

# CONNECTIONS



Cooperative for  
Human Services Inc.

A passion for what's possible

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Updates for the friends and families of CHS

Visit us at: [www.cooperativeforhs.org](http://www.cooperativeforhs.org)

## How do we connect?

There are so many ways we can connect, yet we often don't thoroughly experience all of the connections available to us. The four relationship connections are: Body, Mind, Heart and Spirit. At CHS, we try everyday to connect the folks we serve in as many ways as we can to provide a full, happy and productive life.

Small Animal Therapy has been one of the most engaging 'Body' connections we offer. This includes anything physical, such as cuddling our rabbits, scratching the heads of our goats and yes, simply holding our chickens. At our farm, in our homes, or at the zoo, our teams insure this important contact is offered.

Examples of 'Mind and Heart' connections include communicating and sharing ideas and emotions, and developing a sense of closeness.

'Spirit' connections include helping each other grow, understanding that we're together for a greater purpose, or to share a journey - these are powerful connections all humans have. And we feel incredibly grateful that you are one of our connections.



*Brian C. enjoys visiting our farm and handles chickens with ease.*

### Benefits of Small Animal Therapy

- Lowers blood pressure
- Improves cardiovascular health
- Releases endorphins having a calming effect
- Lifts spirits and lessens depression
- Lowers feelings of isolation and alienation
- Encourages communication
- Provides comfort
- Increases socialization
- Reduces anxiety
- Helps with speech and emotional disorders

### VOLUNTEERS ARE WELCOME!

Connect with us. To learn more:  
[info@cooperativeforhs.org](mailto:info@cooperativeforhs.org)

## WHAT'S INSIDE

- Pinwheels or Windwheels?
- Pathways to Friendships
- Giving Back
- Building Community

## DONATIONS DO GOOD

Making Connections  
Because of You...

1400+ individuals participated in our 'Co-op Cafe,' offering weekly evening social, creative and entertainment experiences including live music, art shows, comedy, sing-a-longs, salsa, dancing and movies.

# Why a Pinwheel?

Several years ago, Cooperative For Human Services concluded that many aspects of our organization had evolved and grown over the previous decade. During that time, it expanded the breadth of services offered, served new communities, leveraged technologies that created greater operational efficiencies and continued to grow the number of people served. The company had simply outgrown its previous identity of the tree and rainbow.

We set out to develop a refreshed corporate identity that would not only reflect our existing new growth, but capture the forward momentum that was leading the organization into the next decades. As part of the relogo design exploratory process, we identified several goals for consideration including creation of a distinctive mark or symbol that would uniquely represent the mission and values of CHS and capture the energy of our motto, "A Passion for What's Possible."

Today consumers are familiar with the famed Nike® swoosh logo and can immediately recognize the rainbow-colored Apple®. These symbols represent esteemed companies known for quality and the symbols are protected, valued corporate assets. These marks communicate powerfully even without the company name attached.

So, what symbolism would embody us? We knew we wanted a more contemporary look that was bright, colorful and hopeful. At the design presentation, the pinwheel mark stood apart from all other renderings offered by the designer. Pinwheels represent diversity, potential transformation, movement, wish fulfillment, unseen energy, and for some, a time of freedom and innocence. Pinwheels were first documented in China's history dating back to 400 B.C and were thought to bring good luck and fortune.



Later, in 1919, an Armenian immigrant toy manufacturer, Tegrans M. Samour, created the modern version of what he called, the "wind wheel" right here in Boston, MA. To us, each color of the wheel represents the diversity of the people we serve. The pinwheel has the ability to "turn" obstacles into success by using the unseen energy of the CHS team to transform lives. The motion moves us along, ever forward on our path, and nudges us to continually strive to do more. It is the perfect symbol for CHS in so many ways.

## Congratulations Are in Order!

A shout out to Jeff W. on his nomination and recognition for being a good citizen! Jeff volunteers a lot of time to community service - from cooking and delivering meals to Bread of Life and On The Rise, a local women's shelter, to creating and delivering care packages to the Massachusetts Bay Veterans Center and Chelsea's Soldiers Home. Jeff was joined by Jamie and Nicola, part of his Support Team at the DDS NorthEast Regional Awards Dinner at the Ferncroft Country Club in Middleton. It was an evening of celebration recognizing four individuals who have made a contribution to their community or other individuals.



## Siblings Corner

One of the questions that siblings often raise is, "What are some meaningful ways I can connect with my sibling?"

With the season of giving just around the corner, there are many local community service opportunities available and in need of your support.

