



# The Highland Times

Fall 2023

## A message from Highland Center:

By: Kim Indurkar

As temperatures drop and fall begins, we celebrate the changing leaves and approaching holidays. October is National Disability Awareness Month, emphasizing workplace inclusivity and diversity. We've seen success stories of people with disabilities finding their place in the workforce.

As the year ends, we reflect on our journey at the Highland Center, with full classes and a diverse community. Let's appreciate the privilege of this gathering place, offering support and fun.

As we step into the new year always remember that myself, Mary, and Jenn are here for you ready to lend a helping hand or provide a good joke.

Sincerely,

Kim

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# Dates to remember:

## OCTOBER

- 9<sup>th</sup>: Indigenous Peoples' Day
- 20<sup>th</sup>: HCC Halloween Howl
- 26<sup>th</sup>: National Pumpkin Day
- 30<sup>th</sup>: National Candy Corn Day
- 31<sup>st</sup>: Halloween

## NOVEMBER

- 5<sup>th</sup>: End of Daylight Savings
- 11<sup>th</sup>: Veterans Day
- 23<sup>rd</sup>: U.S. Thanksgiving

## DECEMBER

- 3<sup>rd</sup>: Seafair Cruise
- 8<sup>th</sup>: Holiday Sweater Party
- 18<sup>th</sup>: First night of Hanukkah
- 21<sup>st</sup>: Winter solstice
- 24<sup>th</sup>: Christmas Eve
- 25<sup>th</sup>: Christmas
- 26<sup>th</sup>: First day of Kwanzaa
- 31<sup>st</sup>: New Years Eve

## Can you spot?

Did you know Jenn loves pumpkin spice? She has hidden PSL (Pumpkin Spice Lattes) throughout the newsletter.

## How many can you find?

(Answer on last page)



Highland Community Center will be closed December 18th through January 1st. We will reopen on Tuesday January 2nd. Thank you for a great year, and we look forward to serving you in 2024.

# Spotlight on: Softball

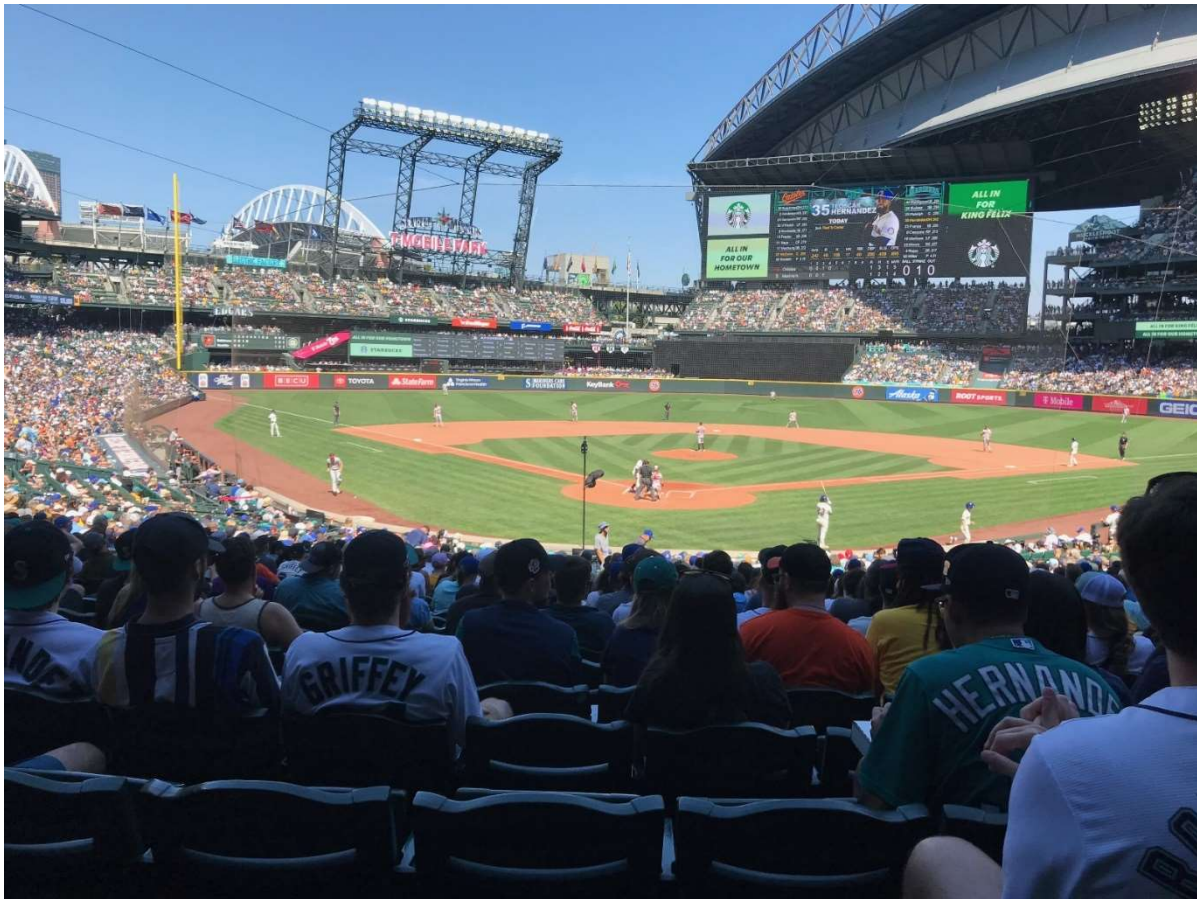
Our much-loved softball team, the Bellevue Bears, has made a fantastic return after a long time away because of the pandemic. They recently played in Special Olympics tournament, earning 3rd place. We're so happy to have the team back, and it's wonderful to see everyone playing again! Highland offers teams sport programs on Tuesday and Thursday evenings.



