

Companis

professionals
serving the
nonprofit
community



Andrea Hoekstra, RN

Heather van der Wal, RN

Companis-Powered Solutions

Companis volunteers launch new programs to serve our neighbors

It's the Companis Way – matching volunteer professionals with partner nonprofit agencies seeking innovative solutions to the problems our communities face. In recent months, Companis volunteers have been placed with nonprofit organizations to:

- Extend emergency services that keep families in their homes
- Prepare homeless women for the job market
- Create safe places for LGBTQ youth
- Launch a volunteer program serving our chronically mentally ill and addicted neighbors

In these and other programs, a vital nonprofit organization on the cusp of growth and new possibilities had a vision. But full funding to execute that vision was not available. With the strategic

placement of Companis professionals, the right people were provided to strengthen the community safety net that in turn strengthens the fabric of all our lives.

“Companis helped us grow and build capacity at a critical time,” says **Ruth Herold**, executive director of the **Elizabeth Gregory Home**. In four years, seven Companis Workers have served at the day center and transitional home for women.

The result: hundreds of homeless women have found access to food, medicine, clothing and shelter.

Heather van der Wal, RN, helped launch a pilot program at partner agency **Project Access Northwest** that connects patients seeking non-emergency treatment in seven

hospital emergency departments to primary care providers. She is joined at PANW by Companis Worker **Andrea Hoekstra, RN**, who does medical case review.

“I love being part of the solution,” says van der Wal.

The ambitious goal: lower costs and healthier patients.

Such placements and partnerships abounded in 2014 and 2015. All told, 16 Companis Workers helped our nonprofit partner agencies innovate with new programs.

The result: innovation and capacity building that leads to more services for our neighbors in crisis.

That's the Companis Way.

Your Investment = Companis Impact

Through your financial support, Companis made **88** placements of volunteer professionals in 2014-15, partnering with **41** nonprofit organizations. Companis Workers delivered community services with an annualized market value of **\$1.8 million** and provided **\$36,000** in consultant services.

Companis Workers staff tiny agency making big impact



Kim Nonen

K.C. Young

America has a prison problem. We have 5% of the world's population and 25% of its prisoners. African Americans now number nearly 1 million of the total 2.3 million incarcerated. If these trends continue, 1 in 3 African American men will be incarcerated during his lifetime.

Companis Worker **K.C. Young** leads **Freedom Project**, a tiny organization working on big solutions. Its program of teaching nonviolent communication and mindfulness skills to those in prison and to post-prison returnees resulted in a significantly lower recidivism rate over a 10-year period, peer-reviewed research shows.

“We're really focused on two key issues,” says Young. “One is to help facilitate the transformation of prisoner into peacemaker, and second is to be part of building safer communities, both inside and outside the prisons.”

She is in her second year of this Companis placement and has been joined at Freedom Project by Companis Worker **Kim Nonen**

as volunteer administrator. Nonen recently completed a placement as volunteer manager at a homeless women's center.

Both Companis Workers greatly value the support they receive through group meetings and professional development activities. Young is one of four recent Companis placements who has served as an organization's executive director. She says the Companis program helps keep her “re-charged, re-empowered and re-energized” to do her important work.

“To be a part of a group that already sees that relationship is the heart of ministry, like Companis does, enlivens me to want to do this work that puts so much emphasis on community.”

“I am making a difference in women’s lives.”



Emily Stewart

Carole Tovar

Companis Worker Emily Stewart helps the women of Mary’s Place develop job skills, a key step on the path out of homelessness and into more stable lives. Her colleague, Companis Worker Carole Tovar, focuses on the special needs of senior women. Together, they change lives.



Peter Merritt

“It’s exciting to see so much energy and engagement on this difficult subject. We’re finding that people are ready to have these conversations and just need a little help getting started.”

Companis Worker Peter Merritt does social media outreach for the “Speaking of Dying” film project, a documentary about preparing for a compassionate death. Peter also is placed with People’s Memorial, a nonprofit funeral services cooperative.

