

Thank you donors, funders and sponsors  
- we couldn't do this without you!

# Annual Report

2021 - 2022

## Donors

Kathryn Anderson  
John Bailey  
Chris and Jennifer Barrett  
Eric Bartlett  
David & Janet Bemiller  
Lucretia Berg  
Nancy Birge  
Charlie Birge  
John Birge  
Ilene A Birge  
Ken and Sally Bose  
Sue Comis  
Robert Drown  
Diane Edison  
Brien Elvins  
Christopher and Valerie Ensor  
Shea Fontana  
Judy K. Hanson  
Frederick B. Hayes  
Tawny Hembry  
Margaret Hensler  
Kari Hilderbrand  
Christopher Hill  
Marilee E. Hill-Anderson  
Marion Hogan  
Ryan & Jinnie Horan  
Holly Bamford Hunt  
Karen Irwin  
Marcia Ives  
Stella Jones  
Anne James  
Katherine James  
Bob Katica  
Paul Kuhn  
Kirsten Lawson  
Genevieve Legacy  
Randy Lert  
Nalani Linder  
Georgia Lomax

Frank Matulis  
Julie McGruder  
Michele Millar  
Mark Minickiello  
Deanna and Mike Mitchel  
Judith Moran  
Steven Moss  
Vivie Nguyen  
Douang Nonthaveth  
Nan Peele  
Steve Pierce  
Jeffrey Pike  
Beth Poma  
Macy Ragasa  
Dale Redman  
Jamie Reisdorf  
Nathan Roberts  
Mike and Julie Robinson  
Aimee Sidhu  
Jeff Shoemaker  
Bruce Short  
Daniel Smith  
Trudy Sorensen  
Ralph Spaulding  
Lisa Stiebrs  
Ron Stone  
Abigail Taylor  
The Estate of Nola Benita Renz  
George Tomlin  
Jay Thomas  
Marlys Tron  
Patricia Turnberg  
Kevin & Jennifer Unrau  
Orval and Linda Wa  
Greg Warren  
Jeanne Werner-Spaulding  
Mesa Winter  
Matt Wurdeman

## Funders and Sponsors

Assistance Dog Club of Puget Sound  
Bamford Family Foundation  
Catherine Holmes Wilkins Charitable Foundation  
City of Tacoma  
City of University Place  
Donald R. and Mary E. Williams Youth Fund  
Florence B Kilworth Foundation  
First Financial NW Bank  
Gary E. Milgard Family Foundation  
Gottfried and Mary Fuchs Foundation  
Greater Tacoma Community Foundation  
Greys Lumber  
Group Health Foundation  
Harborstone Credit Union  
Immanuel Presbyterian Church  
Jennifer Unrau, CPA and Associates  
Jewish Federation of Cleveland  
Ken Birdwell Foundation  
Kroger  
Marco J. Heidner Foundation  
Multicultural Child and Family Hope Center  
Network for Good  
One Pierce Community Resiliency Fund  
Pierce County Community Connect  
Puyallup Tribe of Indians Charity Trust Board  
Ruth Murphy Evans Charitable Trust of Union Bank  
Sound Credit Union  
Timberland Bank  
United Way of Pierce County  
Virginia Mason Franciscan Health  
Woodworth Family Foundation



## Mission

To promote the wellness, recovery and resilience of adults experiencing disabilities in Pierce County.

## Vision

TACID participants discover their strengths, learn new skills and make the social and emotional gains that will improve their quality of life.

Dear Friends of TACID,

We are so glad to share this latest Annual Report with you! 2022 was a particularly hard year for TACID, with the unexpected passing of our beloved Executive Director, Nola Renz, in March. When we reopened our building in April after months of closure because of the pandemic, there was an understandable mix of joy and sadness. With an interim Executive Director at the helm and the restarting of our on-site programs, progress was steady as we gradually welcomed more and more participants back to TACID and continued to serve others through online programming. And, the enduring, resilient spirit of TACID has shown through in spite of the challenges we faced. Staff and board joined forces to create and celebrate several bright spots in 2022—including the adding of fantastic new staff members; a new peer-led group, a [beautiful new website](#), an expansion of the Young Adult program, replanting (and reaping) of Nola's beloved vegetable garden, and more! Just like our participants in wellness and recovery who focus on building on what's good, TACID is gratefully entering 2023 with a sense of hope and determination to build on Nola's legacy of care.

We are grateful to YOU for being a part of what makes us hopeful. Thank you for your support and partnership!

