

H.O.P.E. Happenings

H.O.P.E.

Volume II, Issue 2

September, 2006

You will be secure, for there is hope. Job 11:1

2nd ANNUAL H.O.P.E. PICNIC...A WALK IN THE PARK!

H.O.P.E. participants, providers, friends and families enjoyed the 2nd annual H.O.P.E. picnic Friday, June 16 at Ashby Park. We had a great time enjoying each others company and eating tasty barbeque.

It is always great fun to be able to get together and spend time with the people who are the reason for having H.O.P.E. in our lives!

More photos on page 4.

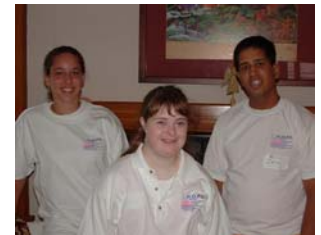


Life is short and friends are too few...

One day, the father of a very wealthy family took his son on a trip to the country with the express purpose of showing him how poor people live. They spent a couple of days and nights on the farm of what would be considered a very poor family. On their return from their trip, the father asked his son, "How was the trip?" "It was great, Dad." "Did you see how poor people live?" the father asked. "Oh yeah," said the son. "So, tell me, what did you learn from the trip?" asked the father. The son answered: "I saw that we have one dog and they had four. We have a pool that reaches to the middle of our garden and they have a creek that has no end. We have imported lanterns in our garden and they have the stars at night. Our patio reaches to the front yard and they have the whole horizon. We have a small piece of land to live on and they have fields that go beyond our sight. We have servants who serve us, but they serve others. We buy our food, but they grow theirs. We have walls around our property to protect us, they have friends to protect them." The boy's father was speechless. Then his son added, "Thanks Dad for showing me how poor we are." Isn't perspective a wonderful thing? Makes you wonder what would happen if we all gave thanks for everything we have, instead of worrying about what we don't have. Appreciate every single thing you have, especially your friends! Pass this on to friends and acquaintances and help them refresh their perspective and appreciation. "Life is too short and friends are too few."

Wardrobe Must for 2006

Straight from the fashion capitol of Beaverville, the official H.O.P.E. shirt selection is available for purchase. The three styles to choose from are 100% cotton t-shirts (sizes youth small to adult XXL), polo shirts (sizes adult small to XXL) and short sleeve denim button down (adult large only).



Shirts may be purchased at the H.O.P.E. office. Be the talk of the neighborhood and the envy of friends and family!

Price List:

T-shirts: \$8

Polo Shirts: \$12

Denim: \$25



Mark your Calendars for these Fun, Upcoming Events!

November 8th— 7:00-8:30

UNO Tournament

Held at Church of the Latter Day Saints off 35th and Ashworth

December 14th— 6:30-8:30

3rd Annual Festival of HOPE at the NW Community Center, 5110 Franklin Ave., Des Moines

“isn’t it only natural that when we’re talking with our participants about their hopes, dreams and desires to include a time management goal to allow time for including ways to make their hopes, dreams and desires a reality?”



L to R:

Amy Wallman, Co-Founder & COO,
Tammi Matkovich, the inspiration for
H.O.P.E.; and
Linda Matkovich, Co-Founder & CEO

So what does
“leaving a legacy” really mean?
How will people
remember us?
What kind of impression will you
leave on this
earth?

Linda’s Logic

As I step outside, I can begin to hear the crispness of the leaves drying as we enter into the next season of our lives. I can imagine the leaves being blown by the wind and the flurry of activity that goes along with this season. As I look at my “to do” list, I see an unending flurry of things to do. I have to laugh as I occasionally catch myself reminiscing as Amy and I used to get excited when the phone actually rang!

The flurry for me, means that the hamster wheel of life is spinning and I need to desperately have a time out! I have found that I function more successfully and not feel so overwhelmed when I get it out of my head and onto paper. Yes, the “to do” list. It has been proven that this list helps people to become more productive in their lives. It also provides a feeling of accomplishment when the job is complete and I am able to cross off another task.