“I help my clients rediscover their self-worth.”



Jenelle Tabor

Companis Worker Jenelle Tabor works with homeless women at Elizabeth Gregory Home’s transitional house. While her clients are homeless and often without medical care and family support, finding that core of strength within themselves is the first step to rebuilding their lives.

Companis by the numbers in 2014-2015

28 Companis Workers delivered services to our homeless neighbors

22 Companis Workers helped people access medical care

16 COMPANIS WORKERS HELPED our nonprofit partners INNOVATE WITH NEW PROGRAMS

6 Companis Workers were placed in PARTNER AGENCIES SERVING LGBTQ NEIGHBORS

12 & 12 Companis Workers serving seniors, SERVING YOUTH

4 COMPANIS WORKERS LED NONPROFIT AGENCIES IN TRANSITION

21 Companis Workers supported partner agencies WITH BUSINESS & TECH SKILLS

90% of Companis Workers complete THEIR SERVICE COMMITMENT

87% of our budget is spent directly on our program

To donate, please visit

www.companis.org/donate

or call **206-328-6155**

for more information on legacy giving.

Why We Donate



Steve Smith

Carla Granat

“We have been enthusiastic supporters of Companis since Carla was a Companis volunteer almost 20 years ago. One good way to provide a legacy of support is to include Companis in your will.”

– Steve Smith and Carla Granat



Phil Mervin

“I love being part of the Pride community – knowing that Pride supports so many LGBTQ groups throughout Washington, Oregon, Idaho, Montana and Alaska.”

Companis Worker Phil Mervin provides database support at Pride, the regional community foundation that works to expand opportunities and advance full equality across the Northwest. Phil also serves as Companis’ volunteer office manager.



Betty Reid

“I found where I belong.”
Companis Worker Betty Reid’s welcoming smile is a beacon behind the cash register at Trinity Thrift Shop, and she loves celebrating the small victories with the homeless and low income people she serves.



Peter Jabin

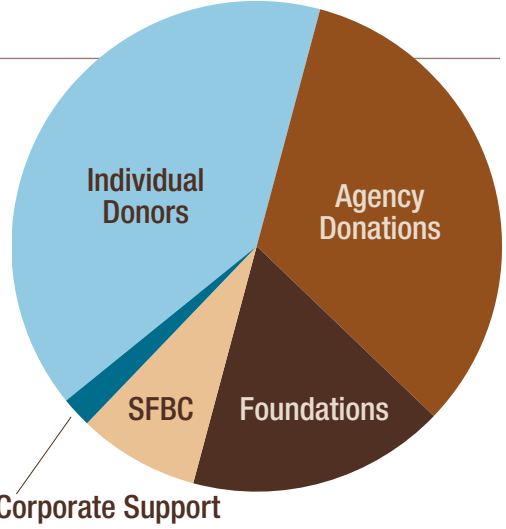
“I get to support Companis Workers in living into their full potential so that they can do the same for the people they serve.”

Peter Jabin leads special projects for Companis, including worker support programs.

Financial Highlights

COMPANIS REVENUE SOURCES	2015
Individual Donors	40%
Agency Donations	33%
Foundations	17%
Seattle First Baptist Church	8%
Corporate Support	2%
2015 budget is \$480,000	100%

Your individual contributions are our largest single source of support.