# Take me out to the ball game

By Kevin Wu

Kevin attended Mariners games on August 12th and August 13th. They both had promotional events at the games. On August 12th the first 15,000 fans get free King Felix t-shirts while on August 13th the first 5,000 fans get King Felix bobble heads.



# Which fall drink are you?

By Tony Intonti

Take the Month You Were Born:

January: Apple

July: Cinnamon

February: Pumpkin

August: Lemon-Lime

March: Raspberry

September: Watermelon

April: White Chocolate

October: Orange

May: Prune

November: Strawberry-Rhubarb

June: Mango

December: Pecan

And add the first letter of your name:

A-E: Sparkling Cider

N-Q: Hot Cider

F-I: Juice

R-U: Coffee

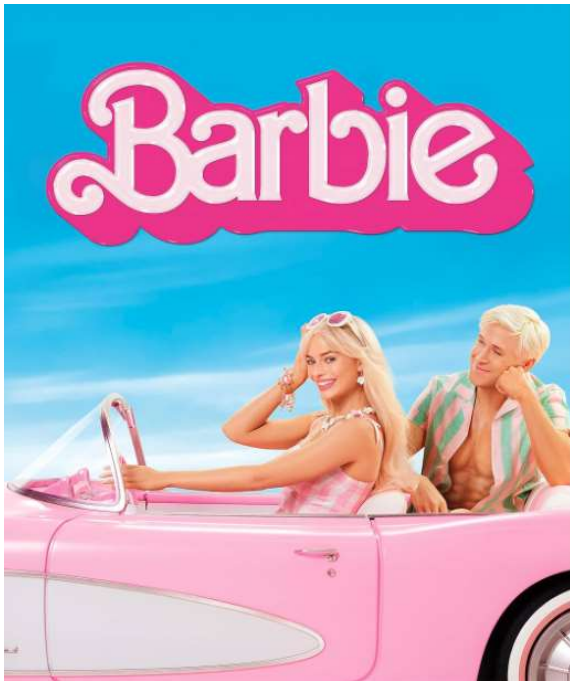
J-M: Hot Chocolate

V-Z: Iced Tea



# Movie review

By Tara O'Rourke



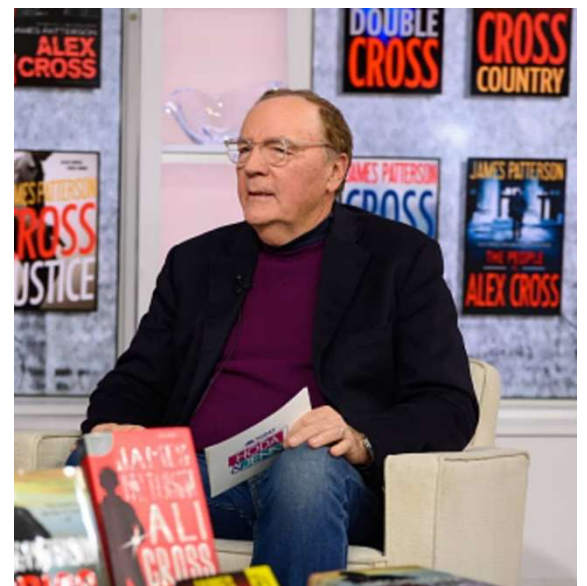
I didn't like it when Ken and his crew took over Barbie Land. I loved everything else except for that and I can't wait to see part two.



# Book review

by Tony Intonti

For all those who are James Patterson fans this series of books would be a good start for you. It's called "A Women's Murder Club". Where it takes place in San Francisco and four women work together to solve the hardest cases while balancing relationships. YOU WILL FEEL LIKE YOU ARE RIGHT IN THE ACTION! I think you will enjoy this series of books.



# Fashion picks

By Anna Angrisano

## Sneaker Lace Mid Top



Overall Pick: CUTEST

## Sport Inclusion Too



TOP PICK: Womens

## Sneaker II



TOP PICK: Mens

BILLY Footwear is a company started by two Seattle locals, focusing on universal design shoes. BILLY Footwear incorporates zippers that go along the side of the shoes and around the toe, allowing the upper of each shoe to open and fold over completely.



## Go Walk Joy Sneaker



Overall Pick: CUTEST

## Empire Rock Around Fashion Sneaker



TOP PICK: Womens

## Flex Advantage Sr Mcallen



TOP PICK: Mens

I love the zipper feature of the BILLY shoes! I personally have used Sketchers and they last a long time, and have a lot of colors to choose from



# Let's take some Aktion!!

By Nikki Fox

I'd like to write an article on a wonderful opportunity! How would you like to help others and make a difference in your life? Well, you can!! The answer is the Kiwanis Club's Aktion Club!!

Aktion Club is for people with disabilities who share a passion for helping out and making a difference in other people's lives.

The history of your local Aktion Club was started by a woman name Connie Fletcher, who was President of the Issaquah Kiwanis Club. A man named Keith Watts, who was the President-Elect also helped with starting the local chapter. They attended the Kiwanis International Convention in 2009. They both were amazed by how Aktion Clubs were giving and impacting. They wanted to start a local chapter, so they talked to Chris Brant, the CEO of AtWork. The three of them put together the first meeting in 2010.

