Form 5500-SF		Short Form Annu	al Return/Repo Benefit Plan	•	oyee	OMB	Nos. 1210-0110 1210-0089		
	tment of the Treasury nal Revenue Service	This form is required to be filed under sections 104 and 4065 of the Employee							
Employee Be	epartment of Labor enefits Security Administration	Income Security Act of 1974	(ERISA), and sections 6 Revenue Code (the Co	i057(b) and 6058(a) of the ide).	Internal		is Open to spection		
	enefit Guaranty Corporation	Complete all entries in a	accordance with the ins	structions to the Form 55	00-SF.		opoolion		
For calenda	Annual Report Ic	dentification Information al plan year beginning 01/01/2	016	and ending 12	/31/2016				
		a single-employer plan		plan (not multiemployer) (I		kina this box mu	ust attach a		
A This ret	urn/report is for:	a one-participant plan		employer information in ac		-			
<b>B</b> This retu	urn/report is	] the first return/report ] an amended return/report	the final return/repoi	rt urn/report (less than 12 mo	onths)				
C Check	box if filing under:	Form 5558	automatic extension	n [	DFVC p	rogram			
Devit II	Desis Dise la fem	special extension (enter descr	,						
Part II		mation—enter all requested inf	ormation		16 Thurs	a aliania			
1a Name HELPING H	or pian AND HOUSE 403(B) PL	AN			1b Three plan (PN)	number	001		
						tive date of pla 01/01/20			
Mailing	address (include room,	er, if for a single-employer plan) apt., suite no. and street, or P.O			2b Empl (EIN)	oyer Identificat 91-12750			
HELPING HA		country, and ZIP or foreign posta	al code (if foreign, see in	structions)	2c Sponsor's telephone number 253-848-6096				
4321 2ND ST PUYALLUP,					2d Busir	ness code (see 624200	instructions)		
<b>3a</b> Plan a	dministrator's name and	address X Same as Plan Spor	ISOF.		<b>3b</b> Admi	nistrator's EIN			
		_			3c Admi	nistrator's telep	bhone number		
		blan sponsor has changed since to be from the last return/report.	the last return/report filed	d for this plan, enter the	4b EIN				
a Spons	or's name				<b>4c</b> PN				
5a Total r	number of participants a	t the beginning of the plan year			5a		9		
		t the end of the plan year			5b		6		
		count balances as of the end of			5c		6		
<b>d(1)</b> Tota	al number of active parti	cipants at the beginning of the pla	an year		5d(1)		2		
<b>d(2)</b> Tota	al number of active parti	cipants at the end of the plan yea	ar		5d(2)		2		
than	100% vested	rminated employment during the	•		5e		C		
		incomplete filing of this return r penalties set forth in the instruct							
SB or Sche		signed by an enrolled actuary, a							
SIGN	Filed with authorized/va	lid electronic signature.	09/28/2017	KEVIN M. BATES					
HERE	Signature of plan ad	ministrator	Date	Enter name of individu	al signing a	as plan adminis	strator		
SIGN									
HERE		ignature of employer/plan sponsor Date Enter name of individ							
Preparer's	name (including firm nar	ne, if applicable) and address (in	clude room or suite num	iber )	Preparer's	s telephone nur	nber		
		see the Instructions for Form 5500				_	5500-SE (2016)		