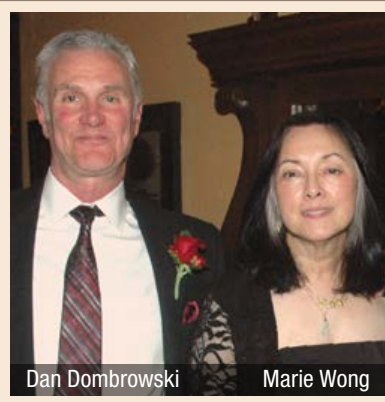
COMPANIS has made MORE THAN **700** PLACEMENTS WITH **120** PARTNER AGENCIES

23 Companis Workers are “giving back” after retirement



Robert Stapp Harold Sutherland

“We donated to Companis to honor the memory of our cherished friend, Rev. Elizabeth Patrick (former facilitator of the Companis Worker support group). We’re thrilled that there is a lending library in her name as part of the new Companis/Abelson Center for Nonprofit Support. This will be an ongoing legacy of her dedication and compassion.”
– Robert Stapp and Harold Sutherland



Dan Dombrowski Marie Wong

“A Companis donation is a perfect way to really show what ‘caring, love, and community’ is all about... and that is what a wedding, birthday, or anniversary celebration is meant to be.”
– Seattle University Professors Marie Wong and Dan Dombrowski, longtime donors who asked wedding guests to make a donation to Companis in lieu of gifts when they married this year.

Companis Grows into New Space

Introducing the Abelson Center for Nonprofit Support

With a gift from a generous donor who makes investment in social justice a family value, Companis has opened the doors to the **Stuart R. Abelson Center for Nonprofit Support**.

The Abelson Center, a large meeting space in remodeled, 1000-square foot quarters, allows Companis to expand programs for our volunteers delivering frontline human services as well as for our nonprofit partner agencies. It was made possible by a gift

from the Stuart and Jesse Abelson Foundation, in honor of Stuart Abelson, Jesse's father, who passed away in 2003. The gift also allows Companis to pay start-up and operating expenses of the new center without impacting other programs.

A graduate of Harvard Law School who worked in poverty law in El Paso and New York before a business career, Stuart Abelson endorsed the Companis model of matching supported volunteers with agencies needing staffing assistance as a frugal and

effective way to sustain the work of many nonprofits. He personally supported the work of the Esther Davis Center, started in Chicago by Companis President Emeritus Craig Darling, who then brought the model to Seattle as Companis in 1994. Jesse Abelson has continued that family tradition with this generous gift.

In addition, Jesse, a physician who worked at the Seattle VA Hospital before taking a new position as a teaching physician in Los

Angeles, and his brother Jamie have been longtime donors to Companis.

Companis Executive Director Gary Davis calls the Abelson Center "a place to innovate," providing expanded space for the Companis program of facilitated peer-support meetings, and networking and professional development events. "This new space represents hospitality, connection and the good things that happen when people gather."



Companis honors Dennis Coleman, community builder and chorus leader

Dennis Coleman is the 2015 recipient of the Janet G. Newell Award for Community Service, presented by the Companis Board of Directors in recognition of his service creating community for thousands of our neighbors.



Dennis Coleman

As the longtime

artistic director of the **Seattle Men's Chorus** and **Seattle Women's Chorus**, Coleman leads two of the largest community choruses in America. Seattle Men's Chorus, founded in 1979, is also the largest gay men's chorus in the world with over 350 singing members. Seattle Women's Chorus, which made its premiere on stage in 2002, has quickly grown to over 300 singers.

Coleman celebrates the recent U.S. Supreme Court decision legalizing marriage equality, but he also remembers placing asterisks in chorus programs in place of

the names of some performers who risked losing work and family if they were identified. As he prepares to retire in 2016, he thinks of the many chorus members lost to AIDS in the 1980s and 1990s, and how much of the chorus' energy was focused on caring and grieving for sick members.

"The choir was a space of safety – sometimes the one place members could find community, acceptance and hope, hope for a world that values it's gay and lesbian citizens," said Companis Board of Directors President Shawn Aronow.

Companis Staff & Board

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Rita Hibbard, *Associate Executive Director*
Phil Mervin, *Office Manager*

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Craig Darling

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Our Mission

Companis connects volunteer professionals with nonprofit agencies that need staffing assistance. Our worker support program creates an engaged community service corps and expands the capacity of Seattle area nonprofits.

www.companis.org

 Like us on Facebook and discover more about our work in the community!