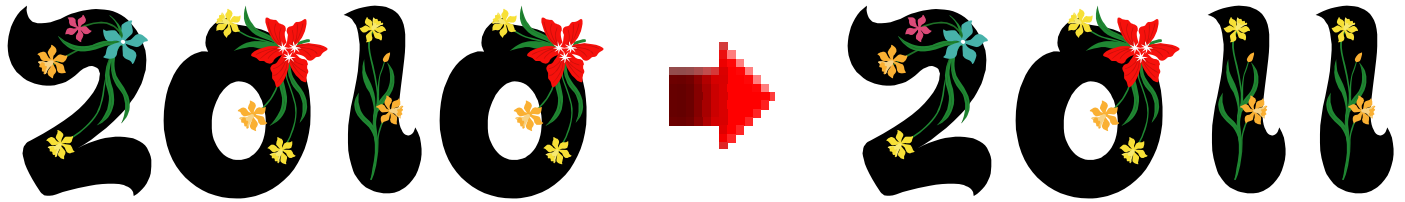


H.O.P.E. Happenings

H.O.P.E.

Volume 7, Issue 1
September-December 2010

"You will be secure, because there is hope." Job 11:18 NIV



2010 was an amazing year at H.O.P.E. and looking ahead, we predict that things can only get better and better! This issue is dedicated to stepping back and highlighting some special moments from last year that haven't yet been featured and looking forward to some terrific things yet to come. Enjoy!

Frisbee (Disc) Golf



Annual Educational & FUN Opportunity for the Heartbeat of H.O.P.E. ~ our Direct Care Providers, Specialists and Professionals!
We are blessed with the best!



Beaverdale Parade



Iowa Cubs



FESTIVAL OF H.O.P.E.

2010



Art Camp IV



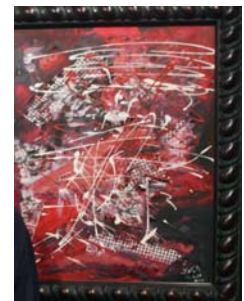
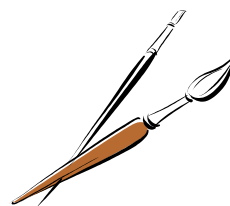
A Rising Star!

H.O.P.E. would like to congratulate Angela Oberlander on her wonderful gymnastic achievements last summer. Angela was one of just two chosen for the Iowa team for the Special Olympics National Games held in July in Lincoln, NE. Angela's specialty is rhythmic gymnastics and all of her hard work and dedication paid off! Angela received a gold medal for the ball and ribbon competitions, a bronze medal for the Indian clubs, a 4th place ribbon for hoops and a gold medal for all-around! Angela is coached individually in Des Moines by Denise Kinkade of Chows Gymnastics and for the Special Olympics by Alison Gerber from Sokol Gymnastics in Cedar Rapids. Angela, we know what an honor it was for you to represent Iowa on the team and we are so proud of you!



Abstract Artist!

H.O.P.E. would also like to congratulate Josh for his third entry into the Community Support Advocates/Kenneth Paul Gallery's annual art competition and showcase in October. Josh continues to amaze us with his flair for creating original canvases that speak to his many talents. Josh received Honorable Mention for his piece, which was celebrated by his family, provider team and all of our H.O.P.E. family. We can't wait to see what you come up with next year, Josh!



Upcoming Events

UNO

February 22 (Tues) 6:30-7:30 pm @ Perkins Academy on College Avenue & 44th

Advocating Change Day -

March 30 (Wednesday)

Jester Park Horseback Riding Lessons

April—Monday afternoons (1-3pm)

7th Annual H.O.P.E. Picnic

June 17 (Friday) ~ Colby Park in Urbandale

Beaverdale Parade

September 17 (Saturday)

Art Camp V

October ~ Fridays

8th Annual Festival of H.O.P.E.

December 6 (Tuesday)

Advisory Committee Meetings

February 15 (Tuesday) 6:30-8:30 pm @ H.O.P.E.

