



MULTI-SERVICE CENTER

HELP. HOPE. CHANGE.



**True Stories**  
2015 FALL NEWSLETTER



# COMMUNITY HELPING COMMUNITY

Please join us for the MSC Helps Luncheon featuring Keynote Speaker Alfie Alvarado, Director of the Washington State Department of Veterans Affairs.

Our guest speaker, Alfie Alvarado, was appointed Director of the Washington State Department of Veterans Affairs by Governor Inslee in 2013. Alfie served 22 years on active duty, retiring in 1993 as Command Sergeant Major of Madigan Army Medical Center and Troop Command, Joint Base Lewis McChord.

During her military career, she was the recipient of awards and decorations that include the Legion of Merit, Order of Military Medical Merit, Expert Field Medical Badge and Meritorious Service Medals. Alfie serves on the board of directors of the Patrick Madigan Foundation, National Association of State Veterans Homes, National Association of State Directors of Veterans Affairs, and the Association of Washington Generals. She has received local, state, and national awards including the Governor's Distinguished Management Leadership Award, the Lifetime Achievement Award for Women in the Military from the YWCA, and the VA Secretary's Leadership Award.

Alfie will share insights on the needs of our veterans and what we can do as a community to help those who have served our country.

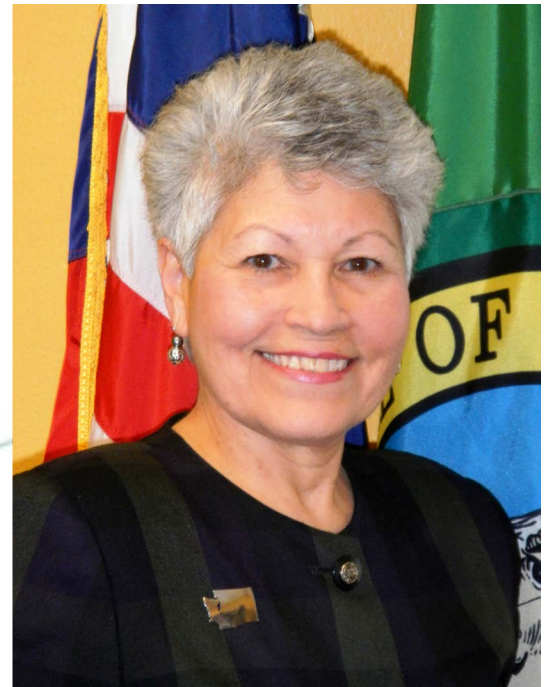
Each year, MSC helps more than 47,000 individuals who are in need of housing, education, employment, or energy services. The Federal Way food bank and statewide Long-Term Care Ombudsman Program are also operated by MSC. We depend on the generosity of our community--local government, businesses, organizations, and individuals--to raise the revenue needed to serve those who need it most. Together we can bring help, hope, and change to vulnerable people living in South King County.



## LUNCHEON

Honorary Co-Chairs: Bob Celski, Jim Berrios, and Pete Lewis

Keynote: Alfie Alvarado, Director, Washington State Department of Veterans Affairs



### 2015 MSC Helps Luncheon

Thursday, October 22, 2015; 11:30am-12pm

Reserve your spot today at [www.mschehelps.org/getinvolved/mschehelpsluncheon](http://www.mschehelps.org/getinvolved/mschehelpsluncheon).

For more info call 253.835.7678 ext. 105 or e-mail [info@mschehelps.org](mailto:info@mschehelps.org).

### CONTACT US

#### For services

253.838.6810 | WA Relay 711

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

#### To volunteer

253.835.7678, ext. 105

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

#### To donate

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## INSPIRING OTHERS

Ken Clark has always had an interest in supporting community organizations. When Ken took over as owner of Sparks Car Care in 2014, he wanted to carry on the philanthropic tradition that Sparks Car Care embodied since it opened in 1985.

“I wanted to make sure that we kept the philanthropic ideals that have always been a part of Sparks Car Care,” says Ken. “MSC directly helps people, better their lives, and gives them opportunities to help themselves.”

Ken met with MSC staff and that’s when the idea for the MSC Premier Business Partner Program was conceived. “Ken really inspired the Premier Business Partner Program. He came to us with a lot of ideas,” shares Le Ann Taylor, MSC Community Relations Manager.

Each year, Sparks Car Care provides more than \$2,500 in free labor and parts to keep MSC’s vehicles out on the road picking up vital supplies to keep food on the shelves at the food bank and providing education and outreach to the community. The services provided by Sparks range from basic maintenance like oil changes to more emergent needs like when a seat belt stopped working in one of the vans. “The seat belt wouldn’t work, and the van wouldn’t start without the seatbelt working. One of my techs was able to get to it quickly, fix it, and get the van back on the road so it could pick up more food,” shares Ken.

Ken and his staff do much more to support MSC’s mission than just keeping the vans running. In addition to providing all the routine scheduled maintenance, Ken is also tracking the viability of the vehicles to help MSC budget for possible future expenditures. Ken and the staff at Sparks Car Care participate in the MSC Summer Meals program and serve as a collection site for food donations to help feed kids while they are out of school. Ken is also talking with MSC staff about the possibility of developing an apprenticeship program to help people with an interest in becoming an auto technician learn the trade and become more self-sufficient.

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# INSPIRING OTHERS CONTINUED...

