

# Cornerstone



www.MountainShadowsFoundation.org

Fall 2009

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# 17th Annual MSF Golf Tournament a True Classic

**Clas-sic** (kla-sik) *adjective*

- a. Belonging to the highest rank or class.
- b. Serving as the established model or standard.
- c. Having lasting significance or worth; enduring.

—MIRRIAM-WEBSTER DICTIONARY

The 17<sup>th</sup> Annual Mountain Shadows Foundation Classic Golf Tournament was truly a classic in every sense of the word. Held on October 2, 2009, at the Maderas Golf Club, San Diego's top-rated golf course, the Classic remains one of San Diego's premiere charity golf events, setting the standard of excellence for a memorable and meaningful golfing experience that will have a lasting impact on the lives of 238 Mountain Shadows residents and consumers.

"Our thanks go out to all of the golfers who participated in the Classic this year," says Wade Wilde, Executive Director, MSSG/MSF. "The tournament raised \$23,000 in a very difficult economic climate. We are so grateful to all of our generous sponsors at all levels for their support and to the Maderas Golf Club for hosting our event." Adds Stacy Sullivan, Director of Operations, MSSG, "This year's Classic was a great success. All of the golfers had a lot of fun!"

"There were 76 golfers this year," says Fred Lindahl, Outreach Services Director. "This was our third year at the Maderas Golf Club. We started an hour earlier this year and the golfers really liked it. It allowed them to go home earlier to spend the evening with their families. Registration started at 10 a.m." Adds Toni Albright, Human Resources Director, MSSG, "At registration, all of the golfers were provided with booty bags that were loaded with fantastic gifts. The bags included shirts, jackets, sweatshirts, cigars, golf balls (donated by SanDiego.com), calendars (donated by Creative Printing), and healthy snacks (donated by Jenny Craig)."

"Following registration, there was a complimentary driving range from 10:00 a.m. to 11:30 a.m. and a \$10,000 Putting Contest was held at 11 a.m.," says Fred.

"The shot gun start took place at noon. The sky was slightly overcast throughout the afternoon, so it was a perfect day to play golf!"

"This year lunch was served out on the course," continues Toni. "The golfers really liked this. Lunch was provided again this year by Da Kines Hawaiian BBQ. The menu included chicken, rice, lumpia, and more! Everything was scrumptious. The

*(Please see CLASSIC on page 2)*



## ■ CLASSIC *(continued from page 1)*

folks at Da Kines always do a great job for us.”

“This year’s Classic could not have taken place without the loyal support of our tournament sponsors, Union Bank, Mountain View Services and Ron’s Pharmacy Services,” adds Fred. “These three companies have been there for us year after year with unbelievably generous funding. Equally as dedicated to helping Mountain Shadows are our Golden Flight Golfers. These devoted men have played in each and every one of our tournaments for the last 17 consecutive years! The Classic simply would not be the Classic without the Golden Flight lineup of Terry Trax, Don Vonk, Dick Marrs, Jerry Butcher, Dan Marrs and Dutch Perry.

“A first at this year’s tournament was having all three MSSG entities represented at the event. Folks from Mountain Shadows Outreach Services were there before the event selling raffle tickets and greeting the golfers. Residents from MSCH and MSSK were at the dinner, which allowed the golfers to meet and visit with the people they were supporting. Meeting and interacting with the residents is always one of the highpoints of the day for the golfers. Everyone loves the residents.”

“One of the main reasons this year’s event was so successful is that the Golf Committee did such an outstanding job,” says Stacy. “They were well-organized and worked hard. The Committee faced a big challenge this year with the economic situation and they really came through and did a great job!”

Adds Fred, “There were 15 members of the Golf Committee: Toni Albright, MSSG, Mary Ellen Alton, MEA Design Group, Terese Bittner, MSSG, Robert Chakarian, Chakarian



*Volunteers ready to sign in golfers*



*Golfers try their skills in putting contest*



*Golfers line up for shotgun start*

& Associates, CPA's, Doug Cook, Succession Planning Group, Shelly Dawson, MSSK, Arlene Galvan, MSCH, Carol Haskin, MSSG Board of Directors, Dick Marrs, Marrs, Maddocks & Associates, John Martindale, The OMNI Group, Erica Miller, MSCH, Sherry Robinet, Robinet Accounting Services, Lisa Shea, MSCH, Wade Wilde, Executive Director, MSSG/MSF, and myself.”

“The Committee worked for several months preparing for the tournament,”

says Toni. “The entire committee worked really hard prior to the event and especially on the day of the event to ensure everything ran smoothly.”

Adds Wade, “After a great day on the beautiful Maderas course, two golf teams earned top honors: The San Diego Regional Center team (Chris Hodge, Tom Scheer, Dan Clark, and Carlos Flores) won First Place Net, with a score of 57, and Team Considine & Considine (Don Vonk, Kevin Flaig, Russ Hatt, and Scott Learned) won First Place Gross with a score of 58.”

