#### Form 5500-SF

Department of the Treasury Internal Revenue Service

Department of Labor Employee Benefits Security Administration Pension Benefit Guaranty Corporation

## Short Form Annual Return/Report of Small Employee Benefit Plan

This form is required to be filed under sections 104 and 4065 of the Employee Retirement Income Security Act of 1974 (ERISA), and sections 6057(b) and 6058(a) of the Internal Revenue Code (the Code).

1210-0089

OMB Nos. 1210-0110

2012

This Form is Open to Public Inspection

Pension Be	enerit Guaranty Corporation	▶ Complete all entries in acc	cordance with the instru	ctions to the Form 550	0-SF.				
Part I		<b>Identification Information</b>							
For calenda	ar plan year 2012 or fi	scal plan year beginning 01/01/2	2012	and ending 1	2/31/2	2012			
	urn/report is for:	a single-employer plan		olan (not multiemployer)		a one-participant plan			
<b>B</b> This ret	urn/report is:	the first return/report	the final return/report						
		an amended return/report	a short plan year retu	n/report (less than 12 mg	onths)				
C Check b	box if filing under:	X Form 5558	automatic extension			DFVC program			
		special extension (enter descri	ption)						
Part II	Basic Plan Info	rmation—enter all requested info	ormation						
1a Name	of plan				1b	Three-digit			
HEARTS AN	ID HANDS OF CARE	INC 401K PLAN				plan number			
					4.	(PN) 001			
					1C	Effective date of plan 01/01/2011			
2a Plan sr	noncor's name and ad	ldress; include room or suite numbe	r (ampleyer if for a single	omployor plan)	2h				
	ND HANDS OF CARE		r (employer, ir for a single	-employer plan)	<b>2b</b> Employer Identification Numbe (EIN) 55-0897940				
					2c	Sponsor's telephone number			
8130 OLD S	EWARD HWY NO 102	2				907-929-5826			
ANCHORAG	SE, AK 99518				2d	Business code (see instructions)			
						621610			
3a Plan a	dministrator's name ar	nd address Same as Plan Sponso	or Name Same as Pla	n Sponsor Address	3b	Administrator's EIN			
EARTS AND	HANDS OF CARE IN		SEWARD HWY NO 102		2-	55-0897940			
		ANCHORA	GE, AK 99518		3C	Administrator's telephone number 907-929-5826			
						33. 32. 33.			
4 If the r	name and/or EIN of the	e plan sponsor has changed since the	ne last return/report filed f	or this plan, enter the	4b EIN				
		mber from the last return/report.	·	•					
<b>a</b> Sponse					4c	PN			
<b>5a</b> Total r	number of participants	at the beginning of the plan year			5a	66			
<b>b</b> Total r	number of participants	at the end of the plan year			5b	77			
		account balances as of the end of th	, ,	•	5c	5			
	•	s during the plan year invested in eli							
		s during the plan year invested in ell f the annual examination and report							
,	•	? (See instructions on waiver eligibil			,	X Yes No			
If you	answered "No" to e	ither line 6a or line 6b, the plan ca	annot use Form 5500-SF	and must instead use	Form	5500.			
Caution: A	penalty for the late	or incomplete filing of this return	report will be assessed	unless reasonable cau	ıse is	established.			
		her penalties set forth in the instruct							
	edule MB completed a true, correct, and com	nd signed by an enrolled actuary, as	s well as the electronic ve	rsion of this return/report	, and	to the best of my knowledge and			
Deliei, it is t	inde, correct, and com			_					
SIGN	Filed with authorized/	valid electronic signature.	07/16/2013	KISHA SMAW					
HERE	Signature of plan a	dministrator	Date	Enter name of individu	ual sic	gning as plan administrator			
SIGN	orginatare or prairie		24.0		ua. 0.8	printing do prair duriminor deci-			
HERE						· · · · · ·			
Signature of employer/plan sponsor  Date  Enter name of individu  Preparer's name (including firm name, if applicable) and address; include room or suite number (optional)				idual signing as employer or plan sponsor  Preparer's telephone number (optional)					
i iopaici s	name (molauling mill t	ario, ii applicable, ariu audress, Ilic	nade room of suite number	or (optional)	ιιερ	and a totophone number (optional)			

