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## February is Heart Health Month

Heart disease is the leading cause of death for men and women in the United States. Every year, 1 in 4 deaths are caused by heart disease. The good news? Heart disease can often be prevented when people make healthy choices. You can make healthy changes to lower your risk of developing heart disease. Controlling and preventing risk factors is also important for people who already have heart disease.

To lower your risk:

- Watch your weight
- Quit smoking and stay away from secondhand smoke.
- Control your cholesterol and blood pressure.
- If you drink alcohol, drink only in moderation.
- Get active and eat healthy.

**For more information visit: <http://www.heart.org>**

Source: <http://www.barneyandbarney.com/assets/files/b-Vital-February-2016.pdf>

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Alesia F.

## Policy of the Month: Personal Safety in the Office By CCC Administration

Community Catalysts of California (CCC) offices are located in areas that are felt to be safe but violence can happen anywhere. Staff working in CCC offices should understand the importance of workplace security. The safety of staff members is a top priority of CCC. The following are procedures to follow for your protection while working at a CCC office:

- If there is a situation within the office in which you feel that it could become violent, get out of the building and call "911". If you cannot get out and the situation appears life threatening, seek protective cover. If possible, call for help.
- If a staff member is working alone in a CCC office before or after normal working hours, the exterior office door is to be kept locked.
- If any staff member feels uncomfortable or unsafe working in a CCC office alone during business hours, keep the exterior door locked. Ask people to identify themselves before opening the door.
- If a situation or a potential threat takes place outside the building, lock the exterior office door and call "911". Do not put yourself in a position to be injured.

**Client  
Anniversaries**

**22 Years**  
Ron A. | San Marcos

**21 Years**  
Melissa B. | San Marcos

**19 Years**  
Teresa T. | San Marcos

**17 Years**  
Mai Y. | Fresno

**13 Years**  
Jamie M. | Santa Clara  
Rosalina O. | Salinas

**12 Years**  
Nancy B. | Manteca

**11 Years**  
Florendo S. | Salinas

**9 Years**  
Jose T. | Salinas  
Jennifer H. | Santa Clara  
Cynthia A. | Fresno  
Jessica D. | Santa Clara

**8 Years**  
Christina P. | Santa Clara

**7 Years**  
Luis C. | Fresno

**5 Years**  
Joe G. | Santa Clara  
Alberto R. | Imperial Valley

*Continued on p3*

**Southern California**

**Imperial Valley**  
*By Ana Norris*

**What's Going On?**

It's been a busy month at our office. At this time, due to CARF coming in April, we will be putting on hold the Newsletter.

**MESSAGE for Staff:** If you have something you would like to share with us— kindly email: [imperialvalleyoffice@communitycatalysts.org](mailto:imperialvalleyoffice@communitycatalysts.org) and submit any announcements/staff events.

You all rock!•

**San Marcos**  
*By Jacqueline Gritton*

**What's Going On?**

On Feb 12, 2016 we held our 1<sup>st</sup> Annual Valentine's Day Party and Sadie Hawkins Dance & Dinner CAC event. It was a huge success and is now in high demand.

Thirteen clients, three guests, and six staff members were in attendance. The photos tell it all! Karaoke was a hit of the night for everyone and the dance contest where 1<sup>st</sup> and 2<sup>nd</sup> place prizes were awarded. There were door prizes with each person receiving a special gift bag for attending the event, and a photo booth for anyone who wanted to celebrate Valentine's Day.

Ross B. was the 1<sup>st</sup> place winner of the karaoke contest, and Bruce B. won the dance contest. There were several additional activities such as photo frame painting, and valentine cookie craft. A special thank you goes to our DJ who donated all his time to make this event special and Jacqueline Gritton for hosting this event. •



*(Above) Valentine's Day Sadie Hawkins Dance.*



*(Above) Ron and Mark.*



*(Above) Hayden H.*



*(Above) Jacqueline, Janine, and Mark.*



*(Above) Jeff and Rachel.*



**Client  
Anniversaries**

*Continued from p2*

**4 Years**

- Felix T. | Santa Clara
- Carmina D. | San Marcos
- Edward H. | San Marcos
- Victor A. | Imperial Valley
- Sung Hwan J. | Santa Clara