"I wanted to promote and celebrate MSC's mission. I want to inspire others to do something," says Ken.

*Premier Business Partners either sponsor both of MSC's fundraising events at the Associate level or above, or they donate \$2,500 or more per year either in cash donations or in-kind services. In appreciation of their support, MSC provides special opportunities to share their support with the community. If you are interested in learning more about the Premier Business Partner Program, please contact Le Ann Taylor at [leannt@mschelps.org](mailto:leannt@mschelps.org) or 253.835.7678, ext. 105.*

## THANK YOU MSC PREMIER BUSINESS PARTNERS

Alaska Airlines	Safeway
Albertsons	Shelter Resources
Bank of America	Sparks Car Care
Cash & Carry	St. Francis Hospital
CHI Franciscan Health, St. Francis	Staging Techniques
Chipotle Mexican Grill	Target
Costco	Trader Joe's
ECOLAB	Umpqua Bank
Fred Meyer	United Stationers
Home Depot	Valley Cities
John Kenneally & Associates	Walmart
Macy's	Waste Management
Microsoft Corp.	Weyerhaeuser
Milkman Media	WinCo Foods
Panera Bread	

## STOP HUNGER

"When you are in a tight spot, the food bank is there. Especially towards the end of the month and during the holidays. When the weather changes, it feels like there are less jobs so the food bank is very helpful," shares Katie, a food bank client.

Fall is here and winter is quickly approaching. It's time to stock those shelves with tummy-warming staples like soups, chilis, and hot cocoa. You can help by holding a food drive or volunteering at the food bank.

"Our top need for volunteers are morning van drivers to do food pick-ups," shares Tammy Solomon, Food Bank Warehouse Manager. "Our top food needs during the fall and winter are usually canned tomatoes, canned fruit, and canned soup. We also need warm coats and socks."

Want to get involved? Email [info@mschelps.org](mailto:info@mschelps.org) or call 253.835.7678 ext. 105.







## BACK ON TRACK

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“MSC’s housing helped me find stability and become responsible again,” shares Emily, a resident at one of MSC’s income-based apartment complexes.

In 2009, Emily lost her Section 8 Housing Voucher. She and her 11-year-old son had nowhere to go, so Emily sent her son to live with her aunt in Vancouver so he could have some stability while she moved around from friend to friend. Every weekend, Emily would make the trek to Vancouver to see her son. Eventually, she found a part-time job through a temporary service, but it was not enough to pay rent. Wanting to be with her son, she

called 211 for help.

Emily started working with Family Housing Connection, which is the central resource that connects people to housing resources in King County. It took several months, but a space finally opened up at MSC’s family shelter in Kent. The shelter provided enough stability that Emily could bring her son back up here to live with her full-time again, however she knew she would need to find more permanent housing soon and that she would need a stable job to find it. Emily had a couple of temp jobs here and there, and utilized MSC’s energy assistance program between jobs. She knew she needed a job with more stability and future. Finally, she secured a position with

a warehouse that would give her enough to support her and her son. Next, she needed to find a place with affordable rent. Luckily, MSC was able to help. Emily was able to move into one of MSC’s income-based apartment complexes where her rent is based on her income. Emily is still working at the warehouse and her son is now 17 and almost done with high school.

“MSC helped me to know that I wasn’t alone. There is help and hope out there. I’ve got my stability back. I’m able to be consistent with work and get back on track.”

*Want more info on MSC’s housing programs?  
Visit <http://mschelps.org/gethelp/housing/>.*



MULTI-SERVICE CENTER

P.O. Box 23699  
Federal Way, WA 98093-0699

MSC is a 501(c)(3) nonprofit agency that offers people pathways out of poverty through support and resources in education, employment, housing, energy assistance, food, and clothing. We also provide statewide advocacy for elderly and disabled residents of long-term care facilities.  
Learn More: Call 253.838.6810 or online at [www.mschepls.org](http://www.mschepls.org)

# Help. Hope. Change.

Helping people achieve greater independence and discover the power of their choices.

## TRUE STORIES ABOUT MAKING A DIFFERENCE.

Each and every day I hear stories of how MSC and our supporters make a positive impact on individuals and families in need in our community. Whether it's finding a child's favorite treat for them in the food bank, or providing funding to support one of our housing units, each action you take in support of MSC makes a difference in the life of someone in our community.

All too often, we hear about those in our community who aren't able to access support, and MSC wants to change that. One group that is often overlooked is our veterans, those that have served our country and protected us all. Often, veterans may have additional barriers that prevent them from seeking support.

MSC is perfectly situated to help our veterans. We already provide many services they may need, including housing, energy assistance, or employment assistance, but we can do better. Our new Veteran's Housing Project will make these resources, and additional tools, more easily accessible to the veterans in our community.

And, there are a lot of veterans in our community. According to the 2013 King County Veterans and Human Services Levy Report, 43% of our county's veterans reside in South King County. Within King County, these veterans represent the largest number of veterans with disabilities, and the largest proportion of veterans facing poverty and financial emergencies. MSC's housing project will provide permanent housing for those veterans who need it.

I hope you will support all of our services for veterans, and for our community, by joining us at the MSC Helps Luncheon on October 22, and by supporting the Veterans Housing Project when it opens in 2016. Thank you for being a part of this positive change for the future. We couldn't do it without you!



Best wishes,

Robin R. Corak  
Chief Executive Officer



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