“The fun wasn’t over when the golfers had finished playing,” says Fred. “A social hour with live entertainment kicked off the evening’s festivities, followed by the awards dinner.” Adds Toni, “The theme for the evening was a Mexican fiesta, so the room was decorated very festively, with brightly colored tablecloths. A three-piece mariachi band, *Mariachi Fiesta Mexicana*, performed during social hour. Each table had handmade tissue paper topiaries.”

“The topiaries were made by Ana Rubio, Resident Trust Coordinator, MSCH, Cecilia Barrios, Residential Coordinator, MSCH, Gisela Balderas, Residential Coordinator, MSCH, and myself,” says Arlene Galvan, QMRP, MSCH. “MSSG residents

also supported the Classic by hand-painting 140 glass votives for all of the tables. Each of these unique votives included a personalized label, indicating who painted the piece and a fun fact about the artist. Each guest got to take a votive home with them.”

“The sponsors’ tables had fresh flower arrangements made from calla lilies and Birds of Paradise donated from Rolling Hills Ranch,” says Carol

*Please see CLASSIC on page 3*

## ■ CLASSIC *(continued from page 2)*

Haskin, MSSG Board Member. “Toni and the committee did a fabulous job on decorations. The room was so colorful and festive. Very creative! The candleholders made by residents really added a special touch.”

“We truly appreciate the generosity of all of our sponsors: Mary Ellen Alton, Lunch Sponsor; Marrs, Maddocks & Associates, Social Hour Sponsor; and David Erickson and Chris Meacham, Social Hour Margarita Sponsors,” added Wade.

“We also received donations this year from the MSSG families to help defray the costs of our banquet table favors, centerpieces, and tables,” says Fred. “For the first time, we offered family sponsorships in amounts ranging from \$25 to \$100. Not everyone can afford to donate \$500. Offering lower sponsorship amounts allowed the families to feel more of a connection with the event.”

“Also for the first time, four residents from Special Kids Homes attended the banquet: Marquez and Maurice Gonzalez, brothers, from Halbrook House, and Christopher Rodriguez and Daqan Strawder from Sheila Marie House,” says Shelly Dawson, Placement/Development Coordinator, MSSK. “They had a great time! They enjoyed the Mariachi music and Marquez even sang and danced in his wheelchair to the music. They met many of the golfers and the residents from MSCH. The boys were all very excited to be there. They loved all of the attention and the delicious Mexican food!” Adds Arlene, “Six residents from MSCH also attended the event: Frank from Birch House, Brian C. from Lemon, Debbie from Willow, Sally from Orange, and Tom and Joey from Pine House. They all had a great time!”

“Richard Shea was our Master of Ceremonies at the awards dinner,” says Toni. “He’s the husband of Lisa Shea, our Recreational Therapist. Richard and Lisa have been involved with Mountain Shadows for more

than 20 years.” Adds Carol, “Rich did a wonderful job as MC!”

“One very special moment during the banquet dinner was the tribute to Mary Lou Swarner,” says Fred. “In recognition of her long-time dedication to MSCH, she was presented with three hand-painted plates made by our residents. Mary Lou has been a supporter of MSCH since 1986! She volunteers at all of our events: Circus Day, the Golf Marathon, and the Fall Golf Classic. She’s also the community representative for the Human Rights Committee that meets quarterly.” Adds Carol, “It was wonderful to see Mary Lou get some much deserved recognition.”

“Another highlight of the evening was a special video presentation that featured our Mountain Shadows residents,” says Fred. “Todd Macintyre of American Idol, Season 8 fame, donated a song, *Sweet Dreams*, which he wrote, performed and produced for his album, *Somewhere Else*. The video, which highlighted Todd’s song, was very moving. Everyone loved it.”

“The Raffle Committee also did an outstanding job this year!” say Toni. “Carol Haskins, Lisa Shea, Erica Miller, and Arlene Galvan really got some amazing items to raffle off. Prizes included a one week stay in a condo in Puerto Vallarta which was donated by Rudy and Rita Galicia. Their son, Michael, lives in Jacaranda House. Neal Stehly from Marrs, Maddocks & Associates donated a stay in his Rancho Las Palmas condo. MSSG Board Member, John Martindale, donated condo stays in Solitude and Park City, Utah. A piece

of artwork was donated by Susan Weller. Her daughter, Kristen, lives in Willow House. Fred Lindahl donated a Jason Mraz concert package that included tickets to the sold-out San Diego Concert. MSSG Board Member, Jeff Mohnhaupt, donated four hours of computer consulting services. There were also trips to Disneyland, Hornblower Cruises, golf packages and more!

“We had a professional auctioneer, Joe Bradley, this year, and he was really fun. He really livened up the auction.”

“It was fun to be a part of such a great event,” says Arlene. “It was good to see so many people happy and having fun in support of our residents – after all, *they* are what it’s all about.”