Dates tba for: April, June, August, October, and December

Executive Board of Directors Meetings

February 17 (Thursday)

Dates tba for: April, June, August, October, and December

Ongoing Activities

Tuesdays

Game Night (for 18 years & older)

Palmers Deli on Ingersoll

5:30-7:00pm



UNO at Grounds for Celebration 6:00-8:00 pm



Wednesdays

YOGA

Green Grounds Café

117 5th St. Valley Junction

\$5 for HOPE affiliates; no pre-registration necessary ~ wear comfortable clothing & bring a friend! THANK YOU to provider Tracy Barton for this opportunity!

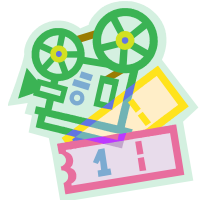
Fridays

Movie Night (for 18 years & up)

Plymouth Congregational Church

(42nd & Ingersoll ~ Youth Room)

7-9pm



Incentive Challenge

We are focused on helping each of you to grow your business; commitment to H.O.P.E.; and relationships with your participants.

Our kick-off Incentive Challenge was for the months of Oct-Dec, 2010. These are months that have a lot of holidays and school breaks which can result in loss of services to our participants and loss of income to providers. We wanted to help you to focus on "find a way or make a way" mentality, so even if your participant couldn't receive services on the normally scheduled time...when could they? Or, were there other participants that could utilize your help? You took us up on this challenge and your enthusiasm has helped us to want to continue!

The next Incentive Challenge is focusing on volunteering in the community in the months of Jan-Feb, 2011. With volunteering, you have so many opportunities to help your participant grow!!! Learning responsibility; accountability; customer service; dressing for success; transportation; and the list goes on! The prizes include a gas card and bus tokens to help offset you & your participants expenses.

Watch for more Incentive Challenges! You never know when you can win big!



Dennis Gustafson sure is happy he participated in the Fall Incentive Challenge for providers! 28 providers took us up on this challenge! You are each amazing!

One-Time Break for Self-Employed Individuals

Self-employed folks can generally deduct their health insurance premiums on page 1 of Form 1040 (use line 29 for 2010). The deduction reduces their federal income tax bills, which is nice. However, the self-employed have never been allowed to deduct those premiums when calculating their self-employment tax bills on Schedule SE. Good news: for 2010 only, you can deduct health insurance premiums on line 3 of Schedule SE. So those premiums will reduce both your income tax bill and your SE tax bill. Unfortunately, this break will not be available for 2011 and beyond unless Congress extends it.

“Watching the cake ignite with a blaze of candles always helps keep in perspective that I am growing and changing into a new season... I look forward to being open to God’s plan and trusting that He has given me the gifts or placed the people in my path to carry out His plan.”



L to R:

Linda Matkovich, Co-Founder & CEO

and

Amy Wallman, Co-Founder & COO,

“Anytime I think of getting down, I just have to think of all the wonderful providers and participants that we have at HOPE and how much greatness is going on in their lives and my own!”



One of the beautiful things we experience in the Midwest is the change of seasons. I like to compare it to the seasons of our lives and the journey we are on. Have you ever thought about what season of life you may be in? During this season, I find myself reflecting on where I am going in my life and how the experiences I have had have helped guide me. I feel so very blessed that God has guided me. I am thankful for the people (angels on earth) who have helped nurture my faith walk and helped me to focus on how to listen to God’s nudging for me.

Maybe it has to do with New Year’s Resolutions and that I have a February birthday. Watching the cake ignite with a blaze of candles always helps keep in perspective that I am growing and changing into a new season. But, this time of year, I look forward to being open to God’s plan and trusting that He has given me the gifts or placed the people in my path to carry out His plan.

When Amy & I answered God’s call to begin this life work, our 1st step was to commit to taking God as our partner. Each week, we have a planning meeting and we lift each of our providers and participants up in prayer.

