



Hope Services NorthDISTRICT Newsletter- Summer 2016

Mountain View, Menlo Park, and Half Moon Bay

Director's Message—Suanne Rinta

Dear Family Members and Caregivers,

This newsletter marks an exciting time for North District. In May we celebrated the grand opening of our first retail, brick and mortar bike shop, Cycles of Hope, located in Fremont. Sales have been brisk and the feedback from the public has been overwhelmingly positive. Between the refurbishment shop on Alfred Street and Cycles of Hope bike shop in Fremont, we provide job opportunities for 22 Hope participants who are earning a steady paycheck and improving their lives through financial independence. New and expanded employment opportunities were secured for Hope participants at Safeway, USGS and Jeppesen.

We are moving full speed ahead with the Employment, Media and Community Connections program with renovations which include smaller classrooms complete with computer workstations for technology and media training. The date of the grand opening of the newly renovated facility will be announced on Hope Services' community calendar.

In North District we are proud to announce the expansion of Supported Living Services to Half Moon Bay. This service allows individuals to live in their own homes while receiving the necessary supports they need. We will begin taking referrals in August.

The North District participated in a variety of volunteer opportunities. In fact, between Half Moon Bay Peninsula Diversified Network (HPDN), Mountain View Diversified Network (MVDN), and Community Access Network (CAN) programs at Alfred Street and Mountain View, we give a combined total of over 800 hours of volunteer work each month. There are 132 participants in the community-based programs.

We've had an incredible year so far and look forward to more good things to come for the North District.

Sincerely,
Suanne Rinta

Supported Living Services Expands to Half Moon Bay



Hope participant, Gregg, receives the supports he needs to live in his own home.

Hope Services is pleased to announce that Supportive Living Services (SLS) has expanded to Half Moon Bay. SLS provides a range of services that enable an individual to live in his/her own home with the supports needed to have a high quality of life, while we prioritize health and safety issues.

A person-centered approach is used to discover a participant's life preferences and needs. Hope's annual Quality of Life surveys have shown that participants in SLS score high in all quality of life domains, independence, social participation, and well-being, with all activities beginning and ending in the individual's home and community.

Gregg, who is a SLS participant says, "Living

in my own home means having more control over my life, and having more choice over how I live." Through SLS, Gregg is able to live in his own home and participate in the community in a variety of ways.

SLS is an excellent solution for family or caregivers who are looking for a safe, positive transition for their loved one toward increasing independence.

Supportive Living Services will begin accepting referrals in August 2016. If you are interested in this service, please contact your Regional Center social worker. For more information about SLS, please visit Hope Services' website.

Cycles of Hope Bike Shop: A Huge Success

Refurbished Bikes Create Job Opportunities



Hope participant, Jason, refurbishes and ensures the safety of the donated bikes.



Customers enjoy the abundant selection of bikes at Cycles of Hope.



Hope participant, Maureen, manages inventory control at the refurbishment shop.

Hope Services celebrated the May grand opening of Cycles of Hope bike shop in Fremont. Since then, sales have been brisk, customers are happy and the shop is the talk of the town.

Located next to Hope Station Thrift Store, Cycles of Hope offers an abundant selection of brands, styles, and sizes, with a price-point range from \$25 to \$300.

The bike program originated 11 years ago at the Alfred Street location in Santa Clara by Hope staff members Mary Kay Tocce, Ray Navarra, and Marc Goossens. They realized

participants could be taught and employed to perform basic maintenance, such as changing tires, oiling chains, replacing reflectors, and ensuring the overall safety of the bikes.

The bike program has trained and employed 22 participants who learn valuable job skills such as inventory control, customer service, and refurbishing bicycles, while earning a paycheck. They also learn interpersonal and communication skills, and job etiquette.

Program Manager, Lori Williamson, said, "The bike shop in Fremont is a unique employment opportunity and offers natural supports.

Participants have the ability to improve the quality of their lives by earning a competitive wage. The bike shop also offers an integrated work environment where participants enhance their team-building skills."

Cycles of Hope bike shop is located in Fremont next to the Hope Station Thrift Store. Hours of operation are Wednesday through Sunday from 11 AM to 7 PM.

For more information about donating your gently used bicycle visit www.hopeservices.org.

Community Integration Moves Forward in North District



EMCC will offer technology training, including video production and using complex software programs.

North District is moving forward on the phase-out of sheltered workshops. The former Work Activity Program (WAP) will be replaced by a new community-based service called Employment, Media and Community Connections (EMCC) program which will offer classes, volunteer opportunities and paid work, both on-site and in the community.

Person-centered planning is at the heart of each participant's activities. Beginning with an initial intake meeting, each individual's strengths, interests, support needs, and activity schedules are identified and tailored to each person's goals. The EMCC program will have an improved staffing ratio of 1:4, for community outings, including transportation.

The EMCC program has launched in other districts, and has received positive reviews from participants. Community Trainer, Georgina Acosta, said, "The feedback we are getting is tremendous. Participants really enjoy the new program. They are out more. They are being offered more educational opportunities, and it's helping to build their

self-confidence in the community."

Facilities throughout Hope Services have undergone extensive renovations, adding smaller classrooms with computer workstations for technology training. Participants will learn how to access the web, read emails, or research community resources using, computers, smartphones and tablets. They also have the opportunity to learn how to edit video and use complex software applications.

