

# CHS Community News

Editor:

Carole Tagg

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## Message from the Executive Director



Dear Friends,

On a bright optimistic note, I am excited to announce that the Administrative Office of CHS will be relocating June 5, 2013!. There is more information on the move and new location in this newsletter. We hope you will stop by for a visit and see our new office.

On a more contemplative note, the Patriot's Day bombing at the Boston Marathon and the subsequent events, leading to the capture of the suspects in Watertown, have had a profound affect on all of us. Our deepest condolences go out to the victims and their families. We offer our heartfelt gratitude to each of the unsung heroes who helped save lives.

Our dedicated staff also deserve acknowledgment for their outstanding efforts that safeguarded and supported our individuals. One example of the dedication, commitment and responsiveness of CHS staff involves the service provided by one of our Division Managers, Scott Sugarman. I placed a call to Scott just after 4:00am Friday, April 19 shortly after I received an emergency communication about unfolding police events in Watertown, where the suspected terrorists had fled. I was concerned about our home in Watertown that Scott manages - home to 2 men with developmental disabilities who live independently with part time supports provided by CHS. Scott immediately responded, arriving in Watertown shortly thereafter. He then remained in the home with the men reassuring them for the next 15 hours, while the city of Watertown was in lock down.

In an other example of our staff's dedication during that week, the Drop-In Center of the Individual Support Program in Malden was kept open late into the evenings to offer comfort and reassurances to individuals served. The following week these individuals baked cookies to delivered to their local emergency responders as a way to thank them for their outstanding services. These efforts provide an opportunity for those we support to connect with their community and help everyone to make sense out of these tragic events. Our staff and those we serve will continue to recognize the importance of first responders to our safety and wellbeing.

CHS responded to this unprecedented event the same way we handle all disasters and emergencies. Our emergency guidelines, policies and protocols involve staff and managers at every level of our organization and each individual served is always the immediate focus of our concerns. We assess each situation, each person's needs and specific circumstance. We deploy staff as necessary and implement safe house strategies, as well as emergency communication procedures. We work very hard to develop hands-on, comprehensive plans that personally support each individual served. Have comments or suggestions? Please let me know at [k Leahy@cooperativeforhs.org](mailto:k Leahy@cooperativeforhs.org) or at 781-273-2123 x 211.

Sincerely,  
Kevin J. Leahy  
Executive Director

## See Also.....



Birthday Bash: Celebrating Barbara and Sarah (Page 4)



Rick Kalish,  
DDS Metro North Area Director  
Visits CHS Self-Advocates (Page 6)

## A New Administrative Office for CHS

Lexington Office Park

420 Bedford Street, Suite 100  
Lexington, MA 02420  
Telephone: 781-538-4626  
Fax: 781-538-6950  
[www.cooperativeforhs.org](http://www.cooperativeforhs.org)



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## A New Administrative Office for CHS

At the heart of the programs and services provided for adults with intellectual, developmental and related disabilities, by Cooperative for Human Services, Inc. is a home base that provides the foundation for building and sustaining top quality services that are efficient, effective and person-centered. Our new offices not only house the staff who provide administrative and management support to sustain the programs and services provided, but also provide a state-of-the-art facility with advanced technology that supports our comprehensive staff training program, clinical services and planning activities. Planning for future directions includes strategic planning, research, program development, communication activities and technology advances. Our new administrative offices will also allow us to expand our training, family support, volunteer and program activities, as well as develop new community and business collaborations, all for the benefit of the people we serve.

The new office is conveniently located at **Lexington Office Park, 420 Bedford Street, Suite 100, Lexington, MA, 02420** (at the interchange of Route 4 and Rte 95). We will complete the move by June 5, 2013. Our current lease in Burlington expires at the end of June. Our telephone and fax numbers will also change **our new telephone number will be 781-538-4626 and our new fax number will be 781-538-6950**. Our new location is on the first floor and all areas are handicap accessible.

The site is nearly 9,000 square feet (1500 more than our current site) and includes a reception area, 20 offices, a large training/conference room, 3 small meetings rooms and a kitchen - a great layout with a design that meets the current and future needs of CHS. We were able to negotiate a fair lease, making this site the most economical of the 12 sites considered. The lease agreement is for 10 years. Building 420 is one of two office buildings situated on a landscaped 21 acre site. The 2 buildings share over 550 parking spaces, a café and a large conference center (just across the hall from CHS's space). Please watch for information regarding an Autumn Open House.

