | Gabby Mauch                                |
| <b>Copita Tequileria y Comida</b>            | <b>Merry Edwards Winery</b>                |
| Glenn & Susan Dizon                          | John Newman                                |
| <b>Nancy Foss</b>                            | <b>Karen &amp; Mike Obley</b>              |
| Four Seasons Resort & Residences Napa Valley | Poggio Trattoria                           |
| <b>Good Pharma</b>                           | <b>Rio Crest Winery</b>                    |
| Bruce Gribens                                | Rolling Hills Club                         |
| <b>Allan and Nancy Herzog</b>                | <b>Gail Rowe</b>                           |
| Il Davide                                    | Schweiger Vineyards                        |
| <b>Insalata's</b>                            | <b>Seager Gray Gallery &amp; Joan Baez</b> |
| Susan Jenkins                                | Silverado Resort & Spa                     |
| <b>Candace &amp; Don Kagin</b>               | <b>The Balanced Abode</b>                  |
| David & Noriko Kast                          | Viader Vineyards & Winery                  |

winery spotlight

restaurant spotlight

auction

**Diamond**  
**Brayton Purcell LLP**  
*Attorneys Helping People*

THIRTY-SEVEN  
WINES



**Music**

Allan & Nancy  
Herzog

Steve & Chris  
Wilsey

**Media**



Marin Independent Journal

**Preschool**

HELEN BRAME



**Platinum**

Doug & Erin  
Clough Uesugi

**Decor**



**Print**



**Magazine**



**Editorial**

marin living.

**Bid Paddle**



**Sparkle**



## Gold Table Sponsors

The Coyne Family • Kaiser Permanente  
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Robert & Mary Wilsey  
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Sharon & Jim Sides in Memory of Al Merriam  
Mt. Tamalpais Cemetery & Mortuary

## Silver Table Sponsors

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Anoosh & Kija Mizany  
In Memory of John and Mary Kast

# New Date, New Venue

Great Chefs 2023

**Saturday, May 6, 2023**

The Craneway Pavillion on the Historic Richmond Waterfront  
1414 Harbor Way South at Ford Point  
Richmond, CA 94704



# A Full Life

“A Full Life” series is an on-going narrative throughout Lifehouse. The goal is to help the community discover the creativity, expression and confidence within each individual that Lifehouse supports.



## Meet Zach Weil

Zach began receiving support services from Lifehouse in January 2010 when he moved into an apartment with two roommates in the Supported Living Program (SLP). On his journey to seek more independence, he reached his goal of moving into his own apartment in 2020!

While Zach enjoys living alone because it allows him more freedom, he admits that it can be hard at times with tasks like cooking and using the stove, but he has been working with his direct support professionals on improving these skills. The colorful cookware from Ikea also keeps things fun while he navigates sharpening his culinary skills.

Health is important to Zach and right now he is focusing on eating healthy and keeping fit. He enjoys going to the Five Points Fitness gym and goes on walks and hikes with his family near his apartment in San Anselmo. Zach's interest in sports and dance also helps keep him in shape while allowing him to be out and about in the community. You can catch him at Special Olympics on the golf and softball teams or pulling off some killer dance moves at Love2Dance Studio and at the annual Lifehouse Great Chefs and Wineries event.

Dancing allows him to bond with some of his favorite pals, Amy and Kwame, who are also supported by Lifehouse. They all enjoy going to the movies, and their most recent pick was *Jurassic World: Dominion*. Sometimes, they even grab a bite to eat together!

Zach reflects on growing up with a disability, noticing that some people were not supportive of him as a person because of his disability. His advice to everyone is “try to better understand people with disabilities. Some people just need more help and that's okay!”. Lifehouse is proud to be able to play a part in helping Zach achieve his goal of independence.



# Final Phase of the Capital Campaign

## Pay off the Mortgage

Capital  
Campaign  
for a  
Permanent  
Home

# Home for Life

## The Impact

- Lifehouse has been compelled to move offices every 6 years due to increased lease costs and capacity needs
- Our monthly mortgage now costs less than our previous leased offices
- The Lifehouse building has over 3000 sq ft of additional office space
- Lifehouse now has a secure asset on its books and increased financial security
- In this permanent home, Lifehouse is now seen as an anchor in the community





# Great Expectations Preschool

## Fall Curriculum



Great Expectations Preschool started the new school year on August 18th with many new activities planned for the students. We have an amazing new special education teacher, Ilham Stropes, who is a great addition to the team. To continue our mission of fostering an inclusive environment for children of all abilities, Elizabeth Jones, Preschool Director, and her team will be attending trainings on Integrated Therapy. These trainings, which will happen throughout the fall, will help us learn more about combining General Education and Special Education in a collaborative space. This method integrates both curriculum so that all learners can benefit.

