



MULTI-SERVICE CENTER

HELP. HOPE. CHANGE.



**True Stories**  
2017 FALL/WINTER

# COMMUNITY HELPING COMMUNITY

## LEAVE A LEGACY



Thursday, October 19, 2017  
11:30am-1pm  
@Emerald Downs

REGISTER TO ATTEND AT  
[WWW.MSCHELPS.ORG/MSCHELPSLUNCHEON](http://WWW.MSCHELPS.ORG/MSCHELPSLUNCHEON)  
OR EMAIL [RSVP@MSCHELPS.ORG](mailto:RSVP@MSCHELPS.ORG)

*This is a fundraising luncheon. Suggested donation \$100.*

### Honorary Co-Chairs:

Lydia Assefa-Dawson, King County Housing Authority, Federal Way City Council  
Jim Berrios, Golden Steer Steak 'n Rib House, Kent City Council  
Yolanda Trout-Manuel, Auburn City Council

### Signature Sponsor:



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For more information on the luncheon, including sponsorship opportunities, please contact Diane Lyons at [dianel@mschelps.org](mailto:dianel@mschelps.org) or 253-835-7678, ext. 105.



Kevin Ray Smith

### Keynote Speaker: Dr. Gloria Burgess

Dr. Gloria Burgess is Seattle's TOP inspirational speaker. Triumphant over extreme poverty, racism, and sexism, she shows that your life circumstances do not have to predict your destiny.

Gloria Burgess loves nothing more than inspiring others to create a bridge from what was and what is to what can be... and she's dedicated her entire life to doing just that.

As an inspirational speaker, seminar leader, and executive coach, Gloria engages individuals and teams in finding the vital core of their creative genius. She weaves together her own personal legacy using the threads of authenticity, creativity, soulfulness, and cultural inclusion.

## SAVE THE DATE!

### 2018 Crab Feed & Auction

June 2, 2018, at the Federal Way Performing Arts & Event Center

Co-Chairs: Cindy Ducich, Federal Way Mirror, and Val Frink, Think Frink Home Team

### CONTACT US

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253.838.6810 | WA Relay 711

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## FINDING VALUE

“Today, my sense of self, self-esteem, and confidence has risen 300% compared to when I first walked into MSC’s lobby for employment support. That’s because, in addition to the work exposure, I am regarded as a valuable being,” shared Bee Bee.

Bee Bee was familiar with MSC. She had used MSC’s food bank before, back in 2009 when her husband had lost his job. When she came back to the food bank again in 2013, it was because her husband had suddenly passed away, leaving her and two children.

When her survivor benefits were reduced in 2016, she still had her son living at home with her. Bills were starting to pile up and she started accruing late fees. Her husband had taken care of the finances before he passed, and he had financially supported the family.

Bee Bee knew she had to find a job that could support her and her son. She had worked previously, and has a Bachelor’s degree in business and marketing, but didn’t know where to start. “I have a lot to contribute,” she says, “but I need to do something that is more me.”

While visiting MSC’s clothing bank to donate clothes, she learned that MSC has employment programs that can help people just like her. She met with MSC’s RISE employment case manager. “My journey began from there onwards,” shared Bee Bee. “It’s like going for a long road trip and enjoying different scenic views along the way.”

Bee Bee was approved for the RISE work-based learning program and started a six-week preparation course. “I correlate those videos and group discussions to warm-up sessions that serious athletes must do to successfully complete their feat,” said Bee Bee. The next step in the program was a paid internship to help Bee Bee gain additional skills.

“The paid internship was a brilliant way of re-establishing my work ethic. I became more conscious of time management and prioritization. I also enjoyed the additional professional contacts and corporate trainings. This wouldn’t have happened without my RISE case manager orchestrating such opportunities for me,” shared Bee Bee.

Bee Bee, with the support of MSC, is currently looking for a full-time position. In the meantime, Bee Bee has been volunteering in the GED Lab helping students study for their GED tests and has enrolled with Orion to continue to improve her computer skills.

“As the recipient of social benefits, I hope to be in a position that is personally fulfilling and with comfortable finances so I can give back to the community,” shared Bee Bee.



## A PLACE LIKE TITUSVILLE

“If not for MSC, I could not have gotten my degrees, and could not be as employable as I am today,” says Shelly.

Shelly has lived at MSC’s Titusville for the last six years. When she first moved in, she was newly sober after ten years of battling addiction and finishing her fourth stint in rehab. She needed just the type of support that Titusville provides to women trying to stay sober and rebuild their lives.