I see this with many of our participants as they are making monumental decisions that affect their lives. Time Management is a skill we all work with on a continu-

ous basis and isn’t it only natural that when we’re talking with our participants about their hopes, dreams and desires to include a time management goal to allow time for including ways to make their hopes, dreams and desires a reality? It’s as simple as having a yearly calendar and planning out activities. Breaking down the big goal into smaller steps. Eating the elephant one bite at a time. Many of our participants are looking at moving into an apartment within the next year. How can we assist this transition so that it is successful? We have many resources at our HOPE office, so please ask and either the family and/or the providers can use these to help in this transition. What if the goal is to take a cooking class? Break that down into steps that include finding out who offers the class, costs involved, ways to get there and back home as well as supplies needed.

As we are looking at upcoming budget cuts within the state, let’s stay focused on ways to raise the bar on providing services. Look for ways to decrease our need and increase our participant’s independency.

Amy’s Anecdotes

As I reflect how much my life is going to change in just a few weeks, a phrase that a loved one shared with me keeps running through my mind. As he has gotten older, it has become increasingly important for him to leave a legacy for when he is gone. So, what does “leaving a legacy” really mean? Does it refer to what kind of impression are we going to leave on this earth and humankind? How will people remember us? And to put it into total reality for myself, what kind of mother will I be and how will my actions and words affect my

impressionable child?

I am continuously humbled by the legacy many of our providers and participants are creating here in Iowa. I witness the trusting relationships, the empowerment of choice, and the happiness that results in planting seeds and watching them grow and thrive.

A huge thank you to those who are leaving this kind of legacy and making such a heart-warming impression on my life.

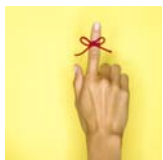
Editor’s Note: Amy wrote this prior to her maternity leave. Laynie True Madden was born on July 30, 2006 and Amy will return from maternity leave on October 2nd.



Alison Lumsden,
Director of
Independent Living
Opportunities

Reminder

Please note that November's reimbursement date will fall on the 16th instead of the 15th. Mark your calendars!



Alison's Assertions

I don't know about you, but I have a huge list of "If Only's". If Only I had more money, If Only I had more time, If Only I was more organized, etc. As I was considering these the other day, I added one more – If Only I had the guts to throw away this list, I might actually accomplish something! Soon after, I got a fortune cookie that read "The journey of a thousand miles begins with a single step". I am now challenging myself to live by this motto. Why not try some of those things I have always wanted to

do but put off because of the "If Only's"? I want to pose this challenge to you as well. Surely there is something in the back of your mind that you have always wanted to try or maybe a place you have always wanted to see. Why wait until tomorrow? We are with HOPE to accomplish our goals. Set them higher, take a risk, put one foot in front of the other and take that first step. If Only you try, you can succeed! Enjoy the journey.



Fondue and Art



August 10th friends gathered at the H.O.P.E. office to enjoy an evening of fondue and fun. Lisa Moser and Chris Frantsovog hosted the event which started off with a chocolate fondue. After that we traveled to the Des Moines Art Center for a tour. It was an awesome evening of indulgence for all of our senses!



Fall Fun!

H.O.P.E.'s office is in the heart of Beavertdale, so it is only fitting to put the dates of the Beavertdale Fall Festival in our newsletter. This year it will be September 22-23. There is always a lot going on including a parade, vendors and lots of food. Mark your calendar and Fall for Beavertdale!

Isn't he always there when we need him?

Come with me to a third grade classroom...

There is a nine-year-old kid sitting at his desk and all of a sudden, there is a puddle between his feet and the front of his pants are wet.

He thinks his heart is going to stop because he cannot possibly imagine how this has happened. It's never happened before, and he knows that when the boys find out he will never hear the end of it. When the girls find out, they'll never speak to him again as long as he lives.

