



Human Service Cooperative Community

NEWS LETTER

October 2009

Greetings from the Federated HSC® Communities

We send you our early holiday greetings and hope they will be good to you. Perhaps the most important thing I to spend time with the people you love. For those of you who are alone, cooperative living is about building communities and relationships of mutual support. There is a group out there that will welcome you. It may take some courage, but just look around your community and find the one that fits.

Our 2009 HSC Communities:

The HSC Educational Foundation
The Federated HSC

HSC® Certified Members:

AZA United, HSC® Phoenix, AZ
Heartbeat, Co-op, HSC® Algonquin, IL
Inspire Co-op, HSC® Phoenix, AZ
Freedom Co-op, HSC® Memphis, TN
Keep Marin Green Cooperative, HSC® San Rafael, CA
Community Choices Cooperative, HSC® Champaign, IL
Total Link2 Community, Northbrook, IL



Your HSC® Educational Foundation Working for you!

Congratulations David Carey!!

The HSC Educational Foundation received notice that the Robert Wood Johnson Foundation (RWJF) selected David Carey, chair of Inspire Human Services Co-op in Phoenix, to receive a Community Health Leaders Award. He is one of 10 extraordinary Americans who received the RWJF honor for 2009 at an October ceremony this evening at the Mayflower Hotel in Washington, D.C. The HSC Educational Foundation submitted David as a nominee January 2009.

David Carey, chairperson, Inspire Human Services Co-op, Phoenix, Ariz. Mr. Carey is being honored for his work as chair of Inspire Co-op, which allows people with disabilities to direct and control their own health care services, and for his activism to assure safe public transportation options for persons with physical disabilities. Carey's leadership led Inspire to secure long-term contracts to provide attendant care services and established the company as one of the first self-directed cooperatives in the United States. Inspire is owned and directed by people with disabilities. Carey became a quadriplegic following a gunshot accident in 1988.

http://www.communityhealthleaders.org/news_features/article/51532

Carey, with quadriplegia following a gunshot accident in 1989 while he slept in his dorm room, has been a tireless advocate for health care access for the disabled. He is being honored for his work as chair of Inspire Co-op, which helps people with disabilities to lead independent lives, and for his activism to assure safe public transportation options for persons with physical disabilities. Carey led the creation of Inspire Co-op – one of the first self-directed cooperatives in the United States - that gives members the power to better manage services such as habilitation and attendant care while sharing in the ownership and guidance of the company. He helped the organization secure long-term care contracts to provide services to people with disabilities.

Furthermore, Carey's efforts extend to ensuring individuals with disabilities have access to public transportation. Carey successfully worked with the city of Tempe, Ariz., to put up traffic lights so people with disabilities living almost a mile away from the closest bus stop had safe access to that bus stop. Carey does advocacy work with Arizona Bridge to Independent Living and Southwest Institute for Families and Children.

“David Carey's life story and work exemplify the mission of the RWJF Community Health Leaders Award. Each day, he overcomes his personal obstacles to help others with disabilities to live independent, healthier lives,” said Janice Ford Griffin, national program director for the award. The HSC® Cooperative Communities offer a sincere thank you to the Robert Wood Johnson Foundation for recognizing David's community work, commitment and dedication.

The HSC Educational Foundation will be processing the financial award designated for Inspire, Co-op HSC®.

HSC Member News

Arizona



AZA United, HSC®, Phoenix AZ

We are excited to announce our first donor drive to fund our new **Helping Hands** program. Every \$1000 contributed will support a family for one year of participation in the **Helping Hands** program. In 2010, we plan to launch **Helping Hands** where families will have their own personal Program Coach, who will work proactively with them to address constantly changing needs as their child develops through the years. Every month, the Program coach will check in with the family and discuss current needs and offer a “menu of supports” to teach the child important skills, improve difficult behaviors, and increase participation in community life. Autism is described as a spectrum disorder because it affects each person differently. As a result each family needs a customized approach to help their child. Many children do not naturally develop independence for daily tasks such as eating with utensils, washing their hands, or using the toilet. Sometimes challenges are more severe and may include the child hitting or biting others, or even themselves. With **Helping Hands**, parents will finally have a qualified professional by their side addressing changing needs as they arise and offering solutions when they simply don’t know what to do next. For more information

www.AZAUnited.org



Inspire, HSC®, Maricopa County, AZ

Inspire welcomed 2009 with all of its challenges and rewards. In May we faced 10% rate cuts passed down by Arizona’s DES-DDD. Thanks to our lean operations, the support of our team of Direct Support Professionals and Members our small young cooperative endured. And with sound guidance from our Board of Directors, we quickly regained our footing and are back on positive growth trend. In August, Inspire hired a full time Operations Manager, Sara Wilson. Soon after, we expanded into Flagstaff. We now have the pleasure of serving three members in Flagstaff.