Since I have been a member, we did a project with Jim Garcia. This was at the AtWork building in Bellevue. We made stuffed Christmas ornaments (plastic ball kind). They were for kids with cancer. Jim and Carol Mahoney are part of a Seattle Kiwanis kids with cancer charity.





We were with the Issaquah Kiwanis Club at their community center for the Concerts on the Green. Issaquah has that event every year.

The Issaquah Kiwanis have their hamburger and hot dog booth. They also have an ice-cream booth. That was some good music and food at that event. We met some of their fellow members.

We have another project collecting back to school supplies for children in Africa. This is a partnership with Noah's charity S.O.D.A (Special Options for Disabled Americans), it is based in Bellevue.

One of the advisers, Carol, attended a Kiwanis convention in Portland, Oregon. The convention was in late summer.

Our Aktion club has participated in State and National conventions since the club was founded.

We elected (or talked about) new officers at this year's Concert on the Green.

At a typical meeting a Kiwanis advisor or someone in the club rings the Kiwanis medium-sized copper bell. We then say "The Pledge of Allegiance" then we sing an American Song, like "My Country tis of Thee". Next we go around the room and everybody puts a win in the piggy bank. Then the person putting the win says a "happy thought" for the month.

To get involved contact Chris Bant from AtWork or Carol Mahoney from the Issaquah Kiwanis Club.



# Riddle me this

By: Tony Intonti

Which state sounds like a Harison Ford character?

What is Jack Frost's favorite movie?

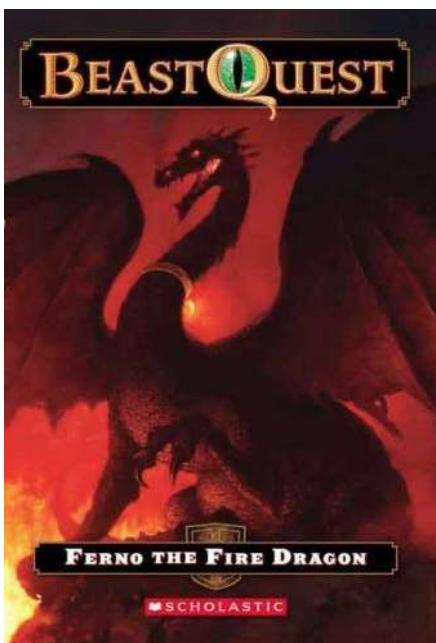
I'm more precious than gold or diamonds, for I'm one of a kind. Having me is hard to find. What am I?

What singer would you most likely find at the jewelry store?

(Answers on last page)

# Book review

By Travis Modery



I like it, it has magic!  
Tom the main  
character fights off  
the evil Malvel.



**BYT**  
**BELLEVUE**  
**YOUTH THEATRE**




# THEATRE OF POSSIBILITY

Theater of Possibility (“TOP”) works to foster creativity, teach resilience, and build community through acting, improvisation, and the creation of original theater. This is an adaptive theatre program.

Saturdays, October 21, 2023 through March 23, 2024  
No class dates: November 4, 18, 25, December 23, 30, February 17

Fee: Residents FREE/Non-Residents: \$200  
We do accept respite funds.



425-452-7155 

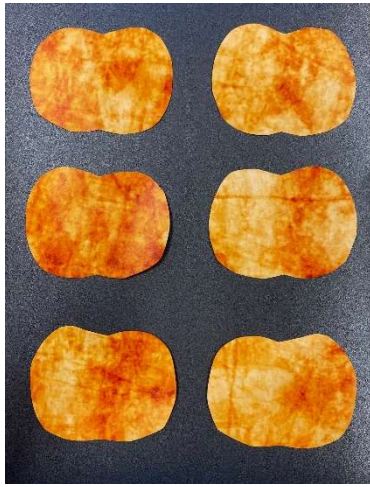
[www.bellevuewa.gov/BYT](http://www.bellevuewa.gov/BYT) 

[BYT@bellevuewa.gov](mailto:BYT@bellevuewa.gov) 

16051 NE 10th Avenue, 98008 

# PUMPKIN PAPER CRAFT

**Step 1:** Cut out pumpkins and stems



**Step 2:** Fold all pumpkins in half. Fold the circles so that the white side is out.



**Step 3:** Put glue on the top side of the folded circle. Place a second folded circle on top. Repeat until you have 6 circles stacked