Shelly started college soon after moving into Titusville. She thought about counseling others that were trying to overcome addiction, but didn’t want to become that stereotypical addict turned counselor. She looked at her past which included not only addiction, but criminal felonies related to her addiction for buying and selling drugs, and decided that a business degree may be the best fit for her skills.

It turns out that Shelly’s best fit actually was helping people just like her. She had earned an Associates in Arts degree at Green River, and did so with Presidential honors. She had graduated from the Titusville program and had moved into one of MSC’s affordable housing apartments at Titusville, where she had her own space but could still access the support system of Titusville.

However, Shelly wasn’t satisfied. She wanted more, she wanted to help people. She started taking classes at the Central Washington University satellite campus at Highline College and earned her Bachelor of Science, graduating with a 4.0 GPA. While she was in school she completed several internships, including one at Valley Cities this past year. She just recently joined the Valley Cities team as a co-occurring disorder counselor and will be helping many others on the journey to sobriety and stability. She will soon be moving out of Titusville

to her first home that she just purchased. “School helped me focus, helped me stay clean and sober. But, I couldn’t have done it without a place like Titusville,” shares Shelly.

*Women in recovery from drug and/or alcohol addiction, who are homeless, and who cannot afford market rate rent can live in a supportive, communal environment as part of MSC’s Titusville Program. Women live in an historic downtown Kent building, which offers dormitory-style housing, with individual bedrooms and common kitchen, bathroom, and living room areas. Up to 15 women live here at one time and are offered case management and support to help them achieve their goals.*

*You may recognize Shelly’s story as she was featured previously in an MSC publication shortly after she had received her AA. We are happy to provide this update on her additional accomplishments.*

# NOW HE'S AWAKE

“My boy was in a coma for years, and because of MSC he woke up,” said Josh’s mom Debora.

Ninth grade was when Josh finally dropped out of high school. He had missed so much school he didn’t feel there was a way to catch up. His mother had recently left a relationship with a man who was not nice to Josh. Josh was scared to do much, so he didn’t really leave the house. Josh tried online high school, but it wasn’t a good fit for him. He was in the depths of depression and nothing his mom tried to do seemed to help. Josh had spent about ten years like this.

Last April, Josh’s mom got him in to see a doctor who was finally able to point Josh in a direction to help him

climb out of his depression. The doctor suggested he contact MSC about earning his GED.

Josh met with a MSC case manager and started studying for his GED right away. He also was connected with MSC’s WIOA case manager (Workforce Innovation and Opportunity Act for Out-of-School Youth ages 16-24) who started working with him on his employment goals.

In just under three months, Josh celebrated his 21st birthday with both a GED and a great internship! Josh passed his tests with honors scores, scores so high that Highline College said he would be able to start college with some credits already under his belt. He was placed in a paid internship with the Port of Seattle and has been given a lot of responsibility in a short time. His main duty is to

audit the safety conditions of the ramps and tarmac markings and report if there are any issues.

“It was a great relief when I got the internship. I finally had something,” shares Josh. Josh wants to land a permanent job, go to college, and pay for it all himself. Long-term, he sees himself either working in the computer industry, in carpentry, or maybe in air-traffic control. “I’d like to have a wife, a baby girl, and a white-picket fence. I’m pretty simple, I don’t need anything much, just my family.”

“This has been such a burden on my heart for so many years,” Debora shared. “I was so worried what would happen to him; I’d let him down and was there something I should have or could have done? With MSC’s help, he’s done a 180 and I’m so joyful.”





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.

Empowered individuals, thriving communities.



## TRUE STORIES ABOUT MAKING A DIFFERENCE.

Winston Churchill once said, “Success is not final; failure is not fatal: it is the courage to continue that counts.”

Everyday, MSC’s clients demonstrate their courage by continuing their journey out of poverty and into self-sufficiency. They may reach their goals or hit a road block; however, they don’t give up!

The stories included in this issue demonstrate that courage. They also demonstrate the bravery of our clients for sharing so many details of their lives to help others.

You’ll read an update on Shelly, a resident of Titusville. A few years ago, she was close to achieving the original goals she had set for herself when she first moved into MSC housing. She found out that wasn’t enough for her, and set even higher goals, and she’s achieving them!

You’ll read the story of Bee Bee, whose life took an unexpected turn when her husband passed away.

She’s taking control of her life and her finances, and finding a way to move past this tragedy.

You’ll also read the story of Josh, a young man who has overcome many hurdles in a short period of time. Staff say he’s almost unrecognizable from the young man that walked in the door just a few months ago.

Without your support, and the support of the community, we wouldn’t be here to help our clients demonstrate this courage each and every single day. Thank you for providing help, hope, and change in our community.



Best wishes,

Robin R. Corak  
Chief Executive Officer

