

Editor:
Carole Tagg

CHS Community News

Summer/Fall, 2010 Volume 1, Issue 3

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A Message from the Executive Director



Welcome to the newest edition of our newsletter. Looking back since our last edition I am pleased to report that we have not only weathered many challenges, including cuts to our DDS contracts, we have truly thrived. Much of our success is due to the effort and determination of those we serve as well as their families and friends. Our Board of Directors have given us the guidance and support we needed, our staff have contributed their hard work and dedicated care. The contributions of local business and community supporters continues to expand, helping to fill gaps. Our business and service partners have worked closely with us helping us realize significant savings. The support of all have combined to help us accomplish a great deal including:

- * The MA Department of Developmental Services, Office of Quality Enhancement awarded CHS its 4th consecutive '**2 Year Certification with Distinction**'; this is the highest level of certification and only 3% to 5% of agencies providing DDS services achieve this level of licensure.
- * Over 100 self advocates and staff attended our annual Human Rights Open House where they heard from the CHS Human Rights Committee and a DDS Human Rights official. Everyone learned about their human rights, the new DDS Self Advocacy Curriculum, as well as social activities available through the CHS Rainbow Club.
- * Program participants and families were involved in many new community activities and events including BBQ's, a Tea Party a Fiesta and a Cookie Swap. Many of our residents also volunteered at community programs including the Lexington Farmer's Market, Housing Corporation of Arlington and American Red Cross.
- * Participants also developed "Healthy Habits" through the new CHS Walking Club, Nutrition Groups and the Healthy Calendar initiative.
- * Home beautification projects included defining outdoor living spaces with vegetable and flower gardens, outdoor furniture and BBQ areas. *Continued on page 7*

2010 Self Determination Awards

On June 3, 2010 the Self Determination Awards Ceremony was held by the North-east Regional Department of Developmental Services at the Danversport Yacht Club in Danvers, MA. Each year, CHS nominates individuals for their personal successes and significant achievements, highlighting the exceptional efforts, contributions, and accomplishments of the people we serve. Please join us in celebrating the successes of the award winners and nominees by reading the featured stories on pages on pages 2 and 3.

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Planned Renovations!



CHS plans to begin construction during the fall of 2010 to renovate and build an addition to our Browning Road residence. This small, ranch style home, built in the 1950's, is located in a quiet residential neighborhood in Arlington, MA.

The renovation will expand this 2 bedroom, 1 bath home to a totally accessible 5 bedroom, 2 bath residence. A new open concept living, dining & kitchen area will be created along with a new kitchen and bath. This addition will be very cost effective at about a third of the price of a new home in this highly desirable area.

Stay tuned for updates!

2010 Self Determination Awards



Mark accepting his award

What a difference a year can make! In 2009, Mark was focused on what he couldn't do. While he enjoyed a supportive relationship with his family and often visited with them on weekends; he seldom participated in activities at home or in the community. Mark's stated preference was to be alone.

Mark was fearful of social relationships and new situations. To reduce his anxiety, he limited his interactions and therefore limited potential friendships and new experiences. Among the many everyday activities that Mark

refused, his refusal to attend routine medical appointments was most concerning. Many strategies were tried; including home visits from his medical providers, desensitization plans, and relaxation techniques all with minimal success. Mark's typical response was "I can't do this."

With ongoing discussions that reassured Mark that his fears were understood and with conversations that focused on "I choose not to ..." rather than "I can't do...", Mark discovered different way to retain control. Mark's new truth of "I choose not to...", provided him with power over "I can't".

Today, as a result of more than a year of hard work, Mark hosts social events at his home, he participates in community-based activities, he enthusiastically volunteers at the American Red Cross Blood Bank handing out drinks, snacks and t-shirts to the blood donors, and he chose to go to the doctor's office where he successfully completed his first physical exam in many years.

Despite his fears and anxiety, Mark continues to set his course by actively participating in the world outside of his room. More often than not, he is heard saying, "Let's get out of here. It's too nice to stay inside."

THE CHS WALKING CLUB

In April of 2009, a group of friends were discussing their health and their attempts at weight loss. Everyone agreed that exercise is important and fitness would be easier if it were fun. The CHS Walking Club was born.



Paula K., Jayne A., Paula B., Matt B., Camille D., Ralph M., Susan G., William H.

areas to walk and explore; enjoy meeting new friends, and widen their social networks. Walks included the paths along the Charles and Mystic River, the Freedom Trail, Boston Common, the Public Garden and other historical sites. When the weather didn't cooperate, the group walked inside at local shopping malls.