**Step 4:** Once you have all 6 circles glued together in a stack, use scissors to trim any excess white

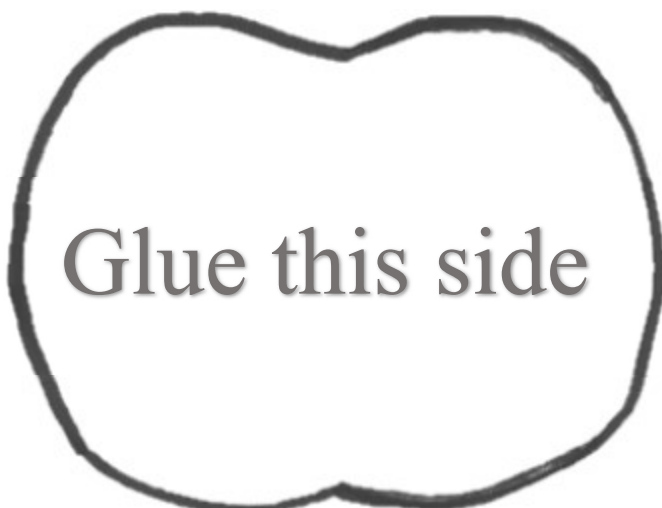
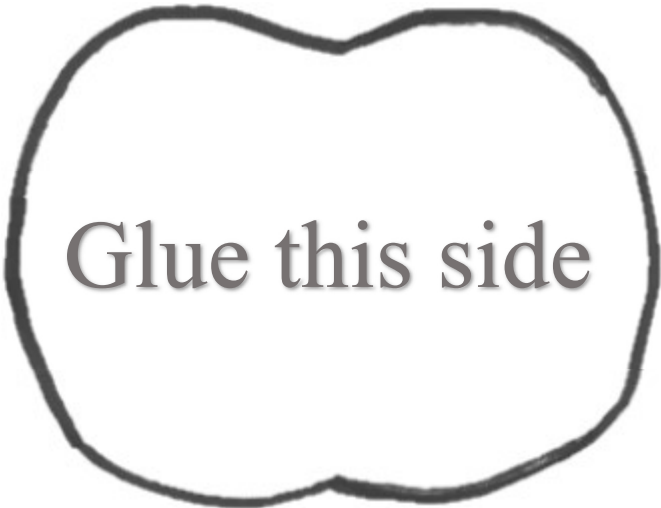
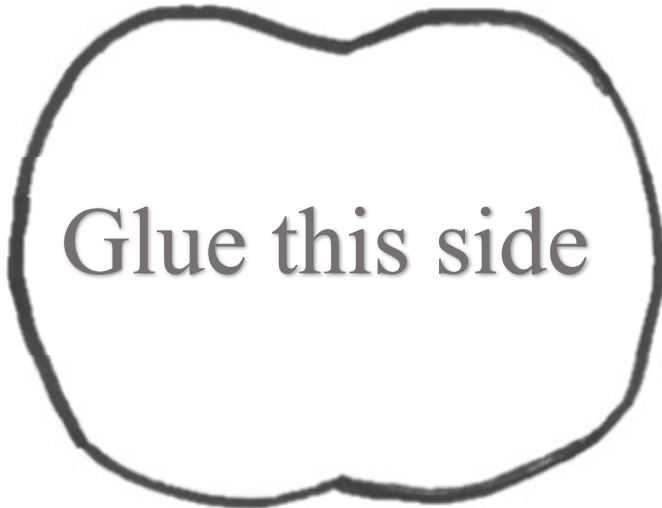
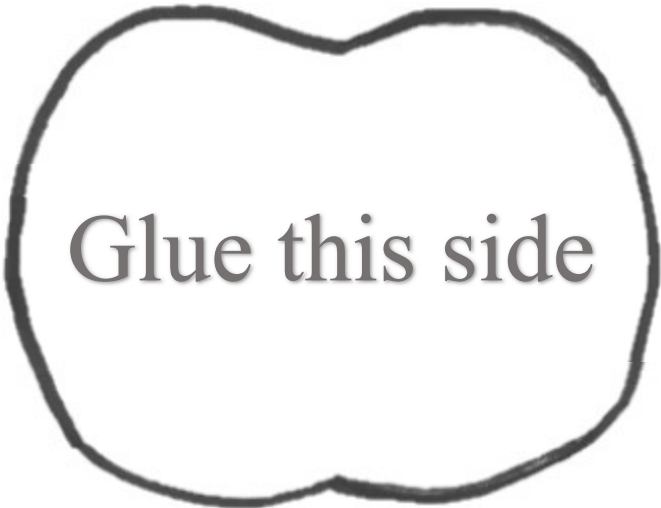
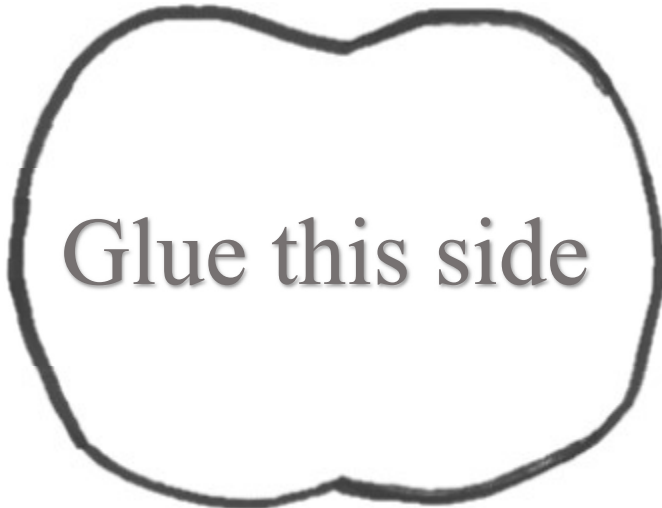
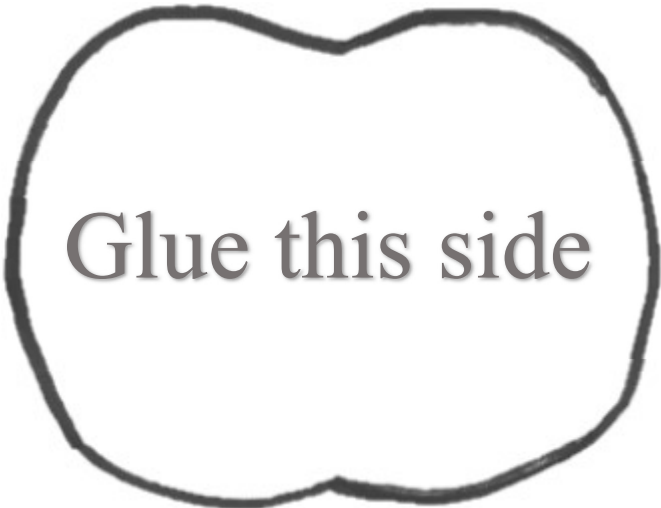