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Pa	rt III Financial Information																	
7	Plan Assets and Liabilities		(a) Beginning of Year			(b) End of Year												
a	tal plan assets			0	(b) End of Teal			56										
	Total plan liabilities	7b																
	Net plan assets (subtract line 7b from line 7a)	7c		0					425	56								
8	Income, Expenses, and Transfers for this Plan Year		(a) Amount				(b	) Tota										
	Contributions received or receivable from:		(a) runount					<i>,</i>	•									
	(1) Employers	8a(1)		0														
	(2) Participants	8a(2)	1842	25														
	(3) Others (including rollovers)	8a(3)																
b	Other income (loss)	8b	44	14														
С	Total income (add lines 8a(1), 8a(2), 8a(3), and 8b)	8c							1886	69								
d	Benefits paid (including direct rollovers and insurance premiums to provide benefits)	8d																
е	Certain deemed and/or corrective distributions (see instructions)	8e	1461	3														
f	Administrative service providers (salaries, fees, commissions)	8f																
g	Other expenses	8g																
h	Total expenses (add lines 8d, 8e, 8f, and 8g)	8h							146	13								
i	Net income (loss) (subtract line 8h from line 8c)	8i							42	56								
j	Transfers to (from) the plan (see instructions)	8j																
Pa	rt IV Plan Characteristics	<u> </u>	l															
	9a If the plan provides pension benefits, enter the applicable pension feature codes from the List of Plan Characteristic Codes in the instructions:																	
b	<ul> <li>2E 2G 3D</li> <li>b If the plan provides welfare benefits, enter the applicable welfare feature codes from the List of Plan Characteristic Codes in the instructions:</li> </ul>																	
_																		
Par				-			I											
10	During the plan year:				Yes	No		An	nount									
	29 CFR 2510.3-102? (See instructions and DOL's Voluntary Fidu	ıciary Corı	rection Program)	10a	X					18	425							
	Were there any nonexempt transactions with any party-in-interest on line 10a.)			10b		X												
C	Was the plan covered by a fidelity bond?			10c		X												
C	Did the plan have a loss, whether or not reimbursed by the plan's or dishonesty?	-		10d		X												
е	Were any fees or commissions paid to any brokers, agents, or oth insurance service or other organization that provides some or all of	ner person	s by an insurance carrier,															
	instructions.)			10e		X												
f	Has the plan failed to provide any benefit when due under the plan	n?		10f		X												
	Did the plan have any participant loans? (If "Yes," enter amount a	s of year e	end.)	10q		Χ												
	If this is an individual account plan, was there a blackout period? (	(See instru	uctions and 29 CFR	10g		X												
i	,																	
	exceptions to providing the notice applied under 29 CFR 2520.10	1-3		10i														
Par								<u> </u>										
11	Is this a defined benefit plan subject to minimum funding requirem 5500) and line 11a below)								Yes	S	No							
118	2 Enter the amount from Schedule SB line 39																	
12	2 Is this a defined contribution plan subject to the minimum funding requirements of section 412 of the Code or section 302 of ERISA?																	
	(If "Yes," complete line 12a or lines 12b, 12c, 12d, and 12e below, as applicable.)																	
а	<b>a</b> If a waiver of the minimum funding standard for a prior year is being amortized in this plan year, see instructions, and enter the date of the letter ruling granting the waiverMonth Day Year							_										
											If you completed line 12a, complete lines 3, 9, and 10 of Schedule MB (Form 5500), and skip to line 13.							
If	you completed line 12a, complete lines 3, 9, and 10 of Schedule	e MB (For	m 5500), and skip to line 13.		1		1											

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	Enter the amount contributed by the employer to the plan for this plan year	12c		
d	Subtract the amount in line 12c from the amount in line 12b. Enter the result (enter a minus sign to the left of a negative amount)	12d		
е	Will the minimum funding amount reported on line 12d be met by the funding deadline?		Yes	No N/A
Part	VII Plan Terminations and Transfers of Assets			
13a	Has a resolution to terminate the plan been adopted in any plan year?		Yes X No	
	If "Yes," enter the amount of any plan assets that reverted to the employer this year	. 13a		
b	Were all the plan assets distributed to participants or beneficiaries, transferred to another plan, or brought under the of the PBGC?	e control Yes X		
С	If during this plan year, any assets or liabilities were transferred from this plan to another plan(s), identify the plan(s) which assets or liabilities were transferred. (See instructions.)	to		_
1	3c(1) Name of plan(s):	3c(2) E	IN(s)	<b>13c(3)</b> PN(s)
Part	VIII Trust Information (optional)			
	Name of trust	14b ⊤	rust's EIN	

#### [NOTE TO USER:

- A copy of this authorization must be kept in your records (but is not included in the filing).
- You must agree to communicate any inquiries and information received from EFAST2, DOL,
   IRS or PBGC regarding the return/report upon electronically signing the filing.
- To sign on behalf of the plan administrator, you must register as a "signer" at the DOL EFAST2 website and a signed copy of the 5500 form should be attached to the electronic filing as an "other attachment".]