The boy believes his heart is going to stop, he puts his head down and prays this prayer, "Dear God, this is an

emergency! I need help now! Five minutes from now I'm dead meat."

He looks up from his prayer and here comes the teacher with a look in her eyes that says he has been discovered.

As the teacher is walking toward him, a classmate named Susie is carrying a goldfish bowl that is filled with water. Susie trips in front of the teacher and inexplicably dumps the bowl of water in the boy's lap.

The boy pretends to be angry, But all the while is saying to himself, "Thank you, Lord!"

Now all of a sudden, instead of being the object of ridicule, the boy is the object of sympathy. The teacher rushes him downstairs and gives him gym

shorts to put on while his pants dry out.

All the other children are on their hands and knees cleaning up around his desk.

The sympathy is wonderful. But as life would have it, the ridicule that should have been his has been transferred to someone else-Susie. She tries to help, but they tell her to get out. "You've done enough, you klutz!"

Finally, at the end of the day, as they are waiting for the bus, the boys walks over to Susie and whispers, "You did that on purpose, didn't you?" Susie whispers back, "I wet my pants once too."

May God help us see the opportunities that are always around us to do good.

Photos from the
2nd Annual
H.O.P.E.
Picnic



Welcome Baby Madden

July 30th ~ H.O.P.E. welcomed the newest addition to our family. Laynie True Madden was born to proud parents Amy and Jason. Congratulations to the Madden family.

Weight: 7 lb 2.5oz.

Length: 19 inches





Reasons to Celebrate

Looking for ways to spice up your fall? Here are some opportunities you might not have thought of.

September

13th: Milton Hershey, candy-maker, was born in 1857. Make fudge.

October

October is National Fire Prevention Month. Check all smoke detectors and practice a fire drill.

9th: The Fingerprint Society was founded in 1915. Create thumbprint

animals.

November

5th: Crossword puzzles first appeared in book form in 1924. Try a crossword puzzle today.

8th: First circulating library established in 1731. Tour a library.



Heartbeat Of H.O.P.E.

Our organizational chart at HOPE places our Participants at the top. They are our customers and it is our duty to be of service to them. They are the Heart of H.O.P.E.

As a parent of a child (now an adult!) with a disability, I always felt that the person who provides the service, the Direct Care Provider, is the person who is critical in helping my child/adult succeed. Therefore, we feel that the Independent Direct Care Provider is the Heartbeat of HOPE.

We enjoy so much when you share something special your provider has done to help you succeed. Please call or email Linda at the HOPE office. We are anxiously anticipating your call or note so we can award your provider with an Angel Award!

“A League Of Their Own”



Looking for something do on Saturday? Val Lanes on 63rd and Ashworth offers bowling for special needs kids every Saturday from 12:00 pm-2:30 pm.

\$5.50 gets you shoes and two games.

Would you like to nominate your provider to receive a HOPE Angel Award? Contact Linda at HOPE for details!



Do you have a song in your heart?

your heart?

Every Sunday from 2:00-4:00 pm Billy Joe’s Picture Show is hosting karaoke for individuals with disabilities. There is no charge, but they do ask that you purchase something to eat or drink while enjoying the entertainment. Could you be the next American Idol? Find out by heading out to Billy Joes and giving karaoke a try.

Questions & Answers from Miss Wanda Waiver

Do you have a question that Wanda could address? Feel free to email or call the H.O.P.E. office and Wanda will do her best to research your answer.

Q. Can my respite provider come to my school and provide services for me?

A. Don't pack that extra lunch box just yet. Supervision of the daughter during school time is a responsibility of the school itself. If she needs an aide, then the school needs to provide that. Waiver cannot be accessed in school.



H.O.P.E. 301

Mark your calendars for Tuesday, September 19, 6:30-8:30 pm for this informative meeting. We will meet at the Northwest Community Center at 5110 Franklin. This is a time to sign contracts, receive waiver updates and much, much more. Plan to be there and receive 2 hours to apply to your yearly training .