Thanks to everyone who helped make this year’s Classic a success. We hope to see you all at next year’s tournament! ■



*Linda Cook and Nat Heard, 4th High Gross winners*



*Mary Lou Swarner is honored*

# Neville Knowles: A Mountain Shadows Hero

Neville Knowles will never forget the day he learned about Mountain Shadows. Doug Cook, then Mountain Shadows Foundation Director, had been coming into his family business, Escondido Reprographics, for some time. “I was excited. Doug was a new customer and he always wanted to have lots of color flyers printed. We print over 10,000 copies a day, so I never really take time to read each document that we print. I noticed the flyers were all about golf, but I didn’t read the entire flyer and really didn’t think much of it. I just thought, ‘Wow. He *really* likes golf!’ Then, one day, Doug came in and asked if I wanted to play in a golf tournament. When I said I wasn’t a golfer, he told me about Mountain Shadows and how the tournament helps the kids. I had no idea. On that day, I lost a client, and Mountain Shadows gained a lifelong supporter and friend.”

“Neville is really a Mountain Shadows hero,” says Doug. “He is very humble and always stays in the background. In fact, nobody else at Mountain Shadows has ever even met him. But he is one of our best supporters and has always been there to contribute banners, signs, color copies, color posters, golf tournament signage – anything and everything we need. He is a jewel.”

Neville’s father, Rupert Knowles, launched Escondido Reprographics as a family business in 1972. Today, Neville manages the day-to-day operations of the company. “We offer a full range of printing services, with expertise in wide format printing and full-color graphics,” says

Neville. “What makes us unique is our flat bed printing. We can print on anything that is flat. We’ve printed directly onto stone, metal and wood.

“When most people hear the term reprographics, they think of engineering and architectural drawings. We do much more than that. We’ve created 10-foot wide travertine murals for a residential home, 50-foot advertisement banners, 6-foot high letters used by high schools, and billboards.”

“Escondido Reprographics was the first reprographics company to use an online Planroom and other innovative online tools that have trail blazed the industry,” adds Doug. “Our Planroom streamlines the communication process for our construction clients by allowing online document publishing, management, ordering and distribution,” says Neville. “It makes the process fast and easy for all of our construction clients.”

Escondido Reprographics also offers:

- Black & white and full-color engineering and construction documents up to 36” wide
- Trade show and full-color graphics
- Full-color banners and rigid UV resistant signs
- Digital scanning and archiving in color or black and white
- Small format color or black and white printing
- Full service CNC router cutting
- High volume printing capacity of up to 30,000 square feet per hour

“In addition to running a thriving business, Neville is a dedicated family man,” says Doug. When not managing the business, Neville and his wife, Missy, along with their children, Rupert (RIP) and Roxy, enjoy spending time together outdoors. “In the summer we all go wakeboarding. In the winter we love to ride dirt bikes. We also like to go camping. We’re a very active family.

“One of my favorite quotes has always been: Why not go out on a limb? That’s where the fruit is.” We think these words are befitting of Neville. As an entrepreneur, as a loving husband and father, as a man who thrives on outdoor adventure, and as a loyal Mountain Shadows hero and friend, Neville has in many ways gone out on a limb for all of us – and we have all benefited from the fruits of his quiet, humble, and generous actions.

Thank you, Neville, and everyone at Escondido Reprographics, for all you have done to help Mountain Shadows and our residents. ■



*Wade Wilde thanks Neville Knowles for his generous support of Mountain Shadows Community Homes*

# Our Foundation of Success: The MSF Fall Classic Golf Tournament Sponsors

The Fall Classic Golf Tournament is the cornerstone fundraising event for Mountain Shadows Foundation (MSF). The mission of MSF is to provide the fiscal growth and stability necessary to support the residents of Mountain Shadows Community Homes (MSCH) and Mountain Shadows Special Kids Homes (MSSKH). Our three major tournament sponsors, Union Bank, Mountain View Services, and Ron's Pharmacy Services, were instrumental in making this year's Classic a stellar success.

We'd like to take a moment to introduce our Classic Golf Tournament sponsors:

## Mountain View Services: Making a Difference

Mountain View Services (MVS) was founded in 1988. Over the past 20 years, they've earned a reputation as the industry leader in providing groceries, personal care, cleaning and medical supplies to residential care facilities. Hal Karlin, President and CEO, joined MVS in 1991. "When I came on board, MVS was serving 84 homes," says Hal. Today, the company and its 30 employees serve more than 400 homes, with a base of over 2,400 clients. They have a fully stocked 24,000 square foot warehouse with over 3,000 products ready to supply the needs of their customers.

"MVS was built with a customer focus," says Hal. "Our mission is to help our clients save time and money. We're very service oriented." One example of the company's commitment to serving their clients is in the grocery supply division. MVS boasts a licensed dietary program that offers professional menu planning, in-service staff training, weekly, right to your



door, delivery of a full menu of foods, and the ability to satisfy the needs of clients with special dietary requirements. MVS also carries enteral nutritional products and feeding devices for clients with special medical nutritional needs.

The company's Med-Surg unit offers a full line of supplies and equipment for small residential homes, nursing homes and even hospitals. They provide wound care, urological, respiratory, incontinence, thermometry and skin care products. MVS's Supply Services Department stocks cleaning, personal hygiene, janitorial, office, and laundry supplies. Towels and linens, house wares, and appliances are available as well.

"Basically, we provide everything our clients need to successfully and efficiently run their homes and facilities," says Hal. "Service is what we are all about."