In October, David Carey, our Board Chair, was named one of 10 recipients of the 2009 Community Health Leaders Award from Robert Wood Johnson. Please see lead article in this newsletter for more details. Congratulations David! Inspire, HSC will be receiving a financial award thanks to this award, which will further enhance our mission and goals.

With all that has come in 2009, we eagerly await great things to come in the next months. A special thanks to our wonderful members, staff and fellow HSC organizations.

www.inspirehsc.org

Tennessee

Freedom Co-op, HSC® Memphis, TN

We are proud to announce that Suzanne Colsey has been elected to the board of the Federated HSC. Susanne is currently the chair of Freedom Co-op and has been active with the Federated HSC conferences and committees. She will join the board with other nationally known advocates in the disability communities. She will be working with other leaders in the cooperative movement and providing her insights, experience and guidance to the self directed HSC® movement.

Additional good news from Tennessee, we are thrilled to report we recently passed our first state licensure inspection! These are always a challenge especially when it's your first one.

For more information on Freedom Co-op, contact: pftennwest@aol.com

California

Keep Marin Green Cooperative, HSC® Marin County, CA

We continue to develop our business model and are proud to announce that we now serve over 100 local business recycle collection needs. We are being paid for both the pick-up activity and for the recycling items received by the licensed recycling agencies. We look forward to some additional opportunities in the near future.

Contact information: daniel@casaallegra.org dale@casaalegra.org

Illinois

Community Choices Cooperative, HSC® Champaign Illinois

Community Choices Cooperative lost a dear friend and mentor this month, Lester Pritchard. We reach out to all who knew his wit, wisdom and friendship. Not only those who were close to him, but the State of Illinois and our country will miss him dearly.

For more, call
217-621-1090 or email jen@realchoiceinillinois.org

HeartBeat Cooperative, HSC® Algonquin, Illinois

HeartBeat Cooperative is our newest member to the Federated HSC! We are proud to announce our incorporation as a unique Cooperative, designed especially for people with disabilities and we are working to become the first Federated HSC member which provides residential services specifically designed around our members interests and wants. We are leaders on an American voyage in self-determination. We are taking steps that make a difference in our lives and the lives of those we love. Our vision is to create a community that surrounds our members; where we feel safe, live a meaningful life, participate in activities, with people we enjoy. Every member has one vote! Every member chooses their own life path! Join us on our voyage where every aspect of our lives will be touched!

TotalLink 2 Community, HSC® Northbrook IL

TotalLink2 Community is beginning to grow membership. Our structured plan for growth allows us to continue to offer supports and services in the areas of Education, Employment and social Opportunities for our members. As our tagline says: Better Connections, Better Community, we are linking relationships with Community Partners to have opportunities that were not available to us before. Access Chicago Radio produced and aired a Public Awareness Show about Cerebral Palsy and inclusive independent living models of two of our members. Great Events, Inc partnered with one of our members to teach about party Planning and Fundraising and then threw a backyard bash called: *Shakin' Up the Night* complete with games, prizes and shaking up culinary treats. Our Golf League was attended weekly by a loyal group of members and taught by volunteer members. This was a winning combination for beginners. Our younger members are spending their Saturdays at our local YMCA for a cooperatively planned day of Dance, Yoga, and Martial Arts. The adults are jealous of the fun and exercise the kids have with the support of volunteer helpers every weekend!

totallink2@gmail.com

Technical Tip Corner

John Rose, Irwin Siegel Agency:

As holidays approach, people are urged to look for and eliminate potential dangers from holiday lights and decorations that can cause fires and injuries.

Each year, hospital emergency rooms treat about 8,700 people for injuries, such as falls, cuts and shocks, related to holiday lights, decorations and Christmas trees. In addition, Christmas trees are involved in about 400 fires annually, resulting in 20 deaths, 70 injuries and an average of more than \$15 million in property loss and damage.

When shopping for holiday lighting, remember, last year, 320,398 units of holiday lights did not meet safety standards.

Candle lighting ceremonies during Advent, Hanukkah and Kwanzaa are beautiful traditions. But keep matches, lighters and candles away from children and never leave burning candles unattended. These simple safety tips will help prevent many of the 10,000 candle-related fires that occur each year. Stay safe this holiday season; it's the best gift you can give:

Trees:

When purchasing an artificial tree, look for the label "Fire Resistant." This label does not mean the tree won't catch fire, it does indicate the tree will resist burning and should extinguish quickly.

When purchasing a live tree, check for freshness. A fresh tree is green, needles are hard to pull from branches and when bent between your fingers, needles do not break. The trunk butt of a fresh tree is sticky with resin, and when tapped on the ground, the tree should not lose many needles.

