

Cooperative Times

April 2010

Spring is here!

Flowers are blooming and the sun is shining, Spring is here! But don't be too relaxed because in this article, we will talk about eating healthy and going green!

Improving Managing Assisting Green Initiatives Needed for the
Environment
Earth Day
4/22/2010

I thought it would be a great idea to take some time and explain what Earth day is and its importance. So here is an excerpt from *Senator Gaylord Nelson*, the founder of Earth Day.



"Actually, the idea for Earth Day evolved over a period of seven years starting in 1962. For several years, it had been troubling me that the state of our environment was simply a non-issue in the politics of the country. Finally, in November 1962, an idea occurred to me that was, I thought, a virtual cinch to put the environment into the political "limelight" once and for all. The idea was to persuade President Kennedy to give visibility to this issue by going on a national conservation tour.

I continued to speak on environmental issues to a variety of audiences in some twenty-five states. All across the country, evidence of environmental degradation was appearing everywhere, and everyone noticed except the political establishment. The environmental issue simply was not to be found on the nation's political agenda. The people were concerned, but the politicians were not." (Continued on page 2)

Events

CHCA Softball outing event -
Date and location TBA

Paintball -
Please contact Kelvin Checo for
more info and updates

Partnership with the South Bronx Food Cooperative

On January 29th, the South Bronx Food Cooperative offered CHCA's employees an opportunity to purchase enough locally or organically-grown food to prepare two vegetarian dinners—which was purchased by 12 home care workers, 12 administrative staff members, and Guadalupe Astacio, our union organizer. They also explained some unusual products, such as quinoa—which is a protein that can be made with meat, beans, or vegetables instead of a starch like rice or pasta. This initiative was jointly organized by CHCA's IMAGINE Campaign, Policy Action Group, and Labor/Management Committee. We look forward to inviting the South Bronx Food Cooperative back to CHCA, to provide employees with more opportunities to purchase fresh produce.

-Stu Schneider

Improving Managing Assisting Green Initiatives Needed for the Environment *(Continued from page 1)*

"After President Kennedy's tour, I still hoped for some idea that would thrust the environment into the political mainstream. Six years would pass before the idea that became Earth Day occurred to me while on a conservation speaking tour out West in the summer of 1969. At the time, anti-Vietnam War demonstrations, called "teach-ins," had spread to college campuses all across the nation. Suddenly, the idea occurred to me - why not organize a huge grassroots protest over what was happening to our environment?"

At a conference in Seattle in September 1969, I announced that in the spring of 1970 there would be a nationwide grassroots demonstration on behalf of the environment and invited everyone to participate. The wire services carried the story from coast to coast. The response was electric. It took off like gangbusters. Telegrams, letters, and telephone inquiries poured in from all across the country. The American people finally had a forum to express its concern about what was happening to the land, rivers, lakes, and air - and they did so with spectacular exuberance.

It was obvious that we were headed for a spectacular success on Earth Day. It was also obvious that grassroots activities had ballooned beyond the capacity of my U.S. Senate office staff to keep up with the telephone calls, paper work, inquiries, etc. In mid-January, three months before Earth Day, John Gardner, Founder of Common Cause, provided temporary space for a Washington, D.C. headquarters. I staffed the office with college students and selected Denis Hayes as coordinator of activities.

Earth Day worked because of the spontaneous response at the grassroots level. We had neither the time nor resources to organize 20 million demonstrators and the thousands of schools and local communities that participated. That was the remarkable thing about Earth Day. It organized itself."

This year CHCA will proudly celebrate this event by volunteering our time to a local event at St Mary's park on 4/24/2010. ★



-Ralph Lozada

NY Liberty Tickets!

GAMEVITE

Special Liberty Ticket Offer for CHCA!
Tickets Start at Only \$10!

To Order Tickets Visit:
<http://tinyurl.com/libertychca>
Enter Promo Code: CHCA

Offer Expires the Day Before Each Game

Contact Jennifer at 212-465-6069 or Jennifer.kurowsky@thegarden.com

MADISON SQUARE GARDEN
The World's Most Famous Arena

Tickets subject to availability. Not valid on previously purchased tickets. A \$4.50 facility fee is included in the price of each ticket. All tickets must be printed via Ticket Fast for no additional charge. No tickets will be left at the Box Office, and cannot be shipped. Parties wanting to sit together should order all tickets on one order form.

New CPA Partnership

To enhance the quality of free tax preparation services received by our worker-owners, CHCA has negotiated a new partnership agreement with P. Alvarez Associates Corp.—a South Bronx-based accounting firm, working to economically-empower members of their community. They were also willing to prepare federal and state income tax returns for our worker-owners, at a cost of \$85, with no additional charge for filing these documents electronically. In 2010, P. Alvarez Associates Corp. provided 69 worker-owners with free income tax preparation services—who received more than \$273,000 in state and federal refunds, or more than \$3,900, on average. Notably, our worker-owners reported high levels of satisfaction with the services received from the P. Alvarez Associates Corp., and complimented their professionalism.