MVS's commitment to service doesn't stop at its client base. From its beginnings, MVS has advanced the ideals of corporate social responsibility. Their efforts reflect the belief that a successful company must be an active participant in society and give something back to the communities from which they draw their employees, their customers and their business.

One way the company has given back to our Mountain Shadows Community for the past 17 years is through its sponsorship of our annual golf tournaments. "Mountain View Services has been extremely generous to Mountain Shadows over the years," says Wade Wilde, Executive Director, MSF/MSSG. "Not only do they provide our day-to-day food and supplies, but they come through each and every year with very substantial sponsorship donations for the Golf Tournament and additionally volunteer their time to work at the

tournaments. We have a strong relationship with the folks at MVS. I don't know what we'd do without them."

"It's a privilege to be involved with Mountain Shadows," says Hal. "The entire staff is so easy to work with and the residents are amazing. We've really enjoyed our relationship over the years. The Golf Tournament is always well run. It just gets better and better each year! We always have a good time at the event. Helping Mountain Shadows residents makes us happy. It's one small way we can make a difference."

## Union Bank of California: Fostering a Commitment to Community

Union Bank of California



(UBOC) was founded more than 130 years ago with a vision of providing comprehensive financial services to individuals and businesses. Today, UBOC is one of the 25 largest banks, based on assets, in the nation. Headquartered in San Francisco, the bank has 330 branches and more than 10,000 employees.

"Union Bank of California is committed to helping organizations that make a positive impact on the community," says Erin Patterson, Vice President & Relationship Manager at UBOC. "We value our relationship with Mountain Shadows."

UBOC established the Union Bank of California Foundation in 1953 with a mission of helping to meet the needs of the communities it serves. The Foundation funds donations and sponsorships for a broad range of charitable organizations. In 2007, the bank's charitable investments totaled \$14.5 million.

*Please see SPONSORS on page 6*

## ■ SPONSORS *(continued from page 5)*

“The Foundation has provided sponsorships to Mountain Shadows for the past six years,” says Erin. “Union Bank of California has been a loyal supporter of Mountain Shadows and the Golf Tournament over the years,” says Wade Wilde, Executive Director, MSF/MSSG. “They have donated \$40,000 to Mountain Shadows since 2003. We greatly appreciate their generosity and are thankful for the strong partnership we have built together.”

As Vice President & Relationship Manager, Erin oversees a portfolio of 120 clients. She is the point-of-contact with Mountain Shadows. Erin played in the Golf Classic for the first time last year. “It was a great experience,” says Erin. “The tournament was very well put together. The course was fantastic. The Awards Dinner was wonderful. I was particularly touched by the residents’ stories and the video that was played during dinner. It was also moving to be introduced to several of the residents at the dinner.”

Union Bank of California is proud of its commitment to helping the communities it serves. The bank has been recognized for its achievements in this area many times. A few of the awards they have received include:

- Ranked #10 in Corporate Philanthropy in the Greater Bay Area in the San Francisco Business Times – July 2007
- Named “Community Partner of the Year” by the San Diego River Foundation – September 2007
- Received California State Senate Certificate of Recognition, Neighborhood Pride Day – June 2007
- Recognized as Philanthropic Company of the Year by San Diego Magazine – November 2006

“Union Bank appreciates our long-standing relationship with Mountain Shadows both as a customer and as a non-profit organization doing good for the community. We are very thankful to have the opportunity to support

Mountain Shadows in their efforts.”

### Ron’s Pharmacy Services – Where Service is an Attitude

Ron Belville,  
Pharm. D.,  
founded Ron’s  
Pharmacy



Services (RPS) in 1981. Today, RPS is an industry leader, with more than 150 employees serving San Diego, Los Angeles, Orange and Riverside Counties.

“RPS specializes in serving the needs of children in hospital and residential care facilities,” says Ron. “We’re proud of the fact that we’re a local, family-owned business. We’re a company of *real* people, not an impersonal corporation. We are available 24 hours a day, 7 days a week to help our clients – and real people always answer the phone for our customers too. You won’t get an answering machine or automated system.”

Ron’s Pharmacy Services has been instrumental in helping to provide a high level of care to our Mountain Shadows’ residents for many years. “Our team of employees, pharmacists and nurses, many of whom have worked together for 20 to 30 years, provides on-site delivery of medications, supplies specialized medication reporting to meet the needs of the nursing staff, and assists in maintaining medication storage and administration systems for Mountain Shadows. We also have an experienced business office staff to help with all insurance-related needs.”

Other specialized services offered by RPS include:

- 24-hour, 365-days a year access to a pharmacist
- Unlimited deliveries at no extra charge
- Medication Management, First Aid, IV Certification and other training for facility staff members

- Advanced unit dosing to provide enhanced purity, accuracy and efficiency in medication administration
- Centralized medication ordering to improve efficiency and ensure the best price

In addition to overseeing RPS, Ron has earned a reputation as a well-respected leader in the pharmaceutical industry. He is currently President-elect for the Board of Counselors at the University of Southern California School of Pharmacy. He is also a member of the American Society of Pharmacy Consultants and the California Pharmacists Association.