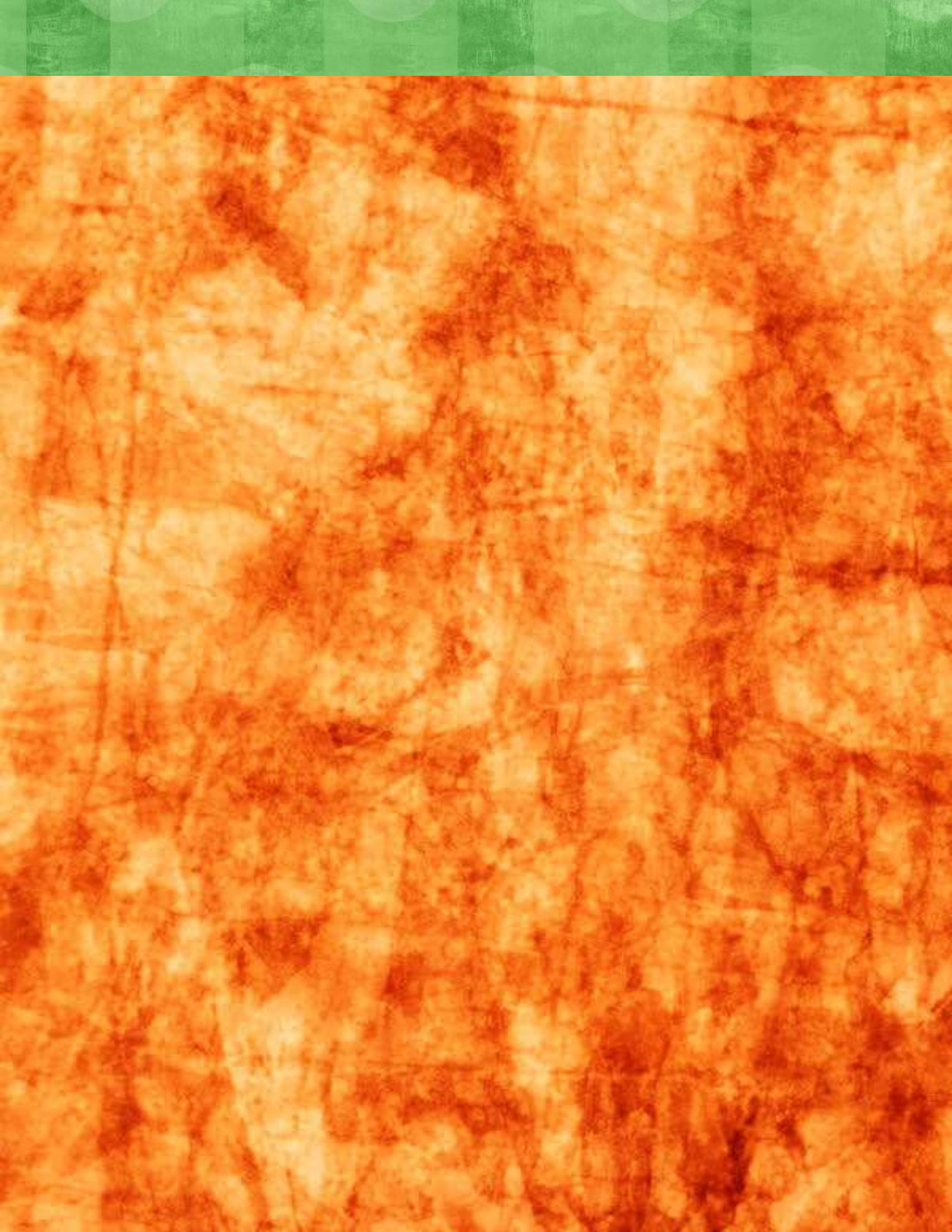
**Step 5:** Glue the stem on the final half circle



**Step 6:** Glue the last two pumpkin halves together







# Accessible changing tables available at Bellevue Park facilities

To expand access to city parks and other facilities for children, aging adults and people with disabilities, the city has installed accessible changing tables at eight locations around Bellevue.

The tables, which are larger in size and can be electronically raised and lowered to meet the needs of the user, are in the men's and women's restrooms in the following locations:

Bannerwood Park Stadium  
Crossroads International Park  
Downtown Park (Inspiration Playground)  
Highland Community Center  
Meydenbauer Bay Park  
Newcastle Beach Park  
North Bellevue Community Center  
Wilburton Hill Park



During outreach for the development of Inspiration Playground in 2014 and again during the 2019 update of the city's Americans with Disabilities Act Self-Evaluation and Transition Plan, residents requested accessible changing tables at park facilities.

"Listening to those with disabilities accessing our parks facilities is essential," said Parks & Community Services Director Michael Shiosaki. "Meeting the needs of this population is central in our city's commitment to equity and inclusion."

In 2021, the state Department of Commerce awarded the city a \$97,000 grant to purchase and install accessible changing tables in restrooms throughout the Bellevue parks system. City staff will continue to engage with community members to ensure the tables are maintained and effectively meet the needs of users.