Gratitude, thankfulness, or appreciation is a positive [emotion](#) or attitude in acknowledgment of a benefit that one has received or will receive.

Call it cliché, but this time of year, I cannot help but think of all the reasons I have to be thankful this year. Anytime I think of getting down, I just have to think of all the wonderful providers and participants that we have at HOPE and how much greatness is going on in their lives and my own! Since my daughter is yet too young to read, I feel like I can share this about her and not cause emotional wounds that will show up later in counseling sessions.

If you are familiar with Saturday Night Live, there is a skit named “Debbie Downer” and it is one of my favorites. For those not so familiar, it is about a woman who can put a negative connotation on just about anything that is said within a conversation, thus is a downer to everyone around her. Somehow our daughter has decided to become this character occasionally which is funny on one level, but distressing on another. Even her 2 year old brother has

Linda’s Logic

As we continue to seek ways to assist our participants to becoming more interdependent in their own communities, I feel that when we can assist a person to get connected into a church community, this can be a huge resource for them! If you have had the opportunity to be a part of a loving church family, I’m sure you would agree that this would be an amazing opportunity for our participants. Some of our participants may not be actively church-going, but would they be willing to explore what churches in their area offer?

Many churches offer social and learning opportunities and do not have a requirement to be a member. Some that I know of are Westminster Presbyterian Church (Beaverdale); Lutheran Church of HOPE (W DSM) and St. John’s Lutheran Church (downtown), and I know there are many more! Many churches have websites, or you can call the church secretary to find out information as to what they offer. Find out what they have during the week. If you already have interests, ask specifically about those, but find out what else there is as well. You may find out something new about yourself!

Who knows..maybe it is God’s nudging for you!

Amy’s Anecdotes

been found to give her the “whah – whah” when a conversation is halted with some negative comments from her. I know, it is not uncommon for some children or adults to find negative and complain, we are not immune to that, but I do want to help Laynie to see that there is great all around her and to focus on that.

Each night now, we have been sharing at least 5 positive things that had either happened in the day or things that we have to be thankful about. My hope is to positively support her and changing the way that she looks at her day by focusing on what went right. It was a struggle at first and the positive things were more difficult to pull out of her than pulling a chew toy from a Mastiff dog...but we are making progress. Although I do love the skit of “Debbie Downer”, I would rather have a “Helen Madden” shouting, “I love it, I love it, I love it!!!”but maybe without the kicking ☺

Happy Thankful Season and many blessings to you! Amy



Nancy

Williamson,
Director of
Opportunities

Notes from Nancy

Volunteer

Volunteer (definition) - a person who performs a service willingly and without pay.

I'm not sure if you are aware, but there has been a buzzing of volunteer activity from many of the H.O.P.E. family members over the past several months. And many of these volunteers have been proving services for years. We have folks who are working with local grocers to get breads and food items to the needy. We have participants and providers working to deliver and distribute foods at local food pantries; serving meals at area homeless shelters; helping to building homes for low income members of our community and spending time at a senior center. Whether it's loading boxes of food, hanging siding on a home, or putting a puzzle together with an older person, we are in the midst of some amazing deeds and services.

I have spoken with some of our participant volunteers over the past 2 weeks and have gotten some wonderful insight into why they are vol-

unteering. They feel like it is their "opportunity to give back to the community", they are meeting people that they have known in the past and enjoying making new friends as well. They are also learning the responsibilities of having commitments and following directions, and they are presenting themselves as active members of their community.

As Abraham Lincoln said: As you grow older you will discover that you have two hands. One for helping yourself, and one for helping others. Please take time, even if it's just an hour or two, to give back to our community. You'll be happy that you did!!

If you are interested in volunteering or know someone who is, there are great websites to assist you:

www.unitedwayofcentraliowa

www.serv.gov

www.volunteermatch.org

"As you grow older you will discover that you have two hands. One for helping yourself, and one for helping others."



Congratulations!