### ATTENTION STATE & FEDERAL EMPLOYEES

**CHS is an approved non-profit organization for both Federal and State employees who contribute to their respective Combined Charities Programs**

If you, your friends or other family members are employed by a State or Federal agency, your contribution can be directed to Cooperative for Human Services, Inc. by indicating our provider number on your pledge card.

Our MA Combined Employee Campaign Number is **700417**.

Our Combined Federal Campaign of Eastern MA number is **42522**.

**Thank You!**

## Meet the Haddad Family!



Seven years ago, Ron Haddad (pictured left) told his parents that he was ready to leave the family home and move into his own apartment. Ron who was diagnosed with developmental delays as a child, had always lived at home. Now in his early 40's, he was determined to live "like other people." Although his close knit family wanted Ron to realize his dream, they had concerns about finding the supports he needed. However, because Ron's parents were in their elder years, the family knew that it was important to start the process of planning for Ron's future as soon as possible.

Ron's sister Cynthia organized the family's efforts to develop a life vision and long term care plan for Ron. The journey began with a meeting with staff from Cooperative for Human Services to discuss Ron's future, assess his skills and needs, review his preferences and discuss various housing and support options.

CHS staff explored various housing choices with Ron and his family. Ron had funds from the MA Department of Developmental Services sufficient for part time supports through the CHS Individual Support Program, but his family felt that he needed a situation that would provide 24 hour supervision.

CHS came up with a cost effective solution. Ron would live on the 1st floor of a two family home in Arlington with Ben, a housemate who was also part of the CHS Individual Support Program. The 2nd floor unit, the home of Donald and Richard, was a 24 hour residence that provided intense support services, including a live-in manager, who would also supervise Ron's first floor unit. Ron was thrilled at last, he was moving out on his own!

Over the years, all 4 gentlemen have experienced remarkable growth thanks to the implementation of creative daily routines, activities and social programs. For example, a new cooking routine was developed by the program manager about a year ago. The 4 men select recipes and prepare nutritious meals which they photograph and share with friends and family on-line. The gentlemen also began to exercise on a regular bases. Now they no longer crave fast food meals and their previous sedentary life styles are a thing of the past. They have lost weight and actively participate in the weekly CHS Sports Night too.

When Ron's sister Cynthia was diagnosed with cancer, he wanted to contribute to her care. With the help of CHS staff, Ron and his housemates prepared lasagna dinners for her family and arranged visits to support her as she received treatments. Ron was so proud to be able to help his sister, giving her support as she had always given to him.

The family is very appreciative of the services provided by CHS. Not only has Ron made remarkable progress living on his own, but his parents have expressed how much they have also been comforted by seeing him succeed on his own.

As his sister Cynthia recently said,

***"Ron has achieved independence that we had only dreamed about."***



Want to schedule an appointment or need more information about future planning?

Contact: Janice Ellis-Ballerini, LMHC, CHS Director of Clinical Services

420 Bedford Street, Suite 100, Lexington, MA 02420

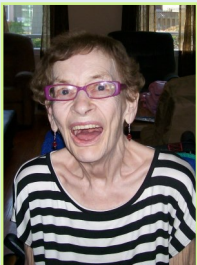
Telephone: 781-538-4626 Fax: 781-538-6950

# CHS HAPPENINGS

## Barbara & Sarah's Birthday Bash

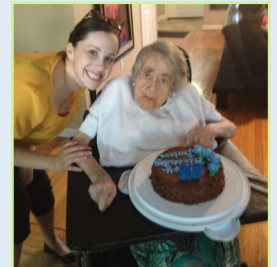
On April 30, 2013, I had the honor of being invited to our home on Fairfield St. in Medford, to help two special women celebrate their birthdays. Barbara turned 88 years old on the 30<sup>th</sup> and on April 21<sup>st</sup>, Sarah turned 80. Every birthday is special but this day was even more special as the thought of celebrating this birthday was far from anyone's mind a little over a year ago, due to newly developed serious medical conditions. At that time it was determined their homes were no longer able to meet their needs. Barbara's former home, although somewhat accessible could not support the new medical equipment she needed and Sarah who was receiving only 10 hours of individual supports per week, was in need of 24-hour supports.