#### Authorization to Electronically Sign and File 5500

I hereby authorize any employee of Professional Benefit Services, Inc. ("Service Provider") to electronically sign and file 5500 forms on my behalf for the following filing year(s): 2012\_\_\_\_\_.

#### I further understand the following:

- I must sign a paper copy of the completed 5500 form.
- An image of my signature will be included with the rest of the return/report posted by the Department of Labor on the internet for public disclosure. (Not applicable if this is a one participant 5500SF filing.)
- I may revoke or change this authorization at any time by written notification to Service Provider.

Dated: 7/15/13 By: Colla S

Kisha Smaw of Hearts and Hands of Care, Inc.

### Form 5500-SF

Department of the Treasury

# Short Form Annual Return/Report of Small Employee Benefit Plan

OMB Nos. 1210-0110 1210-0089

Internal Revenue Service	and 4065 of the Employe	vee 2012						
Department of Labor Employee Benefits Security Administration Pension Benefit Guaranty Corporation	ections 6057(b) and 605 Code).	8(a) of	This Form is Open to Public Inspection					
	→ Complete all entries in acc	ordance with the instr	ections to the Form 550	00-SF.	mapocuon			
Part I Annual Report I For calendar plan year 2012 or fisc	dentification Information	01/01/2012			0/04/0040			
_	X a single-employer plan	01/01/2012	and ending		2/31/2012			
_	m	=	plan (not multiemployer)	L	a one-participant plan			
B This return/report is:	the first return/report	the final return/repor						
	an amended return/report	a short plan year retu automatic extension	rn/report (less than 12 m	ionths) —				
C Check box if filing under:			DFVC program					
	special extension (enter descrip							
	mation—enter all requested infor	mation						
1a Name of plan HEARTS AND HANDS OF	CARE INC 401K PLAN				hree-digit lan number			
					O01			
				1c E	ffective date of plan 1/01/2011			
2a Plan sponsor's name and addr HEARTS AND HANDS OF (	ess; include room or suite number CARE INC	(employer, if for a single	-employer plan)	1	mployer Identification Number EIN) 55-0897940			
8130 OLD SEWARD HWY N	JO 102			2c Sponsor's telephone number 907-929-5826				
ANCHORAGE	AK 99518			2d Business code (see instructions) 621610				
3a Plan administrator's name and HEARTS AND HANDS OF C		Name Same as Pla	n Sponsor Address	3b Administrator's EIN 55-0897940				
				1	dministrator's telephone number			
8130 OLD SEWARD HWY N	IO 102			90	07-929-5826			
ANCHORAGE	AK 99518							
4 If the name and/or EIN of the p name, EIN, and the plan numb	lan sponsor has changed since the	last return/report filed for	or this plan, enter the	4b EI	N			
a Sponsor's name	er nom the last return/epoit.			4c Pi	<b>N</b>			
5a Total number of participants at	the beginning of the plan year							
b Total number of participants at				5a	66			
C Number of participants with acc				5b	77			
complete this item)		han Acst (delilled helte	ant pians do not	5c	ŗ			
6a Were all of the plan's assets d	uring the plan year invested in eligi	ble assets? (See instruc	tions.)		X Yes No			
D Are you claiming a waiver of the under 29 CFR 2520.104-46? (\$	e annual examination and report of See instructions on waiver eligibility	f an independent qualific r and conditions.)	d public accountant (IQF	PA)	X Yes ∏ No			
	er line 6a or line 6b, the plan can							
Caution: A penalty for the late or i	ncomplete filing of this return/re	port will be assessed	unless reasonable caus	se is est	ablished.			
Under penalties of perjury and other SB or Schedule MB completed and solelief, it is true, correct, and complet	Signed by an enrolled actuary, as w	rell as the electronic vers	examined this return/report,	ол, inclu and to ti	ding, if applicable, a Schedule he best of my knowledge and			
SIGN VALUE		7/15/13	KISHA SMAW					
HERE Signature of plan adm	injetrator	1131.2		, , ,				
SIGN HINC		Date	Enter name of individu	ai signin	g as plan administrator			
IEBE Profession	de la casa	1/13/15						
Signature of employer Preparer's name (including firm name	pian sponsor e. if applicable) and address: include	Date			g as employer or plan sponsor r's telephone number (optional)			
•	,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	so room of dulic ridings.	(optional)	- repare	is telephone number (optional)			
or Paperwork Reduction Act Notice an	d OMB Control Numbers, see the ins	structions for Form 5500-S	F.		Form 5500-SF (2012) v. 120126			