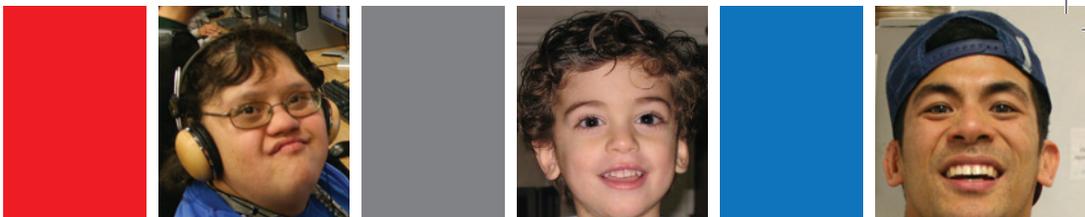




Amazing is all in a day's work.

  www.HopeServices.org



HOPE IN ACTION • DECEMBER 2013



After School Program Expands to Mountain View

In 2010, Hope Services began serving teens ages 13 to 22 through the Adaptive Skills Training After School Program (ASP) with the goal of providing a safe, healthy, structured, and fun place to be with their peers during the after school hours when parents are working. The program, which started in San Jose thanks to a start-up grant from the San Jose Sharks Foundation, has now expanded to Mountain View thanks to an additional grant from the Sharks. The Mountain View site is set to open in January of 2014. The current program focuses on the following areas: personal safety and self-advocacy, fitness and nutrition, social skills, leisure and recreational activities.

The personal safety component includes a personal safety and self-defense program which empowers people of all ages, ability levels, and walks of life by helping them learn how to stay safe, act wisely, and believe in themselves. The personal safety and self-advocacy program also teaches students how to protect themselves from bullying, harassment, molestation, assault and abduction. "This is an extremely important component of the After School Program because people with developmental disabilities (DD) are often the perfect victim, but often aren't aware that a crime against them has been committed," says Adult Day Program Specialty Director, Cathy Bouchard.

While the program operates five days a week from 3 to 6 p.m. year round, most participants come typically only two or three days per week. Teens attending the program enjoy a number of activities like: outdoor sports, self-defense lessons, art projects, performing arts, nutrition, hip-hop dance, special activities or guests like a recent Reptile Party, monthly family events, and more.

High school volunteers are also an important part of the After School Program. They come in and support the program through peer-to-peer mentoring. As volunteers, the students help to foster lasting friendships and teach real-world social skills that strive to demonstrate the



Teens enjoying a self-defense class in Mountain View

reciprocal nature needed for true friendships. This unique volunteer program also helps to break down barriers and create a bridge between the disabled teens and their non-disabled peers so that when they are at school, the teens with disabilities have friends who know them and can advocate for them.

Hope is currently recruiting high school students who want to volunteer their time to come and serve as buddies and positive role models for our students. "We are looking for a minimum of 2-3 month commitment, as our students build friendships with the volunteers and it is difficult for our students if their new friends disappear after only a few days. However, most volunteers really enjoy working with us and want to continue to volunteer with us long after meeting their service hour needs," says Program Coordinator, Jen Law. "Volunteers may choose which day(s) they want to attend the program each week, and fit it around their school and extra-curricular schedule. We also encourage groups of friends to come together to volunteer. This is definitely one of the most fun and rewarding community service opportunities available."

(Continued on page three)





FROM JOHN CHRISTENSEN

The President's Message

In previous issues of *Hope in Action*, I have shared my thoughts about the lack of funding, efforts to develop our social enterprise models, new program strategies, and the changes that have been

happening at Hope. During this season, I feel compelled to focus on why we exist as an agency – to support individuals with developmental disabilities so they can participate fully in our communities.

Nothing brings these thoughts home more than when I read the list of our clients who have passed in the last year. They are the reason that we get out of bed in the morning, and for most of our staff, the reason that many never change occupations after coming to Hope. The people who passed this year had the grand opportunity of community life; some enjoyed

employment, for others it was independent living, while others shared the opportunity to be in their home community and experience life. We have come so far from past generations who were cast into a lifetime of institutional care.

Each one of us is an important part of Hope's mission to enhance our communities through inclusion not exclusion – by recognizing that communities are richer for their diversity – and realizing that everyone adds value.

Thank you for all that you do to support inclusion in our communities, at work, in recreational activities, and at home. I am blessed to share in our collective goal to change the status quo for people with developmental disabilities.

I wish you all a wonderful Holiday Season and a successful 2014.

Client Accomplishments

INTERNATIONAL SPEECH CONTEST

Each year, Kiwanis International Worldwide hosts a speech contest for their Aktion Club members. This year, Hope's clients in the Hope Services Whittier Action Club swept first, second, and third place in the Western State's Division. They also competed in the international competition.

Aktion Clubs were established by Kiwanis International with the goal of allowing adults living with disabilities to participate in community service projects, gain leadership skills and become more involved in society. Their mission includes providing people an opportunity to develop initiative and leadership skills; serving their community; integrate into society; and demonstrate the dignity and value of citizens living with disabilities. The Aktion Club at Hope's Whittier workshop provides all of these opportunities to its members. One way the clubs teach leadership skills is through their speech contest.