Anne James  
President, Board of Directors

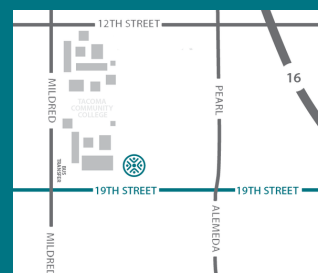
Nalani Linder  
Interim Executive Director

## Address

6315 S 19th St, Tacoma, WA 98466

## Phone

253.565.9000



IRS 501(c)(3) nonprofit organization  
© 2023 All Rights Reserved

WWW.TACID.ORG

# NEW IN 2022

## RolePlay Peer Gaming

This fun new group supports the development of critical thinking, empathy, social skills, resource management and more in an interactive but passive way. Everyone is welcome to the table regardless of their experience in playing games. Participants are guided on magical quests, solve puzzles, explore new worlds, and make new friends.

## Generation of Change

Generation of Change is a BIPOC (mostly black) community and second family to some. We provide a safe space for marginalized individuals dealing with behavioral health issues—many of which stem from race-based traumas. Here, we heal familial relationships, support one another through tragedies, as well as face fears, and build resilience.

## Peer Support Groups

- Managing COVID Grief & Stress
- Journey Through Grief
- Living in the Balance
- Choose Hope for Depression
- Rambling Pens
- Exploring 12 Step Recovery
- Voices & Visions
- Art in Recovery Peer Group
- Generation of Change

## Wellness Groups

- Intuitive Art
- Gentle Yoga
- Meditation and Sound Bath
- Drum Healing Circle
- Upper Body Massage
- RolePlay Peer Gaming



## Challenges Become New Opportunities

Adjusting to the difficulties presented by the Covid-19 pandemic was especially difficult for the population TACID serves. While learning how to access programs and services remotely was not immediately accessible to all our participants, the remote option has since become integral to our ability to expand care to participants who cannot visit us in person for any reason. We welcome this innovation as a way to reach even more people in need.

## Staff Advancements

We're proud that three TACID staff completed the 40-hour, Certified Peer Support Training and passed their certification tests in 2022. Participants and CPCs at TACID are all considered "peers" who share common experiences or challenges and are walking a similar path. Together, we can connect and heal.

"I feel like I'm heard and that I belong to something that can possibly make change."  
-Christopher



"It helped me confront my fears and is helping me rebuild a relationship with my family."  
-Julie



Support & Revenue	2021	2022
Corporate Grants	593,999	346,333
Foundation Grants	252,000	166,000
Special Events	28,594	14,895
Government Grants	20,110	20,110
Donations	25,499	34,450
Paycheck Protection Program Grant	137,861	
Investment Income/Loss	4,408	(3,437)
<b>Total Support &amp; Revenue</b>	<b>1,062,471</b>	<b>576,351</b>

Assets	2021	2022
Change in net assets	198,047	(493,378)
Net Assets, beginning of the year	943,828	1,141,875
<b>Net Assets, end of year</b>	<b>1,141,875</b>	<b>646,497</b>

Expenses	2021	2022
Program Services	679,353	887,876
General & Administrative	116,011	128,368
Fundraising	69,060	53,487
<b>Total Expenses</b>	<b>864,424</b>	<b>1,069,730</b>

## Wellness & Disabilities

Our wellness groups help participants develop a deeper relationship with their body, mind, and spirit. Feeling into this connection reinforces a sensation of belonging and teaches new ways to process life's difficulties. Activities that nurture joy and relaxation are transformative as they invite us to quiet the mind as we breathe and focus inward or laugh as we allow ourselves time to create and play. These accessible practices are especially powerful for people experiencing mental, emotional, and/or physical pain, and provide an inclusive community free from stigma.



"I'm really glad to be a participant at TACID. I'm much less isolated than I've been for several years."  
-Alex

## In Loving Memory of Nola

TACID will be forever in the debt of Nola Renz, who served as Executive Director from 2015 – 2022. She used her leadership, vision and heart to enact positive changes for staff and participants. She supported TACID by:

- Moving from a deficit budget to being financially solvent with healthy reserves.
- Updating the building with new carpet, paint and signage.
- Starting potlucks for participants – the essence of the TACID community - cooking much of the food herself.
- Installing and planting raised garden beds to provide participants with an enjoyable activity and a source of fresh food. Nola prepared and shared dishes from the garden harvest.
- Jumping into action when something needed to be done. She skillfully interacted with major donors and would also assemble a vacuum cleaner or retrieve a lost item from the dumpster.

The impact of Nola's huge heart, warm smile and deep love for TACID cannot be overstated. We hope to continue on her legacy of kindness, generosity and support for years to come.