This presented the CHS with a "challenge", and challenges are something we are very good at. CHS has served both women for decades. I first met Barbara when I was a direct support staff at her home in 1985 and actually helped her plan her 60<sup>th</sup> Birthday Bash, in 1986. Later that same year, I was promoted to a Residential Supervisor's position in the Individual Support program, where I met Sarah; she was 53 at the time.



They were a part of our family and we were a part of theirs. With these two women in mind, a property was located and renovated to meet their needs.

The small rundown property was transformed into a showplace, and the ladies who live there, as well as their support staff, turned it into a home, which brings us back to the party. The ladies invited all their friends, had plenty of presents to open and customized birthday cakes, made to order by their Program Director, Liz Noke. All those in attendance had a fantastic time, and at one point broke out into a rousing rendition of Neil Diamond's "Sweet Caroline", which is the most appropriate song in this houseful of Red Sox fans. You only have to look at their faces to see the pure joy and the love of life they have as they celebrate and look forward to another year. We at the CHS also look forward to the privilege of serving them over the next year.



And, in April of 2014, I will be back, to celebrate another year of life, hope, happiness and love, with Barbara, Sarah and all their friends.

## Holiday Party



Over 250 individuals, staff and volunteers attended the 2012 CHS Holiday Party on Wednesday, December 5, 2012, from 6 to 10 PM, at the Crestview Banquet Facility on Montvale Avenue, in Woburn. The Crestview owners and staff provided a fabulous welcome to everyone, serving a family style meal of chicken parmesan with penne pasta and marinara sauce. Eric, our disc jockey played great music and had everyone dancing all night long. Thanks to everyone at Crestview for providing another great holiday event!



## Family Volunteers & CHS Individuals Make Easter Baskets

The weeks before the Easter Holiday were filled with fun and crafts in our Individual Support office in Malden. People were excited to make Easter Baskets for their nieces and nephews, with homemade chocolate pops and centerpieces to bring to their family homes for the holiday. We cannot say enough about the creativity and fun-loving spirit of the many people who enjoy coming to Arts & Crafts night, especially our family volunteers, Eleanor O'Brien and Linda LeBlanc, we couldn't manage without your support. If you are interested in sharing your skills with us please contact us at our main office.



Sue and her Mother, Eleanor



Lorie, Camille and Nick

## CHS PROGRAM LOCATIONS



Cooperative for Human Services owns and leases residences, homes and activity sites across eastern Massachusetts.

We receive funding from several DDS Service areas including Metro Boston, Metro West, Central Middlesex, North Shore, Metro North and Lowell.



CHS Corporate Guardianship services are provided statewide.

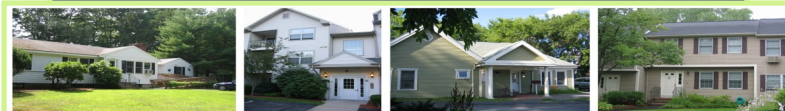
CHS residences and independent living homes are located in Wakefield, Burlington, Lexington, Malden, Melrose, Medford, Reading, North Reading, Lynn, Beverly, Saugus, Stoneham, Arlington, Bedford, Woburn, Watertown, Revere and Winchester. We are adding homes on a continuous basis from other communities within these areas.



CHS also operates a Supported Living Resource & Drop-in Center in Malden and uses local community sites throughout our area for activities, sports and educational classes for individuals serve.



## CHS Housing Options



### **Community Residences:**

CHS has 38 community residences serving over 120 individuals with intellectual, developmental, medical and behavioral disabilities. Each home provides 24 hour staff supports for 2 to 5 residents. Residences include apartments, condominiums, single and multi family homes. Housing may be rented, privately owned or shared with another family or roommate.

### **Individual Supports Program:**

Over 70 individuals are able to live independently in the community with direct, part time staff support services provided in our Individual Supports Program. Staff assist individuals with performing household chores, shopping, paying bills and budgeting, using government and community services, developing friendships, work relations and taking care of medical and health care needs. The program operates a very popular Drop-In Center for individuals served that provides social, recreational and self advocacy support services.

This program also provides transitional supports for adults moving from 24 hour residential supports to living independently in the community and for students entering the adult service system from special education programs (Turning 22 Services). CHS also supports individuals who are working in local community businesses.

