



Human Service Cooperative Community

NEWS LETTER

July 2009

A lot has been happening within our cooperative community. We are excited to share with you the latest developments and achievements. We enjoy hearing from you so send us your thoughts and ideas or even suggestions on what we can add to our newsletter.

FEDERATED HSC MEMBER UPDATES

Arizona

ASCENT, HSC - Flagstaff

Ascent provides its Membership with quality respite, habilitation, and attendant care services. Ascent serves rural and small towns of Northern Arizona. Ascent was the first and founding HSC member and has been instrumental in paving the way for others who have since joined HSC community. We give a special note of thanks to ASCENT'S founders and current leaders for their groundbreaking work. You have a historical place in the HSC movement.

To learn more about Ascent HSC visit: www.ascenthsc.org

AZA United, HSC – Maricopa County



Last Fall AZA moved into the new Disability Empowerment Center of Arizona. They will be hosting the Federated HSC 2009 Fall Conference and Annual Meeting at this new center. AZA United has the largest member base of our Federated Members and will lead the discussion on size, pros and cons of a large cooperative in the October 2009 conference.

To stay informed visit us at www.AZAUnited.org and sign up for our email newsletter!

Inspire, HSC – Maricopa County



Inspire Co-op provides in-home services to people living in their own homes in the greater Phoenix area. This year we have taken the leap and hired Sara Wilson full time. In a tough economy we look forward to the challenge.

Inspire is the youngest co-op in Arizona and partners with Ascent and AZA United on a regular basis in mutual support and assistance.

Please find out more about us by visiting our website, just click on this link: Inspirehsc.org

Tennessee

Freedom Co-op - Memphis

Freedom Co-op has been patient and persistent in their efforts. But is now successfully beginning service delivery this year. They will be providing in home services to people with disabilities in the Memphis area. Congratulations!

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

California

Keep Marin Green Cooperative - Marin County

As our cooperatives face the challenges of our current economy, co-ops continue to re-examine their strategies. Keep Marin Green is looking at opportunities to address member needs in this new environment.

Contact information: danielriechling@cedarsofmarin.org

Illinois

Community Choices Cooperative - Champaign

Community Choices Cooperative is a recently formed co-op in Champaign, Illinois. 12 members have officially joined our cooperative. We provide Service Facilitation and Job Development. We also offer a formal Volunteer Network for our members. We are an official provider with the State of Illinois, and submitted our first bill in June!

For more information on Community Choices Cooperative, please call 217-621-1090 or e mail jen@realchoiceinillinois.org .

TotalLink 2 Community - Northbrook

TotalLink2 Community has participated in our first season of successful cooperative LINKING! After polling our members and discovering interests in focused areas of recreation and socialization with a need for vocational experiences, we hit the ground running and planning.

Here is some of what we have done!

Our members have organized a golf league with volunteer coaches gathering weekly at our community course and meeting the needs of all participants ages 10-21.

'Just a Spoonful of Sugar' activity. Our members, family and friends planned an outing including dinner and theater for a group of 20 in Chicago to see the Broadway version of Mary Poppins.

One family hosted a night of 'Camp TotalLink' for the younger members that included campfires, marshmallow roasting, T-shirt decorating and lots of fun!

Also, one of our Members is opening her home to friends and prospective Members for an evening of "Blushes and Brushes" sponsored by her friend who is a make-up artist. The beauties plan to go out for dessert after they are all dolled up.

Summer in Chicago is not summer if you don't go to the Ravinia Festival of Music and TotalLink2 has 10 tickets to Carrie Underwood.

An evening under the stars including a picnic dinner is planned for August 31. We hope to end our summer with a community drumming circle and family cook out.

Looking forward we want to support our members who are exploring microenterprise as an employment option. We plan to LINK this group of pioneering entrepreneurs together for support and guidance through the process. Keep a look out for our website that will be up and running soon...thanks to a partnership with DePaul University and a TotalLink2 Student/Member.

For more information contact: totallink2@gmail.com

Technical Tip Corner:

John Rose, Irwin Siegel Agency Safety TidBits.

Summer is a season of FUN! There is swimming, hiking, biking and so much more to do outdoors. There is also the chance for Bug Bites, Heat Stroke. Here are a few examples:

HEAT:

- Avoid confined areas like a parked car
- Use Sun screen
- Drink plenty of water.