-Doris Benedith Sanchez

Eating Healthy in 2010 – Part I

As we move through the ins and outs of our busy days, all too often, we fall prey to convenience. This usually comes in the form of convenient and fast foods which have become a way of life for many of us. As we live in a society where we are looking for instant gratification, access to convenient and fast foods is easy. However, have you taken the time to consider how nutritious those fast foods are for you? This article is the first in a series of four articles which will focus on diet, nutrition and exercise and its overall impact on your health.

How many of us eat fast foods on a regular basis? Did you know when you eat an egg mcmuffin from McDonald's for breakfast and also have a Big Mac and large fries for lunch; you have just eaten 1380 calories, 2290 mg of salt, 66 grams of total fat and 315 grams of cholesterol. You are probably asking yourself, so what? What does all of this mean? Well, here are the allotted daily intakes to help you maintain good health: sodium intake should not exceed 2400 mg per day – 2200 mg per day if you have heart disease; 3500 calories equals one pound. So, as you can see, eating these two meals already puts you on track for gaining one pound and you have pretty much had all the salt that you should for the entire day in those 2 meals not to mention the amount of cholesterol that you also consumed. One more meal from McDonald's for the day will add the additional calories that will cause you to gain a pound.

Overconsumption of these “empty” calories leads to weight gain. First you notice your pants feeling a bit snug, then a bit tighter until it reaches the point that you can not even zip them up anymore. According to the Centers for Disease Control and Prevention (CDC), almost 1 in 5 American adults are now considered obese, and more than half of all Americans are overweight. Since the early 1960s, the percent of overweight American adults has increased from 45 percent to 65 percent.

Here are a few suggestions from the U.S. Surgeon General on what you can do to help you maintain a healthy weight. To achieve and maintain a healthy weight, the surgeon general suggests three simple steps:

1. **Be active:** Keep physically active to balance the calories you consume. Be physically active for at least 30 minutes on most days of the week.
2. **Eat well:** Select sensible portion sizes of nutritious food. Follow the Dietary Guidelines for Americans (www.health.gov/dietaryguidelines).
3. **Aim for a healthy weight:** If you're overweight or obese, losing just 10 percent of your body weight can improve your health; know your body mass index (BMI). If you need to lose weight, do so gradually—one-half to 2 pounds a week.

BMI provides a reliable indicator of body fatness for most people and is used to screen for weight categories that may lead to health problems. Not sure on whether you are overweight or obese, simply use the following formula to calculate your body mass index (BMI):

$$\frac{\text{Weight (in pounds)}}{\text{Height (in inches)} \times \text{Height (in inches)}} \times 703 = \text{BMI}$$

For example, say a person is 5'7" (67 inches tall) and weighs 140 pounds:
BMI = $\frac{140}{67 \times 67} \times 703 = 21.9$; this person is at a healthy weight

For adults, a BMI of 18.5 to 24.9 indicates a healthy weight. A person with a BMI of 25 to 29.9 is considered overweight, and a person with a BMI over 30 is considered obese.

Reducing fast food intake, proper nutrition and physical activity are all important components of leading a healthy life. Look out for our the next article where we will discuss more in depth physical activity and its overall impact on your health as well as a discussion on your lipid levels (total cholesterol). ★

-Caridad Remy

401K Day

For the first time, CHCA celebrated 401(k) Day in 2009, by encouraging all of our employees to save for their retirement or contribute more money in their 401(k) accounts each week. During this event, 110 employees agreed to attend an orientation session about this benefit while 11 increased their 401(k) account contribution, and three created a new 401(k) account.

During this day-long celebration, we provided our employees with free pens, coffee, Cabot cheese and crackers, as well as information about the impact of contributing 1 percent more of their income to their 401(k) account, over the next 30 years. Additionally, James Holland—CHCA's insurance broker—provide interested employees with free investment advice about how much of their 401(k) account should be invested in stock, bond, or cash equivalent funds.

To encourage participation in this event, we also decorated the training room with balloons and raffled seven prizes to our employees throughout the day, including t-shirts, baseball caps, and one grand-prize barbecue set. ★

-Stu Schneider

Conference Presentation

On March 16th, Stu Schneider described CHCA's process for involving employees in organizational decision-making process at the 2010 International Labor Process Conference, held at Rutgers College—together with Daphne Berry, a doctoral student at the University of Massachusetts at Amherst. She also described her efforts to create a survey for completion by a group of home care workers employed by CHCA, as well as one additional for-profit and non-profit home care agency. Notably, members of our Labor/Management Committee's Employee Morale Workgroup provided Ms. Berry with feedback to improve the survey. ★

-Stu Schneider

Regional Meeting Update

CHCA implemented one recommendation from our Labor/Management Committee's Communications Workgroup, by arranging for three ICS members to describe the quality of services, received from our home care workers:

- Pamela Hall, describing the services received from Christine Taylor;
- Rodolfo Rosario, describing the services received from Noemi Rodríguez; and
- Sylvia Boynes, describing the services received from Cynthia Maye

Members of CHCA's Worker Council developed questions for home care workers to ask each ICS member. During the discussions that followed each presentation, attendees learned that while most clients accept replacement home health aides to cover for call-outs, they also dislike having too many different individuals provide them with services. Another client described feeling uncomfortable when home health aides use incidental profanity, after—for example—dropping something on the floor or stubbing their toe. ★

-Stu Schneider



CHCA Memories