This year's theme was "Making a Difference." Contestants had to write a speech about how they make a difference, video tape the speech, and submit it to the district. Hope's Aktion Clubs entered along with contestants from Hawaii and Nevada. **Congratulations to the winners – First Place: Jane Malkofsky, Second Place: Chris Gianola, and Third Place: Maya Baraket.**



Congratulations to Jane Malkofsky, Maya Baraket and Chris Gianola.

Each of the winners received trophies and were submitted for the international contest. **This year, our hats go off to Jane Malkofsky who also won first place in the international contest!**

BOARD MEMBERSHIP

We would also like to acknowledge and congratulate **Maya Baraket** on her new role as a member of the San Andreas Regional Center (SARC) Board of Directors.

Clients play an important role as client advocates on both Hope's and SARC's Board of Directors. They bring the client's perspective to the forefront in all policy and decision-making that the Boards undertake. Their in-depth perspective helps to keep all of our programs client-focused.

After School Program (con'd)

The After School Program also provides a very valuable service to the families of these youth, as there are few after school programs specifically targeted to serving students with DD. Many parents scramble to find age- and developmentally-appropriate after school activities for their children. They must often truncate their work schedules or take only part-time jobs in order to help ensure their children's safety, but in doing so end up compromising their family's income and overall financial stability.

For more about the Adaptive Skills After School Program (ASP), please contact Program Coordinator, **Jen Law** at jlaw@hopeservices.org or (408) 472-8767.



Go Green!

Hope Services has new Donation Stations to serve you. Visit us at the corner of King and Tully in San Jose (next to Starbucks) and bring your gently used clothing, small appliances, and household items. It's open daily from 11 a.m. to 7 p.m. Contact us for more information:

- **Northern California:** pickups@hopeservices.org
(408) 748-2874 or toll free (866) 636-6283
- **Southern California:** socal@hopeservices.org
(714) 522-3638 or toll free (800) 936-0673

Hope accepts donations of all vehicles, running or not, and can arrange a pickup within 24 hours.

Call (408) 748-2874 or toll free (866) 636-6283.

Hope is a state-approved collector of electronic waste (working or not) including monitors, computers and accessories, televisions, stereos, DVD players and other items. Drop off e-waste at your local Hope site, or arrange for an e-Waste pickup at your company or home by calling (866) 636-6283 or visiting www.HopeServices.org.

Recycle your mattresses and box springs with Hope.

Contact John Bell at jbelle@hopeservices.org for corporate or residential pick up. The fee is \$30 for each mattress or box spring which is far lower than recycling it through the landfill *and* it creates jobs for people with disabilities.

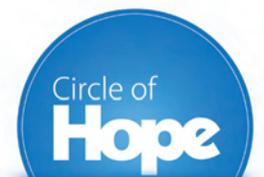
The Circle of Hope

Hope inspires people to do extraordinary things. It's what we wake up with; it's what we're driven by; and it's what inspired our founding parents to open one of the nation's first one room school houses for developmentally disabled children in 1952.

These parents inspired those around them to build a community where their children would no longer live behind closed doors, isolated from friends and family, just because they were "different."

61 years later, Hope continues to thank our closest supporters for partnering with us to uphold that vision of community. **Circle of Hope members are a distinguished group whose annual gifts of \$1,000 or more guarantee a bright future for people with developmental disabilities.** They are offered a variety of special privileges, including VIP event invitations, personal tours of our centers, and behind-the-scenes information from our senior staff and Board members.

For information about the Circle of Hope, please contact **Jenny Luciano, VP of Development** at jluciano@hopeservices.org or (408) 284-2887.



In Memory

Our clients hold a special place in our hearts. Between January 1 and October 31, 2013, we've had to say a final goodbye to the following clients and friends.

You and your families will always be remembered at Hope Services.



Central District

- Ed W.
- Wesley M.
- Robert F.
- Doug W.
- Josephine H.

North District

- David P.

Santa Cruz District

- David B.

Monterey District

- Kristen N.
- Theresa L.



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This Holiday Season, Shopping Online Can Make you SMILE



Shopping online this holiday season? Through Amazon Smile, Amazon donates .5% of sales to the charitable organization of your choice.

Just go to www.smile.amazon.com and choose Hope Services as the nonprofit you wish to support. From there, the page works just like the regular Amazon site, except the top of the page reads "Supporting Hope Rehabilitation Services". The next time you shop at smile.amazon.com, Hope Services is automatically selected. At the end of the holiday, your purchases will also give a gift to Hope!

Save the Date



Please mark your calendar for Hope Services 10th Annual "Building Community" Benefit Breakfast on **Friday, June 6, 2014**. As in past years, you will be moved and awed by the ways we are building community. Join us and learn how you can become part of this incredible movement.

Sponsorships, tickets and more at HopeServices.org.