# Let's get to know....

By Nikki Fox

**Nikki Fox had a chat with Alexander. Alexander joined our activities regularly when we opened up again.**

**Question:** Where were you born and raised?

**Answer:** In New York City, then moved to Seattle in 2008

**Question:** Where do you work?

**Answer:** At Grocery Outlet at Crossroads in Bellevue

**Question:** What is your favorite movie? Why?

**Answer:** Batman movie, because of the costumes.



**Question:** What is your favorite place to visit? Why?

**Answer:** The library at Crossroads, because they have DVDs of different years. I especially like the Batman movies.

**Question:** What are your hobbies?

**Answer:** Going to the Public Market Stage at Crossroads Mall. I like to dance and listen to music there.

**Question:** Do you have any role models who inspire you? Who? Why are they your role model?

**Answer:** My caregiver. He does a good job of taking care of me, and he cooks good meals.

**Question:** What do you think of Highland Center so far?

**Answer:** Its good. I like to talk to friends.

**Question:** What is your favorite Highland Center class?

**Answer:** Multi-Sport, BINGO, Dance, Craft, and Movie Time.





# Fall SCAVENGER HUNT



apple



mushroom



pumpkin



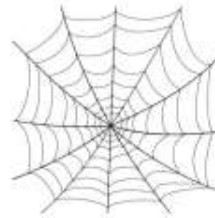
flower



orange leaf



scarecrow



spiderweb



red leaf



winged seeds



pine needle



twig



rake



yellow leaf



bird



gourd



hay



squirrel



acorn



multi-colored  
leaf



pinecone

# Summer chronicles: Tara's sunny escapades

By: Tara O'Rourke

## Activities

I volunteered at Camp Sealth as a kitchen helper for two weeks, July 2nd - July 8th and July 9th - July 15th. During the first week I got a cold that all the staff got, but I was still able to volunteer for the second week.

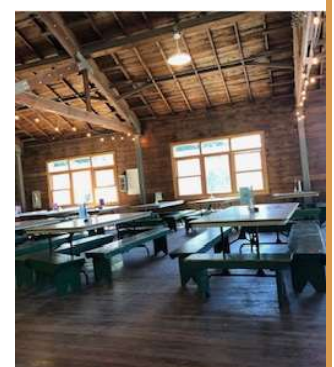
I went to Whidbey Island for a day with my sister, brother-in-law, my mom, and our dogs. We rode the ferry and had lunch and walked around in the town of Langley and on the beach.

I went to the Barbie movie with two of my friends and we got dinner after.

I went to Camp Waskowitz in North Bend for two nights and three days in August.

## Memorable Moments

Volunteering at Camp Sealth was a lot of fun. Loading the dishes and pushing them through the Hobart is a great memory.



# continued

Going to lunch at Tutta Bella with my mom and my friend and her mom before we went to Camp Waskowitz. Our cabin was A-1, the party cabin. We called it the cabin that never sleeps. Me and my friend pulled a lot of silly fun safe pranks.

## New Experiences

Seeing the Barbie movie.

## Companions

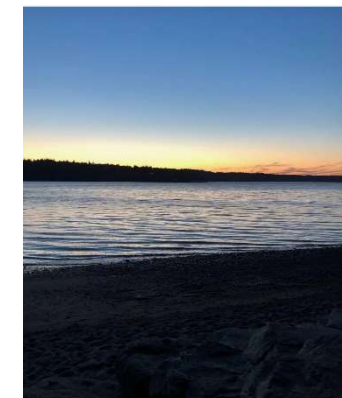
Friends, family, and dogs.