“RPS established a relationship with Mountain Shadows in the early 1980’s,” says Ron. “Doug and Linda Cook established a unique vision for the organization which has been carried on through today. Mountain Shadows is rare in the industry in that they’ve maintained consistency in quality of care and staffing over the years. That’s very special. Very few others in the field have been able to maintain that consistency. They provide excellent care to their residents.”

Over the years, RPS has established a solid reputation for excellence as well. “At RPS, we believe customer service is not a department – it’s an attitude,” says Ron. “We strive to provide a level of personalized service that no one else can match. We have a really great staff of pharmacists, nurses and technicians that have done spectacular things to make RPS a success.

“Mountain Shadows has a great staff that provides exceptional care to their residents. We were very excited to be able to participate in the golf tournament the past two years. It’s an outstanding event that does so much to help the residents. We are happy to have been involved with Mountain Shadows for so many years and hope our relationship continues for many more.” ■

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# Chariots of Southern California: Making Dreams Come True

## Somewhere, over the rainbow, way up high

“When I was 4 years old, my parents bought me a pedal car from Sears. I immediately tried to customize it. I went out into the garage, found some paint cans and painted it every color in the rainbow.” While we don’t know what his parents thought of his freshly painted, multi-colored design, this pedal-powered Sears sportster revved-up a lifelong passion for cars in Ken Steele.

Today, 59 years later, Ken is an avid classic car enthusiast and active member of the Chariots of Southern California car club. “I don’t remember a time when I didn’t love cars,” says Ken. “When I was 12 years old, one of my neighbors bought a ’55 Chevy. It was yellow and white. I couldn’t take my eyes off it! My dad couldn’t afford a car like that, but I said to myself, ‘someday I’m going to have a car like that!’”

Ken and his wife, Candy, joined the Chariots of Southern California 9 years ago. “The club has 45 members and we’re all car nuts. The Chariots do 2 or 3 charity car shows per year. We look for projects that will help children in need.”

## There’s a land that I heard of once in a lullaby

Two years ago, when Shelly Dawson, Placement/Development Coordinator, MSSK, and daughter of Ken, said MSSK needed funds to help give our special kids presents for Christmas, the Chariots raced to the rescue in a nostalgia-induced blaze of glory.

Says Shelly, “The Chariots of Southern California offered to put on a charity car show, with the proceeds going to benefit the special kids of Mountain Shadows. Last year, the club held an event at Frisco’s Drive-In in Downey, California. It was a great success, raising over \$2,000 for our kids!”

“Everyone in the club fell in love with the kids,” says Ken. “So we all voted to do another charity event this year.”

## Somewhere, over the rainbow, skies are blue

“This year’s car show was held at Spires Restaurant in Cerritos, California,” adds Shelly. “The Chariots really put on a great show.”

“There were 120 classic cars on display from clubs across Southern California – Model T’s, Model A’s, Thunderbird’s, Corvette’s, Firebird’s, Camero’s – nearly all of them custom,” says Ken. “The event was a lot of fun for everyone. All of the members enjoyed interacting with the Mountain Shadows kids. Normally, there’s an unspoken rule of ‘look, but don’t touch’ at car shows. Most of the cars are waxed to a brilliant shine and the owners have



*President Steve of Chariots with Quinn and Special Kids*



*Maurice, Marquez, Cecilia & Steve at the Car Show*



*Special Kids attend the Charity Car Show*

*Please see CAR SHOW on page 8*

# “Tiles from the Heart” Project Caps Year of Successful Fundraising

James Hilton’s novel *Lost Horizon* describes an imaginary paradise on earth, a secluded hideaway of great beauty and peacefulness. He called this imaginary place Shangri-La.

Several months ago, Mountain Shadows began a journey to create its very own Shangri-La to honor our hard-working staff.

“Our idea is to create a place where employees can go and relax during a stressful day,” says Arlene Galvan, QMRP. We all know our Mountain Shadows employees are very special. They often work long hours, performing unglamorous, physically and mentally demanding tasks to ensure our residents receive only the highest level of care. For the most part, they receive very little recognition for all they do. To pay tribute to them, the concept of building an employee break area was brain-stormed.

“We want to create a calm and peaceful retreat where staff can go to eat lunch or just unwind,” says Arlene. “The area will be located in a beautiful, grassy area by Pine House. There are plans for a water fountain, possibly a gazebo area with a bridge leading to it, and tables shaded by large umbrellas.” Ahhhhhhhhhh ... a working person’s Shangri-La!

Several events were held throughout the next months to raise funds for the project. A successful fundraiser was held at Rubio’s early in the year.

Three rummage sales were held, which raised a total of more than \$1,000. Johanna Ansari, mother of Jasmine in Palm House, donated an amazing \$500!

*Tiles from the Heart* was the project’s final fundraising event. “*Tiles from the Heart* was a great event,” says Arlene Galvan, QMRP. “Residents, parents, and friends came and painted tiles which will be used to build a wall of tribute within the break area. Over 200 tiles were made and over \$800 was raised! Some of the participants wrote quotes on their tiles, some created abstract art, and all tiles were signed by the artists.