6a b	Were all of the plan's assets during the plan year invested in eligib Are you claiming a waiver of the annual examination and report of			
U	under 29 CFR 2520.104-46? (See instructions on waiver eligibility	and condit	tions.)	Yes No
	If you answered "No" to either line 6a or line 6b, the plan cann	ot use Fo	orm 5500-SF and must instead	use Form 5500.
С	If the plan is a defined benefit plan, is it covered under the PBGC in	nsurance p	program (see ERISA section 402	1)? Yes No Not determined
Pa	rt III Financial Information	ù		
7	Plan Assets and Liabilities		(a) Beginning of Year	(b) End of Year
а	Total plan assets	7a	68896	38150
b		7b	0	0
C	Net plan assets (subtract line 7b from line 7a)	7c	68896	38150
8	Income, Expenses, and Transfers for this Plan Year		(a) Amount	(b) Total
а	Contributions received or receivable from:	<b>•</b> (1)	0	
	(1) Employers	8a(1)	-	
	(2) Participants	8a(2)	1800	
	(3) Others (including rollovers)	8a(3)	0	
b	Other income (loss)	8b	1764	
C	Total income (add lines 8a(1), 8a(2), 8a(3), and 8b)	8c		3564
d	Benefits paid (including direct rollovers and insurance premiums		34290	
	to provide benefits)	8d		
e	Certain deemed and/or corrective distributions (see instructions).	8e	0	
f	Administrative service providers (salaries, fees, commissions)	8f	20	
g	Other expenses	8g	0	
h	Total expenses (add lines 8d, 8e, 8f, and 8g)	8h		34310
	Nat income (loss) (subtract line 8h from line 8c)	o;		-30746

## Part IV Plan Characteristics

j

i Net income (loss) (subtract line 8h from line 8c).....

Transfers to (from) the plan (see instructions) .....

If the plan provides pension benefits, enter the applicable pension feature codes from the List of Plan Characteristic Codes in the instructions: 2F 2G 2M 2T 3D 9a

8i

8j

0

If the plan provides welfare benefits, enter the applicable welfare feature codes from the List of Plan Characteristic Codes in the instructions: b

## Part V Compliance Questions

10	During the plan year:		Yes	No	N/A	Amount
а	Was there a failure to transmit to the plan any participant contributions within the time period described in 29 CFR 2510.3-102? (See instructions and DOL's Voluntary Fiduciary Correction Program)	10a		Х		
b	Were there any nonexempt transactions with any party-in-interest? (Do not include transactions reported on line 10a.)	10b		Х		
C	Was the plan covered by a fidelity bond?	10c	Х			50000
d	Did the plan have a loss, whether or not reimbursed by the plan's fidelity bond, that was caused by fraud or dishonesty?	10d		Х		
е	Were any fees or commissions paid to any brokers, agents, or other persons by an insurance carrier, insurance service, or other organization that provides some or all of the benefits under the plan? (See instructions.)	10e		Х		
f	Has the plan failed to provide any benefit when due under the plan?	10f		Х		
g	Did the plan have any participant loans? (If "Yes," enter amount as of year-end.)	10g	Х			7262
h	If this is an individual account plan, was there a blackout period? (See instructions and 29 CFR 2520.101-3.)	10h		Х		
i	If 10h was answered "Yes," check the box if you either provided the required notice or one of the exceptions to providing the notice applied under 29 CFR 2520.101-3	10i				