## Grateful

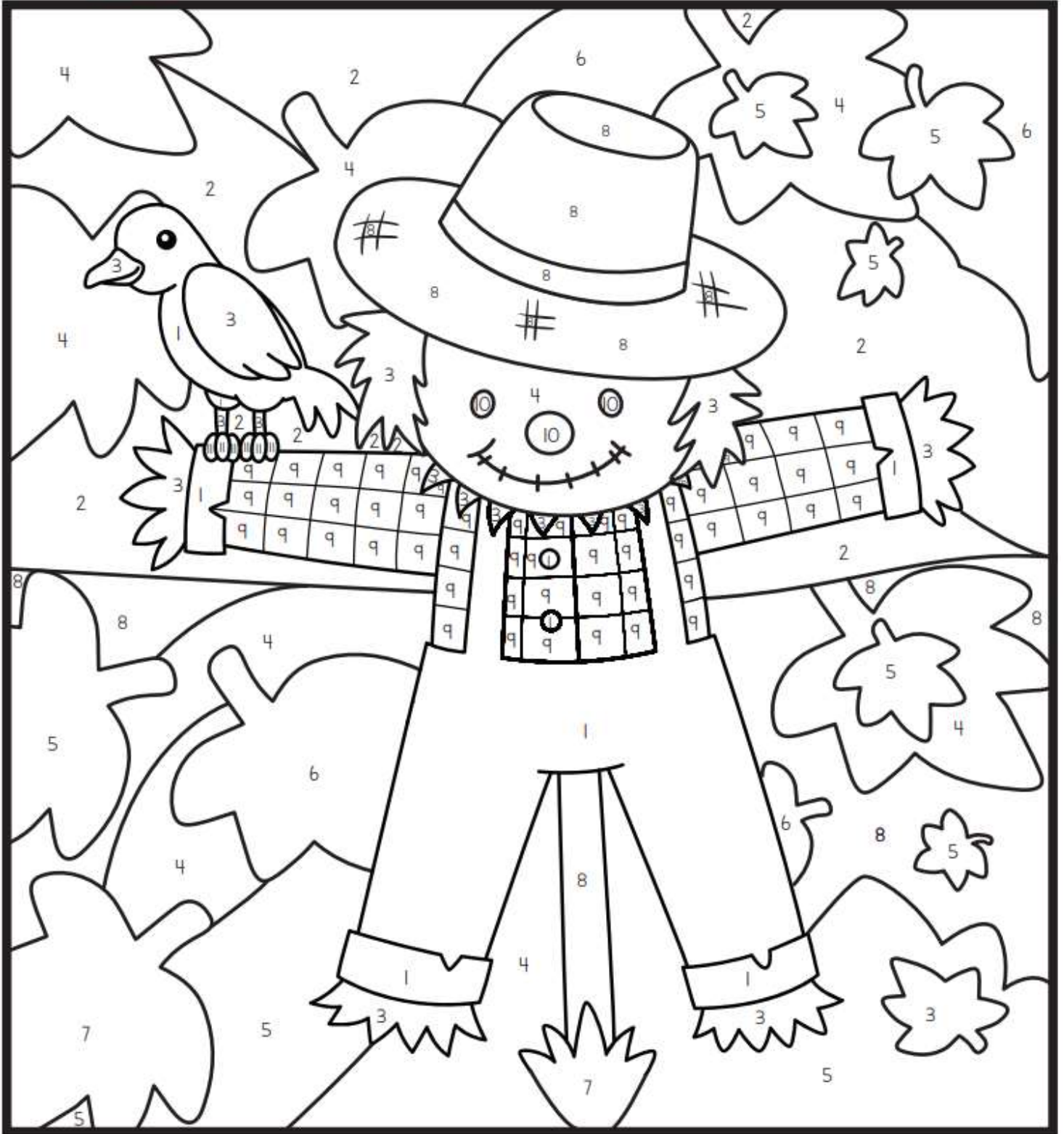
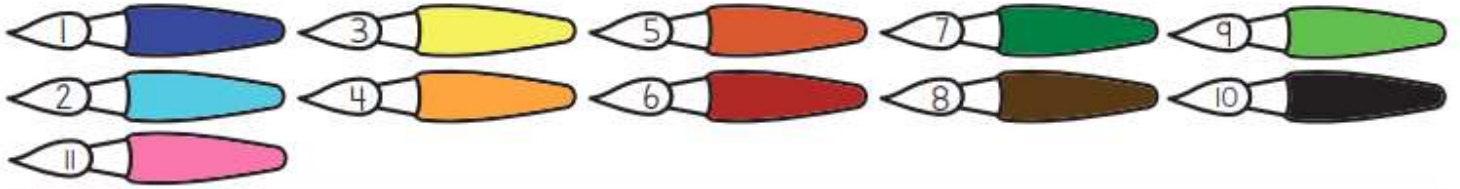
I was grateful to be able to volunteer at Camp Sealth, to go to Camp Waskowitz, and to have my family visit.

## Overall Season

My summer was AMAZING this year. Not stressful



# Fall Color by Numbers



# Tater tot casserole

By Michele Appell

## Ingredients

- Meat (Can be any kind you want, including no meat)
- Any kind of vegetables (frozen or fresh) Chopped/Sliced/Cut
- 1 can of green beans or other canned vegetables, drain as needed.
- 1 can cream of mushroom soup.
- 1/2 can of water. (Less water can be used. If you do not drain vegetables)
- Any kind of tater tots
- Any kind of shredded cheese or grate yourself. (No cheese or dairy free can be used)
- Salt and Pepper or (Any kind of seasoning instead)

## Directions

1. Preheat oven to 400 degrees
2. Cook meat if needed (ground beef, turkey, sausage, etc) or just add already cooked meat
3. Put meat (if desired) in casserole dish.
4. Add soup
5. Add water
6. Add vegetables
7. Spread evenly
8. Top with desired amount of tater tots
9. Add shredded cheese or grated cheese. (Or no cheese if desired)
10. Season
11. Cover and put in oven. For 30-40 minutes or until tater tots are done



# Peanut butter bars

By Michele Appell

## Ingredients

- 1 cup peanut butter
- Milk
- 1/3 cup oil
- 1 tsp vanilla
- 4 eggs regular sugar (5 eggs) with dextrose
- 2 cups sugar or (dextrose)
- 1 cup flour
- 1 tsp baking powder
- A dash of salt
- Optional: baking chips



## Directions

1. Preheat Oven to 325 degrees
2. Grease large rectangular or square baking pan
3. Beat eggs with milk small bowl
4. In large bowl cream together oil, sugar, eggs, vanilla, peanut butter
5. In another bowl sift together flour, salt, baking powder.
6. Stir into peanut butter mixture.
7. With hand beater, beat on low until mixture is mixed
8. Stir in any chips (optional)
9. Spread in pan evenly and put oven for 25-30 minutes.

# Mindfulness exercise

## Feather/Statue



This exercise releases muscle tension.

Pretend you are a feather floating through the air for ten seconds.

- Pretend you are a feather floating through the air for about ten seconds.
- Suddenly you freeze and transform into a statue. Don't move!
- Then slowly relax as you transform back into the floating feather again.
- Repeat, making sure to finish as a floaty feather in a relaxed state.



# Halloween Howl

October 20, 2023 | 6-8:30 p.m.

Highland Community Center

14224 Bel-Red Road, Bellevue, WA 98007

Start planning your costume now! Come dance the night away if you dare. Our annual costume contest with awards will highlight the evening. We'll have witch's brew and spooky delights for all (snacks provided). Guardians and care givers are free.