**3 Years**

- Sam P. | Manteca
- Francis C. | Imperial Valley
- Jack C. | Imperial Valley
- Daniel B. | Santa Clara
- Kelly G. | Manteca

**2 Years**

- Benita D. | Visalia
- Bonita D. | Visalia
- Thomas D. | Manteca
- Ruben S. | Merced
- Adonis K. | Santa Clara

**1 Year**

- Victor T. | Santa Clara
- Julius L. | Imperial Valley
- Staci L. | Santa Clara
- Eddie M. | Santa Clara
- Julie R. | Santa Clara

**North Valley**

**What's Going On?**

We want to congratulate Shelley as one of the recipients of the Jim Jenkins Award of Excellence! She was thrown a celebratory party, and was presented with an award from DOO, Claudia Hutchinson.

Congratulations, Shelley!



*(Above, left to right) Shelley Cook presented with her award by Claudia Hutchinson.*



*(Above) Group photo during Shelley's dinner*



**South Bay  
Salinas**

*By Farley Odad*

**What's Going On?**

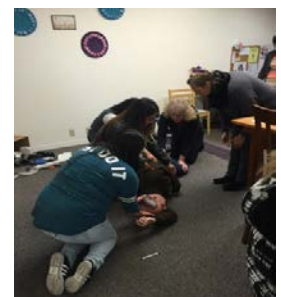
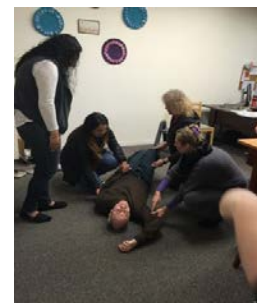
February went by quickly and March is around the corner. I wonder if leap year babies celebrate their birthday yearly knowing February 29<sup>th</sup> only comes nearly every four years? Although there were twenty-nine days, it still seems like a long month with our busy schedules.

Santa Clara staff stopped by to visit us during our benefits meeting, and we surprised them with a little potluck. The Salina's office likes to eat, so we'll make any meeting an excuse to have potluck. We also conducted a Medical Emergency Drill during our staff meeting. It's pretty scary when someone falls and gets hurt, so be safe at all times!

We celebrated Cecilia Saucedo (CM) for her ten year anniversary. Her hard work and dedication at CCC is greatly appreciated. Keep up the good work! I can honestly say you certainly devoured that cake you got for your anniversary!



*(Above) Potluck!*



*(Above) Safety Drill!*



**Employee  
Anniversaries**

**12 Years**  
Jeannie Leuma | San Marcos

**10 Years**  
Cecilia Saucedo | Salinas

**9 Years**  
Alejandra Gonzalez | Imperial Valley 🦋

**8 Years**  
Janice Duncan | Santa Clara 🦋

**7 Years**  
Daviann Bradley | Fresno 🦋

**5 Years**  
Nancy Gonzalez | Imperial Valley

**4 Years**  
Emerita Serrano | Salinas

**3 Years**  
Derrick Adams | Merced 🦋  
Jacob Gibson | Manteca

**2 Years**  
Leatha Gleason | Manteca 🦋  
James Halliwell | Manteca 🦋  
David Rivera | Manteca  
Gloria Valdez | Imperial Valley  
James Williams | Visalia

**1 Year**  
Claudia Agramont | Imperial Valley 🦋  
Monica Corona | San Marcos

**Redwood Coast  
Ukiah**

**By Jennifer Bilstein**

**What's Going On?**

We hope everybody had a happy Valentine's Day this month! Our year is off to a good start, and we hope yours is too! We'd like to wish a big happy birthday to our clients Allison and David S., and also to DSA, Margaret who all celebrated birthdays in February.

We've had some fun up here this month with clients regularly participating in Special Olympics basketball. It's a fun time for them to get out, visit with friends, and get some exercise.