“The residents and everyone else who participated in *Tiles from the Heart* had a blast! There is an artist in each one of us.”

*“I’m sure there’s a wish for Shangri-La in everyone’s heart. And I know that secretly, everyone is hoping to find a garden spot where there’s peace, security, where’s there’s beauty and comfort.”*

—LOST HORIZON BY JAMES HILTON

Thanks to all for your generous support in helping to take us one step closer to making our own dream of Shangri-La come true at Mountain Shadows. We hope that one day soon our staff will find within this special place, a sense of peace, beauty and comfort during their day. ■



## ■ CAR SHOW *(continued from page 7)*

spent years and thousands of dollars restoring them. But, when the children were pushed up to the cars in their wheelchairs, the owners said, ‘do you want to touch?’ That is a really big thing. Several of the kids were even invited to sit inside the cars!”

“This year, 8 of our kids attended the event,” says Shelly. “Everyone was so excited to meet the kids! The kids had a blast looking at the cars and dancing and singing to the live ‘50s music. The Chariots had purchased beautiful trophies, with cars on top, for each of the children. Watching the kids’ eyes light up when they were handed the trophies

was priceless. The MSSK staff and kids had a delicious dinner at Spires Restaurant too.”

“The highlight of the night is when we get to meet the kids,” adds Ken. “It feels good knowing we’re doing something good for them and to see them smile.”

### And the dreams that you dare to dream really do come true

Ken never gave up on his dream. His *someday*, his dream of owning a ‘55 Chevy, was realized 35 years ago. Not rainbow-colored like his first

pedal car, this smokin’ hot rod is yellow and white, just like the one he saw at his neighbors’ house all those years ago. “I did all of the work on this car myself,” says Ken. “It was a lot of work. Most people restore cars and then sell them. I’ve had this car for 35 years. I take a lot of pride in it. It has become like a member of the family.”

Ken never gave up on his dream and we at Mountain Shadows Special Kids Homes will never give up on ours – to bring joy to the hearts of each of our children. Thanks to the Chariots of Southern California car club, this Christmas, our dream really will come true. ■

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# Cox Kids Foundation Awards \$1,000 Grant to MSSG

We've all heard the slogan: Cox – your friend in the digital age. To many of us, this may seem like just one of a thousand catchy ad lines aimed at selling yet another product. We've been so bombarded by meaningless promotional hype, we're wary of the message. But perhaps, even in this digital age, this particular message deserves another read – because we at Mountain Shadows believe we may just have found in Cox – a true friend for all ages.

With over 6 million customers and 22,000 employees, Cox Communications is the third largest cable entertainment and broadband services provider in the United States. The company defines its success, though, not by being the biggest, but by being the best. Excellence in customer service is a hallmark of Cox and the company's long list of awards illustrates their standing as a leader in the industry. Cox also takes pride in promoting good corporate citizenship through environmental leadership and by giving back to the communities they serve. With a focus on community outreach in the areas of youth and education, Cox Communication's nation-wide in-kind and direct cash contributions exceed \$100 million annually.

The Cox Kids Foundation is the philanthropic arm of Cox Communications in San Diego. Launched in 1999, the foundation has, since its inception, raised more than \$3 million to support children and families in need throughout San Diego County. In 2009, the foundation will distribute more than \$500,000 locally. The foundation is supported financially by more than 1,000 employees who donate funds through their paychecks. The funds are matched 100% by Cox.

The Cox Kids Foundation is run by a board of approximately 40 Cox employees who volunteer their time to determine how the funds are allocated. Every quarter, the Cox Kids Foundation's Member Recommended Grant program awards \$1,000 grants to eligible 501(c)3 non-profit organizations that are located or provide services in a San Diego County Cox

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**Based on a recommendation from our employee, Karla Rodriguez, Mountain Shadows Support Group was selected to receive a \$1,000 donation from the foundation.**

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service area. Each non-profit is nominated by a Cox employee who currently donates to the Cox Kids Foundation.

"In celebration of the 10<sup>th</sup> anniversary of the Cox Kids Foundation, our advisory board wanted to give employees who regularly donate to the foundation an opportunity to give back to their favorite charities," says Amy Berry, Community Relations Manager for Cox Communications. "Based on a recommendation from our employee, Karla Rodriguez, Mountain Shadows Support Group was selected to receive a \$1,000 donation from the foundation. We are very excited to support your organization!"

"I think people living with disabilities are sometimes a forgotten community," says Karla. "I visited Mountain Shadows for the first time during the recent Open House and saw what a great organization it is. I met many of the residents and saw how happy they were. I have a sister who has devel-



opmental disability issues due to an accident and I never knew this type of place existed. It would have been nice for her to be able to be a part of a community like Mountain Shadows and to interact with other kids like her.

"After visiting Mountain Shadows and meeting the kids, I made the recommendation to Cox Kids Foundation. Mountain Shadows is such a great organization and they do so much for the kids. It was the first time I made a recommendation to the foundation. It was very exciting when they picked Mountain Shadows to receive a grant!"