Part	VI	Pension Funding Compliance							
11		is a defined benefit plan subject to minimum funding requirements? (If "Yes," see instructions and co m 5500) and line 11a below)						Yes	No
11a	Ente	r the unpaid minimum required contributions for all years from Schedule SB (Form 5500) line 40			11a				
12		is a defined contribution plan subject to the minimum funding requirements of section 412 of the Con						Yes 🗙	No
		SA? Yes," complete line 12a or lines 12b, 12c, 12d, and 12e below, as applicable.)				•••••			
а		valver of the minimum funding standard for a prior year is being amortized in this plan year, see instr	uctior	ns, and	l enter t	he date	of the lette	er ruling	
	gran	ting the waiver	onth _	-	_ Day		Year_		
lf	you c	ompleted line 12a, complete lines 3, 9, and 10 of Schedule MB (Form 5500), and skip to line 13	3.						
b	Enter	the minimum required contribution for this plan year			12b				
С	Enter	the amount contributed by the employer to the plan for this plan year			12c				
d		ract the amount in line 12c from the amount in line 12b. Enter the result (enter a minus sign to the le ative amount)			12d				
е	Will	the minimum funding amount reported on line 12d be met by the funding deadline?				Yes	No	N/A	۱
Part	VII	Plan Terminations and Transfers of Assets							
13a	Has	a resolution to terminate the plan been adopted in any plan year?				Yes	5 X N	lo	
		es," enter the amount of any plan assets that reverted to the employer this year			13a				
b	Wer	e all the plan assets distributed to participants or beneficiaries, transferred to another plan, or brough rol of the PBGC?	nt und	er the			Yes	< No	
C	lf, du	uring this plan year, any assets or liabilities were transferred from this plan to another plan(s), identify th assets or liabilities were transferred. (See instructions.)			to				
		Name of plan(s):		13c(2)	EIN(s)		<b>13c(3)</b> PN(s)		
	. ,			. ,	. /			, ()	
Part	VIII	Trust Information							
14a	Name	of trust			14b ⊺	Frust's E	EIN		
14c	Name	e of trustee or custodian					s or custoc ne number	lian's	
Par	t IX	IRS Compliance Questions							
15a	Is the	plan a 401(k) plan? If "No," skip b		Yes		[	No		
		did the plan satisfy the nondiscrimination requirements for employee deferrals under section )(3) for the plan year? Check all that apply:		Desig safe h	n-basec arbor	1	Prior y test	ear" AD	Ρ
				"Curre ADP t	ent year est		N/A		
16a		testing method was used to satisfy the coverage requirements under section 410(b) for the plan Check all that apply:		Ratio perce test	entage		verage enefit test		N/A
16b		he plan satisfy the coverage and nondiscrimination requirements of sections 410(b) and 401(a)(4) e plan year by combining this plan with any other plan under the permissive aggregation rules?		Yes			No		
	the le		-			-			of
	letter		ter the	e date	of the m	ost rece	ent determ	ination	
18	Were	ed Benefit Plan or Money Purchase Pension Plan Only: any distributions made during the plan year to an employee who attained age 62 and had not separ ce?		from	Ye	s [	No		

Form 5500-SF	Short Form Annu	al Return/Report	of Small Employe	OMB Nos. 1210-0110
Department of the Treasury		Benefit Plan		1210-0089
Internal Revenue Service	This form is required to be file Income Security Act of 1974			nal
Employee Benefits Security Administration	-	Revenue Code (the Code).		This Form is Open to Public Inspection
Pension Benefit Guaranty Corporation		accordance with the instru	ctions to the Form 5500-S	iF
For calendar plan year 2016 or fis	Identification Information scal plan year beginning	01/01/2016	and ending	12/31/2016
	X a single-employer plan		· · · · · · · · · · · · · · · · · · ·	checking this box must attach a
A This return/report is for:	a one-participant plan	list of participating emp	bloyer information in accorda	ance with the form instructions.)
<b>B</b> This return/report is	the first return/report	the final return/report		
	an amended return/report	a short plan year return	report (less than 12 months	;)
C Check box if filing under:	X Form 5558	automatic extension	Пр	FVC program
	special extension (enter desc			
Part II Basic Plan Info	rmation—enter all requested in	formation		
1a Name of plan			1b	Three-digit
Helping Hand House 40	)3(b) Plan			plan number 001 (PN) ▶
			1c	Effective date of plan
				01/01/2009
2a Plan sponsor's name (employ			2b	Employer Identification Number
	m, apt., suite no. and street, or P.0 e, country, and ZIP or foreign pos		uctions)	(EIN)91-1275046
HELPING HAND HOUSE			20	Sponsor's telephone number 253-848-6096
				Business code (see instructions)
4321 2nd St SW				624200
PUYALLUP	WA 98373			
	nd address X Same as Plan Spo	IDSOL	3h	Administrator's EIN
		11301,	0.5	
			3c	Administrator's telephone number
4 If the name and/or EIN of the	e plan sponsor has changed since	the last return/report filed fo	r this plan, optor the	
	mber from the last return/report.	the last return report filed to		EIN
a Sponsor's name			4c	PN
5a Total number of participants	at the beginning of the plan year			5a 9
<b>b</b> Total number of participants	at the end of the plan year			5 <b>b</b> 6
	account balances as of the end of			5 <b>c</b>
	rticipants at the beginning of the p			<b>i(1)</b> 2
	inticipants at the end of the plan ye		-	<b>J(2)</b> 2
	terminated employment during the		afte that ware loss	5e
than 100% vested				0
	or incomplete filing of this return her penalties set forth in the instru			s established. including, if applicable, a Schedule
SB or Schedule MB completed a	nd signed by an enrolled actuary,			d to the best of my knowledge and
belief, it is true, correct, and com	piete.		KEVIN M. BATES	1.0
SIGN HERE	Accest			
Signature of plan a	Inistrator	Date	Enter name of individual s	igning as plan administrator
SIGN HERE	et.	Date Date		
Preparer's name (including firm r		igning as employer or plan sponsor		
			,	
	and the second			