This past summer we issued a cooking challenge to our participants ~ enter a recipe in the cooking competition at the Iowa State Fair or complete a worksheet based on the "Let's Cook! Healthy Meals for Independent Living" cookbook. The prize for the winner was a cookbook of their own to keep. We did have several people check out the book and try out the recipes (a few purchased one on their own) but the star of the challenge was Marcus G., who worked hard with his provider and received Honorable Mention for his creations at the fair!

Congratulations to Marcus & to everyone who participated!

For information on how you can order a cookbook for yourself or your loved one, check out:

http://www1.applepress.com/detail.php?prod_id=2668

FREE Income Tax Preparation available!!!
Did you earn \$49,000 or less in 2010?
You may also be eligible for EITC = Earned Income Tax Credit.
Call 2-1-1 for more information or directions.

Volunteering in Action
One of our own H.O.P.E. family, John, was featured as a "vegetable soup model" on the MoveTheFood.org website on January 3, 2011. He was recognized for volunteering at the DMARC Emergency Food Pantry nearly every week. John said it started out as something to do and has grown into a regular activity. "It's fun!" he says. John, we are very proud of your efforts & so are the folks you are helping!

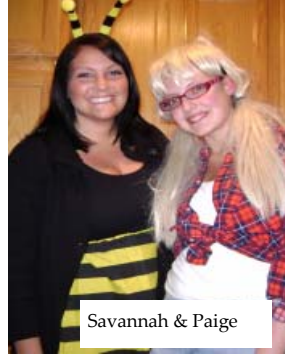




Tammi "Gordon", Sienna & Jared "Walker"



Dr. Weston, Matt #342



Savannah & Paige



Jared & Scott

Matt's Meanderings

Halloween Hullabaloo

The lights are dimmed to an eerie silence, Halloween night, ghouls and goblins, as the dim shadows play tricks across the faces of the unsuspecting guests. A silence falls like a deafening roar over the room as a proud Texas Ranger takes center stage; his stoicism stands in contrast to a room that is ominous, dark. "A criminal is on the loose," he says in a commanding voice, shaking the room with the authority of his badge, silver star gleaming proudly on his chest. "An escape convict who goes by the name of Alca-traz Matt, a killer." The audience gasps, terror stricken, then falls to a hush as the proud Ranger prepares to speak again... Meanwhile, I stand by giving speech cues and trying to stifle laughter in my blue jump suit, Convict #342. And whether this is a melodramatic account of a Halloween party or not, our evening was certainly well endowed with the theatrical. Jeanne Piper Studer and her cohorts Jared (Walker Texas Ranger) and Dr. Weston, complete with stethoscope and lab coat, had spent the better part of October putting together this fantastic Halloween party. Jeanne opened up her home to perhaps fifteen of us in disguise, and we all had a wonderful experience. After Jared finished his gruesome recounting of the escape and recent murder and with everybody in attendance deputized, we were asked to help identify the body parts that had been collected across the country for evidence in the crime. Participants were

asked to reach inside paper bags as they were passed around to help piece together the crime scene, the contents ranging anywhere from carrot fingers, to chicken breast liver, to corn yellow teeth, etc. Prizes were given out to whomever could identify the most correctly. The reactions were priceless as we reached our unknowing hands into the bags, feeling around for clues with squeals and laughter. I discovered on that fateful evening filled with fright and terror, that the only thing worse than handling raw chicken is not knowing that it is raw chicken. It was a night to remember. We had bumble bees, race car drivers, lady bugs, Halloween Bingo, tons of fun, and an abundance of high-sugar snacks and candy. It was exactly the way a Halloween party should be and a great example of the creativity and caring that our organization invests in everything it does. H.O.P.E. is making a difference, and it is this kind of compassion on the part of our providers that really makes H.O.P.E. an exceptional place. This truly is a wonderful example of not only the fantastic providers here at H.O.P.E. but how H.O.P.E. has been able to bring our participants together, to reach out and foster those relationships and meaningful experiences that make all the difference in the lives of our participants. This is a very special place that we all have the privilege to be a part of. A very special thanks to Jeanne and her husband, Kevin, for making this night possible.