Fun Night Out!

We are looking for participants who would like to plan a social event or outing. Thanks to HOPE participants, we have had a tour of Suzettes, fondue party and trip to the Art Center. We can help with the details, we just need your great thoughts. Contact Kim at the H.O.P.E. office, 277-4673 to share your ideas!

Ready, Set, UNO!

Get your game on. The next H.O.P.E. UNO tournament will be Wednesday, November 8th, from 7:00 pm-8:30 pm. It will be hosted by the youth from the LDS Church located just off 35th and Ashworth in West Des Moines. See you there!

Hiring Disabled Improves Image

When you walk into a store and realize that one or more of the people working there has a disability, how does that make you feel? Business owners used to think coming across such an individual would make their customers uncomfortable, but a new survey of consumers finds the opposite to be true.

Of the more than 8,000 people polled in the survey designed by the University of Massachusetts-Boston and conducted by the Gallup Organization for America's Strength Foundation, 92% said they felt more favorable toward companies that hire individuals with disabilities, and 87% said they prefer to give their business to companies that do so.

"These findings are very significant because they show a shift in public thinking," said Neil Romano, the president and founder of America's Strength Foundation. "The study shows businesses that hiring someone with a disability goes way beyond being good for the company's image. It can positively impact the bottom line."



(This article was found in *Business Record*, May 15, 2006)



Upcoming Trainings / Conferences

September 2006						
S	M	T	W	T	F	S
					1	2
3	4 Doc Due	5	6	7	8 Executive Board	9
10	11 Doc Due	12	13	14	15 Reimb Day	16
17	18 Doc. Due	19 HOPE 301	20 HOPE 101 & 201	21	22	23
24	25 Doc. Due	26	27	28	29 Reimb Day	30

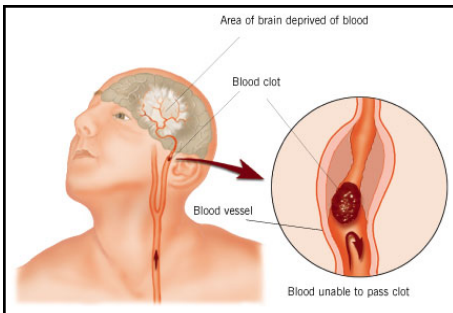
October 2006						
S	M	T	W	T	F	S
1	2 Doc Due	3	4	5 HOPE 101	6	7
8	9 Doc. Due	10	11 HOPE 201	12	13	14
15	16 Doc Due Reimb Day	17 Advisory Board	18	19	20	21
22	23 Doc Due HOPE 101	24	25	26	27	28
29	30 Doc Due	31 Reimb Day				

November 2006						
S	M	T	W	T	F	S
			1	2	3	4
5	6 Doc Due	7	8 BUNO Tournament	9	10	11
12	13 Doc Due HOPE 101	14	15	16 Reimb Day	17	18
19	20 Doc Due HOPE 201	21	22	23	24	25
26	27 Doc Due	28	29	30 Reimb Day		

Hope orientation 101 and 201 will be held at the H.O.P.E. office located at 2823 43rd St. (just off Urbandale Avenue)

Document/Time Sheets & Invoices are due every Monday by midnight, no exceptions.
Reimbursement checks mailed (Pay Day!)

If you need to pick up your check, make arrangements with Linda by the Sunday prior
Advisory Board meeting
Executive Board meeting



STROKE: Remember The 1st Three Letters...S...T...R.

My friend sent this to me and encouraged me to post it and spread the word. I agree. If everyone can remember something this simple, we could save some folks. Seriously.. Please read:

STROKE IDENTIFICATION:

During a BBQ, a friend stumbled and took a little fall - she assured everyone that she was fine (they offered to call paramedics) and just tripped over a brick because of her new shoes. They got her cleaned up and got her a new plate of food - while she appeared a bit shaken up, Ingrid went about enjoying herself the rest of the evening. Ingrid's husband called later telling everyone that his wife had been taken to the hospital - (at 6:00pm, Ingrid passed away.) She had suffered a stroke at the BBQ. Had they known how to identify the signs of a stroke, perhaps Ingrid would be with us today. Some don't die. They end up in a helpless, hopeless condition instead.