Participants stay connected to their communities through volunteer activities, such as working in community gardens, libraries or local animal shelters.

The program also provides on-site classes that assist with community integration, tailored to the interests of the individuals, and will include personal advocacy training.

Mountain View WAP will launch the new program in September and will hold a grand opening of the renovated facility.

Project SEARCH: Flying High With Boeing

Proven to Be Successful for Individuals on Autism Spectrum



Project SEARCH intern Brandon Carranza was hired by Jeppesen.

Jeppesen, a Boeing company that builds computerized flight planning software, recently hired Project SEARCH graduate, Brandon Carranza. Carranza will oversee basic cleaning and maintenance, working with the IT department to ensure computers and copier equipment are in working order, and work areas are fully stocked with necessary supplies.

Business and Project SEARCH Liaison, Chris Wright, said, "This is Jeppesen's second year of partnering with Hope to provide career development support. Hearing directly from an employer is powerful, and the interns appreciated the expertise and advice they received from Jeppesen guest speakers. It was a lively discussion!"

Project SEARCH is a unique nine month internship program that helps individuals with developmental disabilities who have exited high school and want to transition to the world of work. The program is a proven success, especially for individuals on the autism spectrum.

Participating interns work on social skills, employer expectations and career development. Valuable job skills are also gained in areas such as data entry, clerical

support, housekeeping, processing lab work and retail skills through the internship rotations.

The goal of Project SEARCH is to find part to full-time employment for graduates. The first intern class at Kaiser graduated at the end of last year and seven of the eight graduates have already been placed, an outstanding 87.5 percent success rate!

Other Project SEARCH graduates have been placed at the Stanford Book Store, Kaiser's Environmental Department and at the US Geological Survey in Menlo Park. Hope's two Project SEARCH business partner host sites are Kaiser San Jose Medical Center and Lucille Packard Children's Hospital.

For more information about Project SEARCH visit the Hope Services website.

Community-Based Programs Give 800 Volunteer Hours



Community-based programs include volunteer, employment, and recreational opportunities.

In Mountain View, there are a group of participants who spend their days improving the lives of others through employment, and volunteering.

The Mountain View Diversified Network (MVDN), Half Moon Bay Peninsula Diversified Network (HPDN), and Community Access Network (CAN) are community-based programs where participants spend 100 percent of the time out in the community.

Some of the activities include employment with companies, such as Safeway, where participants ensure break areas and parking lots are clean.

Volunteering is a key component of community-based programs.

Participants donated a combined total of 800 hours of volunteer service each month at local animal shelters, working in community gardens, libraries, and senior centers. MVDN participants volunteer once a week at One Step Closer Ranch, a therapeutic riding center in Morgan Hill.

Community-based programs also expose participants to healthy activities such as bowling, zumba, and tennis. Participants in the MVDN and HPDN programs attend nutrition classes where they learn how to plan and prepare healthy meals.

For more informations about community-based programs visit our website.

Leadership Class Teaches Advocacy and Social Skills



Participants attend a communication workshop at Yahoo!

In a boardroom at Hope's Mountain View location, the leadership class meets to discuss advocacy and upcoming events. Students give reports on subjects that are important to the quality of life for people with developmental disabilities. More important are the skills students gain while in the leadership class.

Students participate in communication workshops to develop social etiquette and leadership skills in team-building. They also vote in formal class elections, and everyone has the opportunity to hold a leadership role.

With the guidance of staff members, the leadership class plans events such as the quarterly open house where parents and

caregivers are invited for coffee, cookies, and camaraderie.

The leadership class also participates in fund raising events. In partnership with the Mountain View Police Department and Cops Who Care, students raised money during the holiday season to purchase toys for disadvantaged children in the community.

Leadership advisor and Los Altos Adult School teacher, Yvonne LaMaster, says, "The goal of the class is to develop leadership roles at work, at home, and in the community. Also, to learn decision-making skills, personal rights, active listening, goal-setting, and leading their own IPP meetings."

Upcoming Events

LA RINCONADA presents
COUNTRY CLUB

Driving the Green for Hope September 26, 2016

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Family Corner



Shanna Webb - Communications & Outreach Coordinator

More than 64 years ago, Hope Services started because parents wanted more for their developmentally disabled children. They understood the importance of advocating for their loved ones. The purpose of the Hope Family Alliance is to create a cohesive

group of parents who are engaged either through volunteerism, event planning, and/or advocating for people with developmental disabilities.

We know that when parents are actively engaged in the Hope community, they build strong networks with other parents who have the same concerns. We know that when parents have the support they need their quality of life improves.

Our goal is to create inclusive social events, including dances, mixers, speakers and volunteer opportunities in which family members and caregivers can participate in.

If you would like to learn more about becoming a part of Hope's Family Alliance, please contact Shanna Webb at (408) 284-2887 or email swebb@hopeservices.org.

Hope Family Alliance — Linking participants families, and caregivers to create a network of support, resources and advocacy.

Family Alliance Information Center — For more information about the Hope Family Alliance and the Family Alliance Information Center, visit: www.hopeservices.org/news-and-resources/hope-family-alliance/.

Hope Services North District- (Mountain View, Menlo Park, and Half Moon Bay)

Suanne Rinta, Director
460 E. Middlefield Rd.
Mountain View, CA 94043
650-934-0335



HopeServices.org