Our focus on friendship and community that comes from this inclusive model is at the core of our structure. The preschool has a new gardening program where the children plant seeds together. We now have pumpkins, corn, and other vegetables planted, which will be ready for harvest this fall. The children will harvest the vegetables together and learn about teamwork and community!



## What Makes Great Expectations Unique

Great Expectations is a play-based preschool. What does that mean? The children benefit from a mix of teaching and learning methods like those seen in Montessori, Piaget, Waldorf, Reggio, Emergent Curriculum, the Teaching Pyramid, Handwriting, and Creative Curriculum.

## Questions?

Elizabeth Jones, Preschool Director  
415.499.5892  
ejones@lifehouseagency.org  
greatexpectationsmarin.org



# In Memoriam Timothy John Martin

1958 - 2022



Tim Martin and Linda Stone



Tim Martin (center) at the Awards Banquet



Tim Martin (center) with other Lifeshouse residents

Timothy John Martin was a loving and caring individual. A man of many hobbies, he especially loved art and music. Tim loved music videos, particularly the Bee Gees, and in recent years, he loved watching "The Rocky Horror Picture Show"! He would listen to music videos over and over again until everyone around him knew the words by heart. He also loved to color mandalas with his prized colored markers.

Tim was a Lifeshouse resident for over 35 years. During

his time at Lifeshouse, he resided in a variety of Lifeshouse settings. He attended Marin Ventures weekly, where he loved the company of his friends and participating in art and music programs. During his time at Lifeshouse, his parents were very involved in the organization. His Dad was on the Board of Directors and was the impetus for starting the Lifeshouse endowment fund and was very involved in fundraising. Because of his activism in our community, we named an award category in his honor for our Annual Awards Banquet, the Charles L. Martin Award, which recognizes an individual with vision who has provided support to Lifeshouse over a number of years and has made an exceptional impact on our organization.

Tim was preceded in death by his longtime girlfriend Linda Stone, his parents Charles and Alice Martin, and his sister Suzanne. He is survived by his brother Robert and sister-in-law, nieces and a nephew, along with his great nieces and nephews. He will also be missed by his Martin and Mockabee cousins who played a big part in his life on holidays and Tahoe vacations. Tim will be greatly missed by all.

## The Lifeshouse Future Fund

Started by Tim Martin's dad, Charles L. Martin, the Lifeshouse Future Fund is an endowment fund that helps Lifeshouse maintain stability for the future. Endowments are assets set aside so it can grow over time as a result of income earned on interest on the invested funds.

Our belief is that the best way forward is to plan now for Lifeshouse's future together. **We would love for you to be a part of the Lifeshouse Future Fund to help us to plan confidently for the future.**

### Questions:

Ann Elias, Chief Development Officer, [aelias@lifeshouseagency.org](mailto:aelias@lifeshouseagency.org)

Nancy Dow Moody, President & CEO, [ndmoody@lifeshouseagency.org](mailto:ndmoody@lifeshouseagency.org)





18 Professional Center Pkwy  
San Rafael, CA 94903

# Save the Date

## Awards Banquet

November 4, 2022 at 6pm  
Embassy Suites, San Rafael

## Great Chefs 2023

May 6, 2023  
The Craneway Pavillion on the  
Historic Richmond Waterfront

# Leadership

**Nancy Dow Moody**  
President & CEO

**Timothy Evans**  
Vice President & COO

**Viola Morris**  
Chief Financial Officer

**Ann Elias**  
Chief Development Officer

**Katherine Petcavich**  
Vice President of Human Resources

**Kate O'Connor**  
Director of Programs & Operations

**Lisa Ann Carbone**  
Director of Programs & Operations

# A Sustainable Future

Your donation at this time is vital. Our sustainability as an organization depends on our generous community.

[lifehouseagency.org/donate](https://lifehouseagency.org/donate)

# Let's Get Social



@lifehouseagency

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