It only takes a minute to read this...

A neurologist says that if he can get to a stroke victim within 3 hours he can totally reverse the effects of a stroke...totally. He said the trick was getting a stroke recognized, diagnosed, and then getting the patient medically cared for within 3 hours, which is tough.

RECOGNIZING A STROKE

Thank God for the sense to remember S . . T . . R . Read and Learn! Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer severe brain damage when people nearby fail to recognize the symptoms of a stroke.

Now doctors say a bystander can recognize a stroke by asking three simple questions:

S * Ask the individual to SMILE.

T * Ask the person to TALK, to SPEAK A SIMPLE SENTENCE (Coherently) (i.e. . . .

"It is sunny out today")

R * Ask him or her to RAISE BOTH ARMS.

NOTE: Another 'sign' of a stroke is this: Ask the person to 'stick' out their tongue. If the tongue is 'crooked', if it goes to one side or the other that is also an indication of a stroke. If he or she has trouble with ANY ONE of these tasks, call 911 immediately !! and describe the symptoms to the dispatcher.



H.O.P.E.

P.O. Box 13374, Des Moines IA 50310

Phone: 515.277.HOPE (4673)

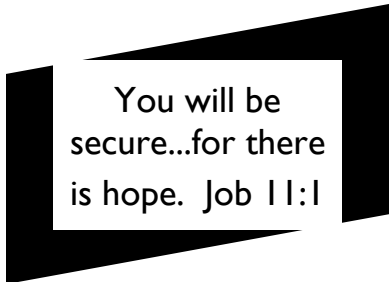
Fax: 515.255.3368

Toll-free: 888.386.2795

www.hope-agency.org

Check it out!

To:



Ill and Handicapped Waiver: Respite, CDAC

Brain Injury Waiver: Supported Community Living, Supported Employment, Respite, CDAC

Mental Retardation Waiver: Supported Community Living, Supported Employment, Respite, CDAC, and Transportation

Elderly Waiver: CDAC, Respite

Our H.O.P.E. List

The following items or services are needed to help us best serve our participants. If you can donate any of the following, please contact Linda Matkovich or Amy-Wallman at 515.277.4673.

HOPElist items:

__ gift certificates for Household items for participant moving into apartment or groceries(walmart)

_ Tickets for games, movies, special events in Des Moines area

_ File size fire-proof box

_ Ink Jets- hp56 and hp57

_ Postage Stamps

_ Sponsor one of our participants for 1 or more activities

_ Gas cards; MTA tokens

How to Get Involved

- Helping with office work
- Printing, collating and mailing our newsletters
- Volunteering to coordinate a community activity for one or more of our participants
- Helping with special events, such as our Annual Festival of H.O.P.E. or our next UNO tournament
- Helping with fund raising events, such as a luncheon with a speaker, a golf marathon, etc...
- Copying, collating and assembling orientation manuals and participant handbooks.

H.O.P.E. Advisory Board

Nathan DeLange
 Brooke Lovelace
 Michelle Tietz
 Jason Madden
 Larry Christiansen
 Linda Christiansen
 Tammi Matkovich
 Dave Wallman
 Dr. Jim Pullen
 Mardi Deluhery
 Nancy Lyng

H.O.P.E. Credentials

Home and Community Based Services (HCBS) Waiver Provider accredited to provide (see above):

SCL—Supported Community Living

SE—Supported Employment Services

CDAC—Consumer Directed Attendant Care

Respite

Transportation

Contracted with DVRS (Vocational Rehabilitation) to provide Employment Services

Certified Employment Services Specialists