When setting up a tree at home, place it away from fireplaces and radiators. Heated rooms dry live trees out rapidly, so be sure to keep the stand filled with water. Place the tree out of the way of traffic and do not block doorways.

Lights:

Indoors or outside, use only lights that have been tested for safety by a recognized testing laboratory, which indicates conformance with safety standards.

Check each set of lights, new or old, for broken or cracked sockets, frayed or bare wires, or loose connections, and throw out damaged sets.

Use no more than three standard-size sets of lights per single extension cord.

Never use electric lights on a metallic tree. The tree can become charged with electricity from faulty lights, and a person touching a branch could be electrocuted.

Before using lights outdoors, check labels to be sure they have been certified for outdoor use.

Fasten outdoor lights securely to trees, house walls, or other firm supports to protect the lights from wind damage. Use only insulated staples to hold strings in place, not nails or tacks. Or, run strings of lights through hooks (available at hardware stores).

Turn off all lights when you go to bed or leave the house. The lights could short out and start a fire.

For added electric shock protection, plug outdoor electric lights and decorations into circuits protected by ground fault circuit interrupters (GFCIs). Portable outdoor GFCIs can be purchased where electrical supplies are sold. GFCIs can be installed permanently to household circuits by a qualified electrician.

Decorations:

Use only non-combustible or flame-resistant materials to trim a tree. Choose tinsel or artificial icicles of plastic or nonleaded metals. Leaded materials are hazardous if ingested by children.

Never use lighted candles on a tree or near other evergreens. Always use non-flammable holders, and place candles where they will not be knocked down.

In homes with small children, take special care to avoid decorations that are sharp or breakable, keep trimmings with small removable parts out of the reach of children to avoid the child swallowing or inhaling small pieces, and avoid trimmings that resemble candy or food that may tempt a child to eat them.

Wear gloves to avoid eye and skin irritation while decorating with spun glass "angel hair." Follow container directions carefully to avoid lung irritation while decorating with artificial snow sprays.

Fireplaces:

Use care with "fire salts," which produce colored flames when thrown on wood fires. They contain heavy metals that can cause intense gastrointestinal irritation and vomiting if eaten. Keep them away from children.

Do not burn wrapping papers in the fireplace. A flash fire may result as wrappings ignite suddenly and burn intensely.

Best wishes from all the staff at the Siegel Agency for a SAFE and HAPPY Holiday Season!!!!!!!!!!!!!!

visit www.siegelagency.com for additional HOLIDAY SAFETY information at 800-622-8272

Working Well in a New Economy

Cooperation, the old fashioned way... notes from Holly Bohling...

It is important during these difficult days to focus on quality and community. It helped us prevail in the old days; it will help us prevail now. More than ever community, over quantity, is the goal. Together you will find strength. Together you

will discover systems and supports that otherwise could never happen:

- Stay connected
- Have fun together
- Work together
- Be Creative
- Be positive
- Give a little
- Take your time, make informed decisions

Your Federated HSC®

Offers members a range of technical resources from networking opportunities with leaders in the self directed cooperative movement to experts in program operation, risk management, legal issues. We specialize in the needs of self directed organizations and collective decision making challenges. Within the cooperative community its about shared information and resources. We have a national purchasing program for members to save money during a difficult economy. Our vendors include: Medline, Office Max and US Bank.

Your HSC Educational Foundation

Provides help in the quest for self-directed service alternatives The Federated HSC member companies formed The HSC Educational Foundation. The HSC Educational Foundation serves as the HSC members' fiscal entity and offers resources ranging from learning opportunities and fundraising, to outreach and awareness.

For additional information on how to get involved and learn how to access the Foundation's benefits, email:

holly@federatedhsc.coop

Federated HSC® Updates

Guidelines for Use of the Federated HSC's Name and logo

We deeply value our certified HSC® members and partners. To ensure that this relationship is properly represented, the Federated HSC has issued the following guidelines for use of our names, HSC®, tag line and logo. We ask that you implement these guidelines in your communications products and follow them throughout the length of your affiliation with the Federated HSC. Use of the Federated HSC's name and Logo:

The service mark ® is to be placed as noted below. The Federated HSC Logo is only available for use on Federated HSC, HSC Educational Foundation materials, and certified member media materials.

1. HSC® is only permitted for use by fully certified members in good standing with the Federated HSC. It is to be placed at the end of the certified member's name: (certified member name), HSC® See examples in newsletter above.
2. Federated Human Service Co-op®
3. The Federated HSC®
4. Power of Many®

Please direct any questions regarding use of the Federated HSC's service mark protected material to: holly@federatedhsc.coop

Please contact us if you are interested in being a part of the Federated HSC.

Contact Information

Holly Bohling

Email: holly@federatedhsc.coop / Phone: 602-404-7334