### **Choices Program:**

In this service model, participants and their families co-manage services in partnership with CHS. This program model is designed to supplement other services for individuals living at home with their families or as an alternative to traditional residential and day program service models. Respite care, community services, recreation and social services are available, as well as homemaker, educational and behavioral services.



## CHS ADDS NEW SERVICES FOR INDIVIDUALS & FAMILIES

### Promoting Family Partnerships

#### Housing & Support Services for Adults with Special Needs and their families



In response to a growing need for creative, cost effective housing solutions, Cooperative for Human Services, is providing individuals and their families with new housing and support service options. Using a

combination of fee for service and government entitlement funds, our goal is to partner with each person served and their family members to develop an individually designed, person centered, quality community living experience that promotes independence, inclusion and new directions.

At CHS, individuals and families can expect that our dedicated staff will actively work with you in a confidential and professional manner to develop and deliver services that meet your current and future support needs. Using a team approach, our managers, support staff and clinicians work with each person/family to create a fulfilling and secure future for your family member.

We believe that home is the touchstone for each one of us and that it is within the context of one's own home that each of us ventures out into the world to pursue our dreams. Home is a safe haven; a comfortable place to relax and enjoy favorite activities; and a place to entertain friends and family. Home is also about making new friends, belonging to your community and being welcomed at the local library, park or grocery store. CHS staff are caring, dedicated and well trained. They understand that everyone wants a home that reflects his or her own personal interests and needs. Staff develop solid working relationships with family members and guardians, a critically important component that assures the best life plan for your family member.

At CHS we all have **A PASSION FOR WHAT'S POSSIBLE**. We know from experience that individuals with intellectual and developmental disabilities flourish and grow with the right supports and care—from staff, friends and family members.

#### Future Planning

As students transition from special education services to the adult service system, their families are often faced with the reality that long term support service funding from MA Department of Developmental Disabilities, MA Rehabilitation Commission, MA Department of Public Health and other disability agencies is insufficient or unavailable. In response to these funding challenges, CHS is pleased to announce new family partnerships designed to support individuals and their family members:

- ◆ New Housing and Support Service Options are available for students with special needs who live at home with their families. CHS can provide help to families with assessing their family member's needs and then developing plans for the future using creative housing models for community living. CHS works in partnership with each person/family to design and implement supports that promote independence, inclusion and new directions. Housing options include 24 hour residential services, part time supported living in an apartment or condo or in-home supports when the individual with special needs wants to remain living at home.
- ◆ CHS staff from our Individual Support Program are developing new Resources for Adult Siblings. Support Services, information sharing and leisure and social activities for adult siblings are being planned. Stay tuned for more information this summer.
- ◆ CHS has developed a new collaborative partnership with Special Needs Financial Planning, a division of Shepherd Financial Services of Winchester, MA. Managed by Directors Cynthia Haddad (sister of Ron Haddad—see story on page 3) and John Nadworny (parent of a child with special needs), these certified financial planners have worked together for the past 20 years helping families to develop finance plans to meet the future housing and support needs of their family member with special needs. Stay tuned for future announcements of workshops at CHS regarding Future Planning designed for parents, adult siblings, guardians and advocates. (Read more about their services on page 6.)

# Please Contribute

**Cooperative for Human Services, Inc.**  
A PASSION FOR WHAT'S POSSIBLE

\_\_\_ YES, I/we want to help the Cooperative for Human Services continue its mission to provide quality residential, independent living, guardianship and other support services to individuals with developmental disabilities. Please accept my/our tax deductible contribution of \$\_\_\_\_\_. (You can also contribute on-line at [www.cooperativeforhs.org](http://www.cooperativeforhs.org))

Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State/Zip \_\_\_\_\_

E-Mail Address: \_\_\_\_\_

Gifts can also be made in memory, in honor, or in celebration of a special person or occasion.

In Memory of: \_\_\_\_\_

In Honor of: \_\_\_\_\_

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Please make check payable to Cooperative for Human Services, Inc. and mail to:

Cooperative for Human Services, Inc., 420 Bedford Street, Suite 100, Lexington, MA 02420

Telephone: (781) 538-4626 On-line donations: [www.cooperativeforhs.org](http://www.cooperativeforhs.org) THANK YOU!

Cooperative for Human Services, Inc.  
420 Bedford Street, Suite 100  
Lexington, MA 02420