b	Were all of the plan's assets during the plan year invested in eligib Are you claiming a waiver of the annual examination and report of a under 29 CFR 2520.104-46? (See instructions on waiver eligibility If you answered "No" to either line 6a or line 6b, the plan cann	an indepen and conditi ot use For	dent qualified public a ons.) m 5500-SF and mus	ccount t instea	ant (IQ I <b>d use</b>	PA) Form	5500.			es 🗌 No es 🗍 No	
C	If the plan is a defined benefit plan, is it covered under the PBGC in	nsurance pi	ogram (see ERISA se	ection 4	021)?	[	Yes	No	Not d	etermined	
Par	t III Financial Information										
7	Plan Assets and Liabilities		(a) Beginning o	of Year				(b) End o	of Year		
a	Total plan assets	7a		68,	896					38,150	
b	Total plan liabilities	7b			0					0	
C	Net plan assets (subtract line 7b from line 7a)	7c		68,	896	_			_	38,150	
8	Income, Expenses, and Transfers for this Plan Year		(a) Amoun	t		_		(b) To	otal		
	Contributions received or receivable from: (1) Employers	8a(1)			0						
	(2) Participants	8a(2)		1,	800						
	(3) Others (including rollovers)	8a(3)			0						
b	Other income (loss)	8b		1,	764						
C	Total income (add lines 8a(1), 8a(2), 8a(3), and 8b)	8c								3,564	
	Benefits paid (including direct rollovers and insurance premiums to provide benefits)	8d		34,	290						
e	Certain deemed and/or corrective distributions (see instructions)	8e			0	)					
f	Administrative service providers (salaries, fees, commissions)	8f			20	)					
g	Other expenses	8g		0							
h	Total expenses (add lines 8d, 8e, 8f, and 8g)	8h				34,310					
i	Net income (loss) (subtract line 8h from line 8c)	8i				-30,746					
j	Transfers to (from) the plan (see instructions)	8j			0						
Par	t IV Plan Characteristics										
9a	If the plan provides pension benefits, enter the applicable pension $2F$ 2G 2M 2T 3D	feature co	des from the List of Pla	an Cha	racteri	stic Co	odes in	the instr	uctions:		
b	If the plan provides welfare benefits, enter the applicable welfare for	eature cod	es from the List of Pla	n Chara	acterist	tic Coo	les in t	the instru	ctions:		
Par	V Compliance Questions										
10	During the plan year:				Yes	No	N/A		Amou	nt	
a	Was there a failure to transmit to the plan any participant contribut described in 29 CFR 2510.3-102? (See instructions and DOL's V Program)	/oluntary F	iduciary Correction	10a		х					
b	Were there any nonexempt transactions with any party-in-interest reported on line 10a.)	t? (Do not i	nclude transactions	10Ь		Х					
С	Was the plan covered by a fidelity bond?			10c	Х					50,000	
d	Did the plan have a loss, whether or not reimbursed by the plan's by fraud or dishonesty?			10d		Х					
e	Were any fees or commissions paid to any brokers, agents, or oth carrier, insurance service, or other organization that provides som the plan? (See instructions.).	ne or all of	the benefits under	10e		х					
f	Has the plan failed to provide any benefit when due under the pla	in?		10f		Х					
g	Did the plan have any participant loans? (If "Yes," enter amount a	as of year-e	end.)	10g	Х					7,262	
h	If this is an individual account plan, was there a blackout period? 2520.101-3.)			10h		х					
i	If 10h was answered "Yes," check the box if you either provided the exceptions to providing the notice applied under 29 CFR 2520.10	he required	notice or one of the	10i							