"As a result of the Member Recommended Grant program, we have been able to support a

diverse group of organizations that are truly making a difference in the lives of San Diego's children," says Amy. The Cox Kids Foundation supports five programs which serve children and their families in the San Diego community: Innovation in Education, Cox Heroes, Children's Hospital Speech and Hearing Center, Make-A-Wish Foundation, and Domestic Violence Prevention.

"On behalf of the Cox Kids Foundation, I would like to congratulate you for the work you are doing with Mountain Shadows Support Group," says Amy. "Your contribution to the community is invaluable. We are excited to support your organization!"

Cox – a Mountain Shadows friend in the digital age ... and beyond.

Thanks to each and every member of the Cox Kids Foundation from each and every one of our Mountain Shadows children for your generous support. ■

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# Michelle Ortez Shines as a Mountain Shadows Volunteer

It has been said that a volunteer is a person who is a light to others. This is certainly true in the case of Michelle Ortez. Though diagnosed with cerebral palsy, Michelle's inner light shines brightly through as a dedicated Mountain Shadows volunteer.

Cerebral palsy can refer to any one of a number of neurological disorders that appear in infancy or early childhood and permanently affect body movement and muscle coordination. Even though cerebral palsy affects muscle movement, it isn't caused by problems in the muscles or nerves. It is caused by abnormalities inside the brain that disrupt the brain's ability to control movement and posture.

In some cases of cerebral palsy, the cerebral motor cortex hasn't developed normally during fetal growth. In others, the damage is a result of injury to the brain either before, during, or after birth. In either case, the damage is not repairable and the disabilities that result are permanent.

Children with cerebral palsy exhibit a wide variety of symptoms, including:

- lack of muscle coordination when performing voluntary movements (ataxia);
- stiff or tight muscles and exaggerated reflexes (spasticity);
- walking with one foot or leg dragging;
- walking on the toes, a crouched gait, or a "scissored" gait;
- variations in muscle tone, either too stiff or too floppy;
- excessive drooling or difficulties swallowing or speaking;
- shaking (tremor) or random involuntary movements; and
- difficulty with precise motions, such as writing or buttoning a shirt.

The symptoms of cerebral palsy differ in type and severity from one

person to the next. While one child with severe cerebral palsy might be unable to walk and need extensive, lifelong care, another with mild cerebral palsy might be only slightly awkward and require no special assistance.

"When I was growing up, I was treated as a normal child," says Michelle. "I was treated no differently than any other child. I did chores, I went to school, and I was expected to be well-behaved." This upbringing instilled in her a strong sense of self-worth and a desire to share her abilities by helping others.

"Michelle has been volunteering at Mountain Shadows for just under a year," says Donna Ponomarenko, Activities Director, MSCH. She really loves to help the residents."

Adds Michelle, "I've known Donna for a long time. I used to work at United Cerebral Palsy (UCP) and Donna was always there too. I live close to Mountain Shadows so I decided I'd like to help out there. I started out by going to Bible Study every week. I help out during class by moving chairs for the residents."

"Michelle helps us out with so many things," adds Donna. "She's there to lend a hand every week at game night. She helps setup the games and she serves popcorn to the residents." Says Michelle, "Game night is my favorite. I especially like helping with bingo. I help the residents keep track of the numbers on their cards. It's fun to watch the excitement when someone wins.

"I also assist with bocce ball practice by retrieving the ball and holding the ball for the residents who can't throw the ball for themselves. When the Girl Scouts came and held a carnival for the residents, I helped out with that too."

As a member of the new San Diego



County Aktion Club, Michelle contributes not only to Mountain Shadows, but many other organizations as well. "I really like Aktion Club," says Michelle. "So far, I've been involved in making backpacks for homeless children and stuffing dolls for kids at a children's hospital. We keep really busy and it's a lot of fun."

*"Do all you can with what you have, in the time you have, in the place you are."*

The words above were spoken by Nkosi Johnson, a Zulu boy, born into dire poverty in South Africa. Nkosi was infected with AIDS at birth by his poverty-stricken mother. Refusing to be a victim of the disease, Nkosi traveled internationally to gain support for Nkosi's Haven, a home for woman and children with AIDS in South Africa.

We believe Michelle Ortez exemplifies the indomitable spirit of Nkosi. Though challenged from the effects of cerebral palsy, Michelle is doing all that she can to help as many people as she can. Thank you, Michelle, for doing all that you can for our residents in this place we call Mountain Shadows Community Homes. ■

# Charity Bowling Tournament Proceeds Donated to MSSK's Laurel House

Every day when Rea Rooney goes to work, she reads the plaque that hangs on the wall in her office. The plaque is inscribed with four simple words: *I make a difference*. Truer words may never have been spoken.

For the past 15 years, Rea has worked at Hospice Care of California. "You have to have a heart for working with the terminally ill," says Rea. "Many people ask me how I can do it. I find it rewarding to help people during their final days. While I have always found my work fulfilling, I hadn't realized why I had gotten involved with hospice care until recently. My son, Nathan, suffered a traumatic brain injury in 2008. You always think, 'It can't happen to me.' Well, things do happen and only God knows why. When Nathan was injured, it was devastating. As I sat in the hospital with Nathan, I realized that my background in hospice care was a blessing. It had helped prepare me for this – for helping Nathan. I became his advocate and to this day have the support of my hospice family too."