INSECTS:

- Avoid places where bees and spiders like to nest
- Dress appropriately for your activity, walking in the woods, wear long sleeves to avoid ticks,
- Check yourself and others for bites at night

WATER:

- Use appropriate approved life safety devices
- Swim only in approved areas with close supervision, a lifeguard
- Stay together

FOOD:

- keep perishable food cool
- perishable food setting out for more than 1 hour is not safe
- keep all utensils clean when preparing food

Remember ...BSAFE!!

- B- bites
- S- severe weather
- A- asphyxiation
- F- falls, food
- E- electrocution

Visit: www.siegelagency.com for additional SAFETY information or call John Rose 800-622-8272

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 and legal issues. We specialize in the needs of self directed organizations and collective decision making challenges. Within our 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. Contact: sara@federatedhsc.coop

Your HSC Educational Foundation...

To 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 a fiscal entity for our HSC Members 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

Our 2009 5th Annual Conference and Annual Meeting *Building Awareness and Building Strength*

REGISTER NOW!

When: Friday Oct 16th from 9:00 AM to 4 PM

Where: The Disability Empowerment Center - 5025 E Washington Phx AZ
Special teleconferencing available for those who cannot travel!

Featuring:

HSC Co-op Leaders exploring their experiences in collective decision-making including: Pros and cons of the larger co-op; Making difficult decisions in a tight economy, and more. See attached registration for details.

Contact Information: Holly Bohling holly@federatedhsc.coop / Phone: 602-404-7334



Our Fifth Annual Federated HSC Conference: Building Awareness and a Stronger Community



When:

Friday October 16, 2009
9 A.M. to 4 P.M.

Where:

The Disability Empowerment Center (The DEC) -
5025 E Washington
Phoenix, AZ 85034

Transportation:

The DEC is located along the light rail and near the airport.. The facility is fully accessible. Ample automobile parking is available at the facility.

Video Conferencing:

Available for those from out of town or unable to join us in person, please contact us (information below) for additional information

Registration is Now Open and Due By Saturday Sept 12th!

To reserve your participation, please complete the registration form following the below itinerary, enclose a check for the conference registration, and send it to:

**Federated HSC
PO Box 22120
Phoenix AZ 85028**

Or

Fax to: 602-953-9312

Federated HSC Fifth Annual Conference Rates:
Checks can be made to the Federated HSC

HSC members	- \$10
Non-HSC members	- \$15

Cancellation Policy:

Please email cancellation notices to holly@federatedhsc.coop by October 1, 2009 so that we can ensure proper accommodations are available.

For cancellations before October 1, 2009, registration fees are fully refundable.

Itinerary: Building Awareness and Stronger Community
Friday October 16, 2009 9 am – 4 pm

Friday October 15, 2009 9 am to 4 pm

9:00pm – 9:30 am	Registration and coffee
9:30 - 10:00	Welcome, Gale Bohling, Federated HSC Chair
10:00 – 10:30	Opening Remarks, Barbara Brent, AZ DES DDD
10:30 – 12:15	HSC Cooperative Round Tables Building a Larger Co-op - pros and cons of a larger cooperative – Aaron Blocher-Rubin Building a Foundation for Making Tough Decisions – David Carey and Sara Wilson
12:15 – 1:15	Lunch
1:15 – 2:30	HSC Cooperative Roundtables Con't Building a Stronger Membership Leaders To be determined based on travel budgets
2:30 – 3:00	Your HSC Educational Foundation- Matthew Wangeman, Jamie Snyder
3 – 4:00	Annual Federated HSC Annual Meeting Gale Bohling, Chair, John Britton, Vice Chair Board election Finance and Budget review and approval Other
4:00	Closing Remarks – Gale Bohling
4 – 4:15	Federated HSC Board meets in closed session

Registration Form

To reserve your participation complete this registration form and send with conference fee to:
 Federated HSC at: PO Box 22120, Phoenix AZ, 85028;
 Fax: 602-953-9012 or e mail holly@federatedhsc.coop

NAME	
TITLE	
ORGANIZATION	
HSC CO-OP MEMBERSHIP	Circle the following that best applies to you. <div style="text-align: center; padding: 5px;"> Member Board Member Non-Member </div>
PHONE	
FAX	
ADDRESS	
CITY, STATE, ZIP	
EMAIL	

Please Note Any Special Accommodation Needs For Conference Here:
Comments / Questions:

Federated HSC Fifth Annual Conference Rates

HSC members – \$10 Non-HSC members– \$15; Payable to the Federated HSC