CHS offered a challenge to the CHS Walking Club – walk a cumulative total of 40 miles over the spring and summer and CHS would provide a special overnight trip to Cape Cod. By summer's end, all of the members of the Walking Club had attained their goal and journeyed to Cape Cod. The entire group stayed overnight in Yarmouth at the Gull Wing Suites. The members had a fabulous time, walking along Sea Gull Beach, shopping at local stores, playing miniature golf and dining out.

The goal was three-fold and inter-related. Participants would improve their fitness by walking for two miles, three times a week; expand their horizons by selecting new

The Walking Club remains active and long-time members are exploring new sites in their local communities.

2010 Self Determination Nominee

Meet Rosemary: independent, forthright, and happiest at the center of any social event. Rosemary began to lose her eyesight due to cataracts in both eyes. Her life then changed. Once proudly self-sufficient, her limited vision impacted all that was important to her; she became dependent on caregivers and withdrew from her usual activities.

Everyone reassured her that her vision loss was temporary and alternative activities were offered; yet Rosemary was still upset by her physical dependence on others.

Her housemates, with the help of their support staff, decided to have a Tea Party for her. Housemates and friends hoped that the Tea Party would be just the kind of social event Rosemary had been missing. Rosemary loved it! She decided she wanted to have more Tea Parties and invite other friends. The Tea Party Club was created. Members included people from the community as well as other people served by CHS. Each Tea Party had a theme; Garden Parties with formal attire – white gloves and hat’s for the ladies – to evening Tea’s celebrating the current season. The founding members made special hats and gifts for each event and always brought their favorite tea cup!

Rosemary developed her leadership skills and found a renewed sense of purpose in planning the parties, assisting club members, and recruiting and supervising volunteers. The Tea Party Club helped Rosemary to replace helplessness with hopefulness and expand her circle of friends!

Rosemary had cataract surgery restoring her eyesight. At the first tea party after her surgery, Rosemary, drinking her tea and surrounded by all of her friends, commented appropriately “Now I can see you all.”.



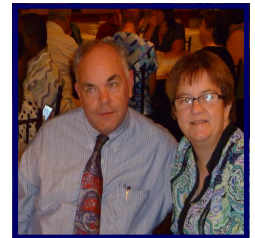
Rosemary at Tea

Upcoming Tea Parties

- * Ghostly Tea
- * Holiday Tea
- * New Year's Tea
- * Valentines' Tea
- * Irish Tea



The Cooperative for Human Services, Inc. is proud of the accomplishments of each of the people we serve and we extend our gratitude to all of the families, friends and employees who continually live and work with a ***“Passion for What’s Possible”***.



ADVOCACY NEWS



On August 10, 2010, President Obama signed into law a 6 month extension of the Federal Medical Assistance Percentages program (FMAP) which extends enhanced Medicaid matches to states until June 30, 2011. The passage of this bill reflects months of hard work by advocates across the country. Massachusetts anticipates receiving an additional \$500 million in federal funds — funds that hopefully will restore over \$400 million in budget vetoes to health and human services that Governor Patrick made to the MA FY 2011 budget. Advocacy organizations including the Association of Developmental Disabilities Providers (ADDP) and The Arc of Mass. have joined together to strongly urge Governor Patrick to use these funds to restore cuts made, especially cuts to services funded by the MA Dept. of Developmental Disabilities. Further information is available at www.addp.org and www.arcmass.org.



GOOD FOOD, GREAT COMPANY & LOTS OF FUN

ROGER'S ROUND-UP'S



What would summer be without a great backyard barbeque with friends and family?

This year, Cooperative for Human Services, Inc., Director of Residential Services, Roger Plourde started a new tradition called "Roger's Round-up's." A series of cookout events for our individuals.

Round-ups were held at our Forest St., Beech St., Montrose Ave., Liberty Ave. and Grove St. homes. All of the men and women we serve, their friends and family members were invited to attend the events.

Each barbeque included great food - hamburgers, hotdogs, chicken, veggie-burgers, and corn on the cob, all grilled to perfection by Roger, of course. Healthy salads, fruit assortments, home-made desserts, and plenty of refreshments for those warm summer nights rounded out the menu! Conversation, games and other outdoor activities entertained all. Everyone had a great time! See for yourself.