Form 5500-SF 2016

Page **3-**

Part	VI Pension Funding Compliance						
11	Is this a defined benefit plan subject to minimum funding requirements? (If "Yes," see instructions and co (Form 5500) and line 11a below).					Yes	No
11a	Enter the unpaid minimum required contributions for all years from Schedule SB (Form 5500) line 40		11a				
12	Is this a defined contribution plan subject to the minimum funding requirements of section 412 of the Con				Π	Yes	X No
	ERISA? (If "Yes," complete line 12a or lines 12b, 12c, 12d, and 12e below, as applicable.)						
а	If a waiver of the minimum funding standard for a prior year is being amortized in this plan year, see instr granting the waiver.		enter ti Day	ne date of	the lett Year	er rulir	ng
lf	you completed line 12a, complete lines 3, 9, and 10 of Schedule MB (Form 5500), and skip to line 13	3.					
b	Enter the minimum required contribution for this plan year		12b				
С	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 le negative amount)		12d			4	
e	Will the minimum funding amount reported on line 12d be met by the funding deadline?			Yes	No		/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	1	A.917		
b	Were all the plan assets distributed to participants or beneficiaries, transferred to another plan, or brough control of the PBGC?				Yes [	X No	
c	If, during this plan year, any assets or liabilities were transferred from this plan to another plan(s), identify which assets or liabilities were transferred. (See instructions.)	y the plan(s)	to				
	I3c(1) Name of plan(s):	13c(2)	EIN(s)		13c(	3) PN	(s)
Part	VIII Trust Information						
	Name of trust		14b 1	rust's Ell	1		
140				IUSUS EII	*		
14c	Name of trustee or custodian			rustee's d telephone			
Par	t IX IRS Compliance Questions						
	Is the plan a 401(k) plan? If "No," skip b	Yes			No		
15b	How did the plan satisfy the nondiscrimination requirements for employee deferrals under section	Design safe h	n-basec arbor		"Prior y	year" /	\DP
	401(k)(3) for the plan year? Check all that apply:		nt year	"	N/A		
16a	What testing method was used to satisfy the coverage requirements under section 410(b) for the plan year? Check all that apply:	Ratio perce test	ntage		rage efit test		N/A
16b	Did the plan satisfy the coverage and nondiscrimination requirements of sections 410(b) and 401(a)(4) for the plan year by combining this plan with any other plan under the permissive aggregation rules?	Yes			No		
	If the plan is a master and prototype plan (M&P) or volume submitter plan that received a favorable IRS of the letter and the serial number						
	If the plan is an individually-designed plan that received a favorable determination letter from the IRS, en letter	nter the date	of the rr	nost recen	t detern	ninatio	n
18	Defined Benefit Plan or Money Purchase Pension Plan Only: Were any distributions made during the plan year to an employee who attained age 62 and had not sepa service?		Ye	s	No		
19	Was any plan participant a 5% owner who had attained at least age 70 ½ during the prior plan year?		[] Ye	s 🗌	No		