**\$10 Bellevue Resident | \$12 Non-Bellevue Resident**

For more information contact **425-452-7686** | [hcc@bellevuewa.gov](mailto:hcc@bellevuewa.gov)

Register online at [register.bellevuewa.gov](https://register.bellevuewa.gov) (Course #1978)

**This class is adapted and designed for individuals with intellectual disabilities.**



For alternate formats, interpreters, or reasonable modification requests please phone at least 48 hours in advance 425-452-7686 (voice) or email [hcc@bellevuewa.gov](mailto:hcc@bellevuewa.gov). For complaints regarding modifications, contact the City of Bellevue ADA, Title VI, and Equal Opportunity Officer at [ADATitleVI@bellevuewa.gov](mailto:ADATitleVI@bellevuewa.gov).

PKS-23-8156







# Holiday Sweater Party



**Friday, December 8**

**6-8:30 p.m.**

**Highland Community Center**

**14224 Bel-Red Road, Bellevue, WA 98007**



Show off a classic, or make your own for this Holiday event.  
Join friends and Highland staff as we dance the evening away.

**\$10 Bellevue Resident | \$12 Non-Bellevue Resident**

For more information contact **425-452-7686** | [hcc@bellevuewa.gov](mailto:hcc@bellevuewa.gov)

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# Thank you for coming to our Aloha Picnic & Dance!



Pictures by: Michele Appell & Kim Indurkar

# FALL WORD SEARCH

H J N I F I P J K R F H R E T  
A D M B Z O R U E T F J E Y H  
L I U F T W O B M V R F W R A  
L Y T N B R O T E P A J O E N  
O Y U A Z T N Y B C K S L B K  
W J A T C J D R S A E I F M S  
E G L O F N D S O E L Q N E G  
E S W E A T E R E C V L U V I  
N C C C I D E R H L A A S O V  
S I E D I R Y A H P P T E N I  
O W O R C E R A C S U P M L N  
W I Y C G V Y A F R G T A W G  
N L D T E Y Y K K P I E I X E  
J Q R S L X R E B M E T P E S  
Y E T E V G Y T H W I C K U J

ACORN

APPLES

AUTUMN

CANDY

CIDER

FOOTBALL

HALLOWEEN

HARVEST

HAYRIDE

LEAVES

NOVEMBER

OCTOBER

PUMPKIN

RAKE

SCARECROW

SEPTEMBER

SUNFLOWER

SWEATER

THANKSGIVING

TURKEY

# Workzone

By Michele Appell

I work for DCHS-Department of Community & Human Services within King County in Seattle as the SEP-Supported Employee program. I have been with the company for 5 years.

I work Monday-Friday from 8:00a-12:00p. I worked from home March-June 2020 and in July 2020 as needed in office.

September 2020, I moved to a hybrid schedule (a mix of both at home and in office). Mondays and Thursdays I work from home, Tuesdays and Wednesdays I work in the office. I alternate Fridays for in-office and at home.

### Before and after Covid-19

In office: I made folders by different colors and year label and their name on it. I then had to file in a big filing room. I did NOD (notice of determination letters) folded, put in envelopes, and ran them through postage machine. I also put together packages for the CCS department and restocked the blank pages. I put up current conference rooms calendars, inventory of supplies, clean and organize copy areas, lunchroom, conference rooms, desk area, loading paper, making sure machines are working properly, and put-up signs if not. I made cubicle signs for where people sit. I collect mail and packages on 5th floor and open every piece of mail. I date stamp them with current date.



# continued

I determine where they go by looking at notes I have made or looking them up. For packages I just let them know to pick up. I deliver the incoming mail to both 4th and 5th floor. Insurances, deposits, checks, health claims are put aside. I am now at the front reception desk. Any other tasks that are assigned to me in-office or at home.

I also went around and collected old equipment and supplies to go to Surplus, and put new chairs around conference rooms.

My task while at home was to do the distribution list within the company and add or delete people by departments, manage them in a spread sheet. I double check they are correct. I did Kudo boards for employee's anniversary within the company, trainings for different software programs: Excel, Word, Power Point, Outlook, Calendars, typing skills, professional development skills, and many more.

New tasks I have learned are: Organizing the keys, scan mail as needed, Insurances, Health claims and checks, I then find them on computer and e-mail them to where they need to go. I am always going to learn new tasks as they come up.



# Newsletter Team

If you were a super hero, which one would you be?



Anna

I would be like IronMan because he can fly and solves some really tough problems, and create his own center. He brings great minds together to come up with some solutions. He's a great leader and leads by example which is what I try to do



Michele

If I was a superhero, I would be Wonder Woman because I am a powerful woman and determine to get the job done. She has the gift of strength and speed like me. I am strong and believe in myself inside and out. She is one of my favorite superheroes of all time.



Kevin

If I would be a superhero I would be Superman. I would love to fly and have awesome super powers like laser eyes and super strength



Nikki

If I was a superhero, I would be the Flash. I would like to run and walk around the world and U.S. very fast, at lightning speed.



Tara

I would be Batman because he goes everywhere, and I am always out and about.



Tony

If I was a superhero, I'd be Aquaman. Then, I could summon and work with sea creatures so together we could stop the pollution of the oceans



Travis

That's a hard question...I would be Batman because he fights off bad people.

# We need you!

Enjoy the newsletter?

Have a hobby you would like to share?

Do an activity from the newsletter?

Let us know!  
We love pictures!!



HCC@bellevuewa.gov  
PO Box 90012 | Bellevue, WA 98009



## Riddle Me This-Answer Key

1. "Indiana" Jones
2. Frozen
3. Friendship
4. Neil "Diamond"

## Can you spot?-Answer Key

Found on pages:

3, 6, 7, 10, 16, 19, 23, 29

8

## Scholarships Available

Income based scholarships are available for Bellevue & King County residents. For more information call (425) 452-7686