Nathan came to live at MSSK's Laurel House in May of 2009. "It's a blessing to have Nathan at Mountain Shadows," says Rea. "Everyone at Mountain Shadows is so caring and Nathan really connects to everyone there."

Rea's hospice family continues to support her each and every day. "They are all wonderful people," says Rea. "They are always looking for ways to give back. When they heard Pacific Ambulance was sponsoring a Charity Bowling Tournament, they came to me and suggested that we do it for Mountain Shadows.

"A team of 6 of us entered the tournament. There were 6 teams participating in the event. All of the other teams were bowling for larger,

well-recognized charities. I knew no one would have heard of Mountain Shadows, so I went all out for this. I created a HUGE poster with a picture showing all of the kids at Laurel House. I wanted everyone to know who we were there for. We also made team baseball caps that had the kids' names on them.

"All of the bowlers were people



*Nathan and family*

who work in the medical field. They were all touched by the faces of the children they saw in that poster. Though the other teams were bowling for other charities, everyone was rooting for our Laurel Park House kids.

"One of our team members turned out to be an excellent bowler – and we didn't even know it beforehand. He came out and got 5 strikes in a row! Our team took first place and won \$1,000 dollars. It was so exciting. Everyone in the room was moved to tears. It was surreal."

The \$1,000 donation made to Mountain Shadows Laurel House will be put to good use. "We have really bonded with all of the children at Laurel House," says Rea. "They are all such wonderful kids. My whole family, my husband, Sean, my mother, even my niece visits the children regularly. I come in to paint Johanna's nails.

When my mother visits, Johanna says, 'I want Nathan's grandma to be my grandma.'

"We will always be there to support Nathan and the other Laurel House kids. This \$1,000 donation will be used to 'man up' the boy's room among other things. Nathan is 18 years old and the room has little boy bedding and furniture. We want Nathan and the other boys to feel comfortable in their room."

The family recently bought a 34-inch flat screen television for the boy's room. "We don't even have one!" says Rea. "The boy's love it. Nathan isn't able to work the remote control, so one of his roommates, Terrance, does it for him.

"Mountain Shadows has been a blessing for our whole family. It is easier on my heart knowing that Nathan is well taken care of.

It is amazing! Everyone at Laurel House loves Nathan. We couldn't do all of this without Mountain Shadows. I'm so glad we found them."

The words below are from the website of Hospice Care of California where Rea works:

*Here at Hospice Care of California our hope is that at some deep level we can support you ... so that you will feel that your life has mattered, your love has been returned, your legacy has been assured and your purpose has been fulfilled.*

*Hope is patience with the lamp lit. It is the one attitude that we hold onto until the very end.*

*It is our privilege and commitment to provide care for the whole person, body—mind—spirit, during a very important and intimate time of their lives.*

*Please see BOWLING on page 12*

## ■ BOWLING *(continued from page 11)*

We here at Mountain Shadows believe our mission is much the same. We want our children's lives to matter, their love to be returned and their purpose in life to be fulfilled. We believe it is our privilege to care for Nathan, all of the children of Laurel House, and all of our Mountain Shadows children each and every day.

And, when Rea goes to work tomorrow, and every day, as she reads the plaque that hangs on her office wall, we want her to remember: *She has made a difference ... a difference in the lives of our Mountain Shadows Special Kids.*

Our heartfelt thanks to you, Rea, and to all who made this incredible donation happen!

*Editor's Note: Nathan was not able to talk when he came to Mountain Shadows. After several months at Laurel House, Rea asked her son, "Nathan, are you happy?" She didn't expect a reply. But then Nathan smiled and said, "Yes." It was just one simple word, but it summed up a lifetime of dreams every mother has for her child.*

*Yes.*

*Nathan passed away on October 30, 2009.*

*Our lamp is still lit, Nathan, with the hope this is not the end, but a new beginning. Your life did matter to each of us in your Mountain Shadows family. It was our privilege to know you. We will miss you. ■*

## MOUNTAIN SHADOWS FOUNDATION



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## Join Mountain Shadows on Twitter!

Find out what's happening at Mountain Shadows by joining Twitter. Twitter is a free social/information networking service that enables people to share brief messages about what's important in their lives as it happens.

Once you're on our Twitter page, you'll find information about who we are, what we do and who we serve at Mountain Shadows Support Group. You'll meet our staff and our residents and you'll be privy to all of the particulars about what matters to us in our Mountain Shadows community. You'll discover up-to-the-minute details about all of our exciting upcoming events and programs. You'll learn about opportunities to get involved, to make a difference, and to become an active member of our Mountain Shadows family through volunteering, donating and so much more!

To catch the latest buzz about Mountain Shadows Support Group, go to [www.twitter.com/MtnShadows](http://www.twitter.com/MtnShadows) now!

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