Matt Leavenworth,
Opportunities
Coordinator



"This truly is a wonderful example of not only the fantastic providers here at H.O.P.E. but how H.O.P.E. has been able to bring our participants together, to reach out and foster those relationships and meaningful experiences that make all the difference in the lives of our participants."



Thank you!

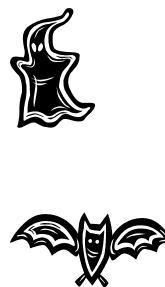
It takes a village of support and the willingness of others to do the "and then some". Thanks to Jeanne & Kevin Studer for opening up their home and helping Jeanne's participants to host this event!



Shantelle & Scott



Tammi



Karen & Jeanne



H.O.P.E.

P.O. Box 13374, Des Moines IA 50310

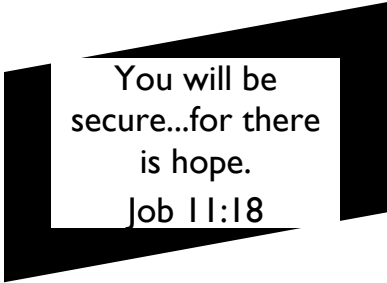
Phone: 515.277.HOPE (4673)

Fax: 515.255.3368

www.hope-agency.org

To:

Check it out!



*Community partnerships—
HyVee-Johnston; Perkins Academy; 24/7 Beavertdale; Jester Park
Equestrian Center; YMCA of Greater Des Moines; Grounds for Celebration;
First American Bank, Beavertdale Branch;
Kathryn & Andy Finney & family ~ Finney Art Studio*



Thank You!

The smallest act of kindness is worth more than the grandest intention. ~Oscar Wilde

Our H.O.P.E. List	How to Get Involved	Advisory Committee	H.O.P.E. Credentials
<p>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 or Amy at 515.277.4673.</p> <p>HOPE list items:</p> <ul style="list-style-type: none"> _ Donate to the NEW Heart of HOPE fund! This is designed for our participants and their providers to apply for up to \$50 towards activities or transportation costs while receiving services! Your donation is tax deductible by simply notating in the memo "Heart of HOPE" _ File size fire-proof box _ Walmart/Sam's gift cards for office supplies or items for participant events _ Postage Stamps 	<ul style="list-style-type: none"> • Take a participant to a sporting event or watch a game on TV with them • 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.; Picnic or our next UNO tournament • Helping with fund raising events, such as a luncheon with a speaker, a golf marathon, etc... • Share about H.O.P.E. with others! Keep your antennas up for people who are naturals with compassion for others & who can mentor to one of our participants. 	<p>Nathan DeLange Dr. Jim Pullen Nancy Lyng Melinda Christensen Stephanie Linser Blair Jessica Gertler Marcus Littleton Sara Hoffman Dick Swarzenruber Amy Ryan Becky Cracraft Bob Emley Cindy Gronert Rick Young</p> <p>Executive Board of Directors</p> <p>Dr. Jim Pullen Bob Emley Cindy Gilbreath</p>	<p>Home and Community Based Services (HCBS) Waiver Provider accredited to provide:</p> <p>Ill and Handicapped Waiver: Respite, CDAC</p> <p>Brain Injury Waiver: SCL, SE, Respite, CDAC</p> <p>Intellectual Disability Waiver: SCL, SE, Respite, CDAC</p> <p>Elderly Waiver: CDAC, Respite</p> <p><small>SCL=Supported Community Living SE=Supported Employment Services CDAC=Consumer Directed Attendant Care Respite</small></p> <p>DHS Chapter 24 Accreditation— HCBS Waiver Certified for SCL Services</p> <p>Contracted with IVRS (Vocational Rehabilitation) Certified Employment Services Specialists</p> <p>Polk County Preferred Network of Care Provider & Positive Behavior Support (PBS) Network Member</p>