Team up with your brother or sister to donate used clothing, recycle plastics, collect canned goods for a food pantry or bake cookies for an elderly neighbor.

We also invite you to participate in the many Giving Back projects we have planned. Sharing a common experience is one of the most memorable and meaningful ways you can bond as siblings, and together, enjoy the true spirit of the holiday season.

# Friendships for Life

In July 2018, Cooperative for Human Services joined a collaborative effort with The ARC of Massachusetts and MA Department of Developmental Services (DDS) to participate in the Pathways to Friendship (P2F) Initiative. The mutual goal is to elevate efforts in social inclusion by advancing relationships and friendships among people with and without disabilities. The initiative required a 2-year commitment of time and attention on the part of the organization to focus on the promotion of relationships. The ARC's role is to provide facilitation, consultation and support while DDS continues to refine its Quality Enhancement tools and processes around social inclusion.

A cross-functional team of five project leaders who, in turn, assessed and selected eight individuals of varying needs to participate in the initiative. Participants were evaluated with a survey to determine their baseline level of activities and will undergo an intermediate and end-point survey to collect data. On-going approaches to activities and participation in community events are documented regularly across the initiative and shared with the ARC. Project leaders meet with, and share what is learned with other Pathways to Friendship teams based in 24 other member agencies in Massachusetts.

Over the last few months, the project team has made notable progress with the individuals selected. Once their interests were identified, participants began to explore their chosen areas of interest with staff.

These include becoming a volunteer at a local shelter, delving into the world of comic book art, joining a car model-building hobby group, participating in weekly community bingo games, attending the Massachusetts Bay Railroad Enthusiasts monthly meetings, researching gardening clubs, and making connections through local churches. It is the hope that through this initial experience, individuals will create meaningful ties with non-disabled people who can assist them to become contributing members of their communities.

As the project nears its mid-point assessment, there is great excitement in the air as participants form long-term friendships in their community and share new hobbies with like-minded enthusiasts.

## Thank you Florence Finkel!

As a P2F partner, we were eligible to apply for the Florence Finkle Grant Fund which makes possible certain activities or services that would facilitate progress in the development of social connections and friendships.

We are excited to announce that each participant received approximately \$750! These funds are being used for club membership dues, sports equipment, appropriate clothing, transportation to events, hobby materials, stipend for staff and other types of supports.



*Jeffrey O. attends church each week with Linda, and enjoys coffee and conversation after mass. He is using the Finkel grant funds to purchase some proper church clothing and participating in some of the church excursions. In the meantime, he is working toward becoming a church usher this fall.*



*Jeffrey visits the YMCA weekly and works out with Nick. In addition to working out together, they have a common hobby that keeps them talking - they are Matchbox Cars collectors!*



**Connect with us today  
to keep up to date!**

# Community Caring: Annual Giving Back Program

In addition to ensuring the health and well-being of the individuals we serve, we also strive to instill positive values that express ideas about what makes for a good life. Values can include, among other things, consideration of others, respecting people's belongings and sharing with friends.

Generosity can be added to this list and has been part of our world culture since the early days of humanity. According to the dictionary, generosity is the quality of being kind and generous. At CHS this concept receives special focus each year when every residential home plans and delivers a Giving Back Program.

The people we serve receive a tremendous amount of support and want to balance this with the experience of recognizing the needs of others. The knowledge that they can help another person through the Giving Back Program empowers our individuals and helps them to feel more fulfilled. These activities can build self-esteem, acceptance and integration into their communities.

Engagement reduces negative behaviors, improves key health measures, provides mental stimulation, offers a sense of purpose and teaches new living skills. At the same time, the local community benefits from the support which helps to strengthen and protect the bonds between neighbors and friends.

Participants pay the goodness in their lives forward to others in many different ways, depending upon the capabilities of the individuals. Some homes assist at the local town food pantry or volunteer at the animal shelter. Others take baked goods to First Responders, collect canned goods for families in need and exercise neighborhood dogs. The individuals in each home decide what actions will give them the most satisfaction and then staff facilitate the plan.

One year, the local fire department arrived in the fire truck at one of our homes just to return the cookie tin. Other homes continue the practice of giving all year long by coaching individuals to offer random acts of kindness each time they go out into the community. Another home in Burlington is well-known at their local grocery store because they give food from their shopping cart to store-sponsored donation boxes on a weekly basis to a round of applause from store personnel. Contributing to the common good has so many benefits for the individuals we serve and their good deeds are greatly appreciated.

Malden Catholic seniors and our CHS Day Programmers prepare and deliver a meal to Bread of Life feeding 75 families.



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