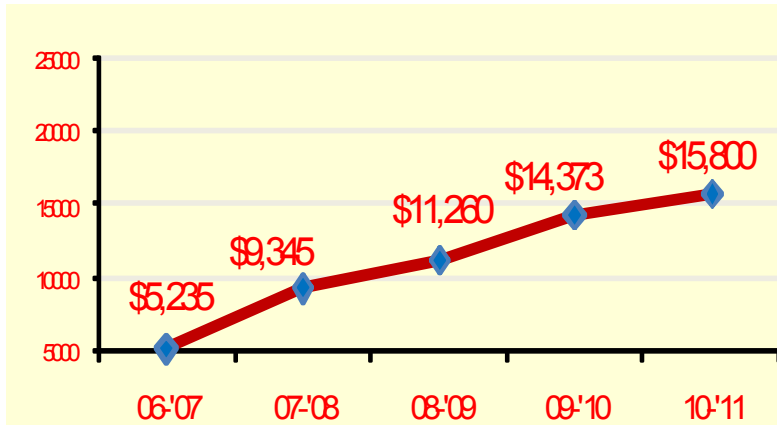


**More Roger's Round-ups
Coming Soon!!**



ANNUAL APPEAL REPORT

Yearly Contributions



The Cooperative for Human Services completed its Annual Appeal campaign for 2009-2010 with 69 donations (65 in FY 09) totaling \$14,373 (\$11,345 in FY 09), the highest level achieved over the past 4 years. Individual donations ranged from \$15 to \$1,500! Thank you to each donor from everyone at the Cooperative. Your contributions are truly appreciated, helping the 350 individuals we serve to have a better quality of life.

A special thank you to everyone who has donated so far!! Your donation is an important affirmation of the mission of CHS, as well as an investment in the promise, hope and future of 350 very special lives. Your contribution is sincerely appreciated!

Our Holiday Appeal begins in November! You can help us reach our goal! Your gift demonstrates your commitment to and support of people with developmental disabilities.

2009-2010 ANNUAL APPEAL CONTRIBUTORS

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Kathy & Fred Smith-Conover
Arthur Sullivan
Marie & Roger Tulin
Patricia & Alan Wood
Waterview Info Tech
Robert Yorke

CHS Receives \$10,000 grant from TD Bank Charitable Foundation

In June, 2010, the Cooperative for Human Services, Inc. received a \$10,000 grant from TD Bank Charitable Foundation towards our "Accessible Bath Initiative" project. This generous grant will help CHS to greatly enhance the quality of life of 16 individuals who live at 4 of our group residences. The grant will help pay for 4 new handicap accessible, walk-in bathtub systems designed for people with medical, psychological and physical challenges.

Each bath system has comfortable seating, easy access and simple to use controls for water flow, temperature and hydro-therapeutic air jets. The new systems will increase the privacy, independence and safety of individuals by providing bath environments that are more comforting and relaxing. They will greatly reduce the anxieties and fears that some of our individuals have about bathing often as a result of prior institutionalization. These are improvements that will truly enhance their lives significantly and allow them to remain living at their respective homes (vs. institutional living).

We especially want to thank Anne McCormack, Vice President, our account representative at TD Bank for her unwavering support and assistance with the submission and receipt of this grant. This grant will help the Cooperative for Human Services to continue its mission and philosophy to foster the inclusion of people with disabilities into all aspects of community life.

We look forward to continuing our productive partnership with TD Charitable Foundation as we implement this project. We will report on the progress of our grant in our next newsletter.

STATE & FEDERAL UPDATES

New Federal Waivers Approved for DDS

The U.S. government has approved three new home and community based waivers for the Massachusetts Department of Developmental Disabilities. These waivers replace the State's former home and community based waiver which had not been significantly updated since the 1990's.

The Arc of Massachusetts and the Asso-

ciation of Developmental Disabilities Providers report that over 12,000 individuals currently receive funding through the home and community based waivers. They also report that present services should not be affected by the waiver changes.

Questions on the waivers should be directed to the Department of Developmental Services' new web mail box: www.adultwaiver.questions@state.ma.us or call toll free 1-888-367-4435 where you can leave a message.

Autism Insurance Reform Becomes Law

Massachusetts recently became the 23rd state in the U.S. to pass legislation that requires health insurers to provide coverage for the diagnosis and treatment of Autism Spectrum Disorder. This law requires costs for both habilitative and rehabilitative care to be covered with no dollar or age cap.

Services such as Applied Behavioral Analysis, pharmaceutical care and psychiatric, psychological and therapeutic care (as directed by a licensed physician or psychologist) now must be covered for people on the Autism Spectrum in Massachusetts.

Americans with Disabilities Act: 20th Anniversary Celebrated

During a July 26 ceremony on the South Lawn of the White House, U.S. President Barack Obama signed an Executive Order that will establish the federal government as a model employer of individuals with disabilities.

The order directs several federal agencies to design model recruitment and hiring strategies to increase employment of people with disabilities within specified time-frames, and mandates training programs for both human resources personnel and hiring managers on the employment of individuals with disabilities.

"The United States Government will be a model employer of people with disabilities" President Obama promises, on the 20th anniversary of the signing of the Americans with Disabilities Act

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 \$_____.

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: _____

In Celebration of: _____

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

Cooperative for Human Services, 17 New England Executive Park, 3rd Floor, Burlington, MA 01803

Telephone: (781) 273-2123 Fax: (781) 238-6163 THANK YOU!

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