We also had a small group of three head to Six Flags Discovery Kingdom! Talk about a fun time! They've got lots of animals there that everyone got to see, fun rides to experience, and some tasty food! Paul, Lloyd, and David sure had a fun day!

Our Office had a lot of fun participating in our community's first annual Cupid Shuffle. The Cupid Shuffle was a walk along our new Rail Trail. It's a walking trail that the city created which so happens to be right next to our office. Everybody that attended had a good time getting in a nice walk. After that, we met up back at the CCC office for hot cocoa, snacks, and a Client Advisory Committee meeting. At the meeting we discussed how important it is for everybody to lock their doors as well as the dangers of leaving them unlocked. We're now looking forward to next month's community walk, The Leprechaun Leap!



*(Above) Cupid Shuffle & CAC Meeting with clients and staff.*



*(Above) Six Flags Discovery Kingdom.*

\*February anniversaries were mistakenly put in January's Newsletter



## Employee of the Quarter Cristina Cervantes - VCS

Cristina Cervantes has worked for the organization in the Veterans Community Services (VCS) program since June 2014. She started as a Veteran Specialist, providing direct support to Veterans and their families. Cristina's professionalism and pursuit of self-improvement and professional growth made her an ideal candidate for a promotion to Case Manager after eight months. Cristina maintains excellent communication with her supervisors, employees, and clients. She is always eager to help her teammates by supporting the intake department, mentoring new Case Managers, and keeping the office tidy. Cristina is a hard worker and commits to getting her duties met and documentation completed before she ends her shift. Currently Cristina is pursuing a Master's degree in Rehabilitation Counseling while maintaining her full time duties at VCS. She has been noted to work late in order to meet the needs of her participants and to get the job done. Cristina maintains professionalism, poise, and flexibility which makes her an excellent candidate for the You Made the Difference Award!

## Client of the Quarter Moua C. - Fresno

Moua is a wonderful, independent young lady. Her beautiful smile and laugh is often referred to as infectious. Moua has a multitude of talents including being bilingual. She is currently learning how to say, "Hi. How are you?" and "See you later!" in English. Moua is also currently teaching the staff how to say "See you later!" in Hmong, and we love to respond to her. She is doing a fantastic job with greeting others, and her face glows whenever staff communicates with her. Moua is very active in her day program activities. She loves going shopping, dancing, listening to music, and spending time with her family. Especially her quality time with her mother! Moua is very much in tune with her culture and enjoys sharing the Hmong culture with everyone. She dresses up in her formal Hmong attire for the Hmong New Year and gathers with people from her culture, and those who'd like to learn more, in celebrating the festive event. Moua now lives in her own apartment with support from staff member Wendy. She has learned how to prepare and cook her own fresh meals. Moua is even able to keep her apartment clean and be active in her community. Her hard work and dedication is a testament to why she deserves this award.



## VCS

*By Noel Donahue & Chanthra Choem*

### What's Going On?

#### Success Story from the Field

The East County Office may be a satellite office, but they are getting business done. Our Veteran Specialist was at a community event when he was introduced to Fred in October 2015. Fred is a U.S. Army Veteran who entered into the service in 1971. Originally from Northern California, Fred found himself in San Diego years after being discharged from the military. He was living out of his vehicle when he came to VCS, and had some run-ins with the law. Turn of events with past rental history had created potential barriers for his future housing, but Fred did not let his past control his future. He worked effortlessly with his Case Manager, Tanu To'oto'o and community members to find a landlord that was willing to work with his past. Today, Fred lives comfortably in his 1-bedroom apartment in the Lakeside community and has begun seeking treatment for his health. His Case Manager makes it a point to address the importance of managing his health and its correlation with financial stability.

#### New Team Members

South Bay Office-

We have added a returning face to our Team in the South Bay Office, Demi Grooms has returned to VCS as a Veteran Specialist. Demi enjoys playing soccer and boxing in her spare time. Glad to have you back!

Downtown Office-

We've added a two new Veteran Specialists, Robert DeHoyos and John Taylor. Robert is a veteran who served in the United States Marine Corps. His hobbies include competing in 5ks, 10ks, half marathons, attending music festivals, and producing music. John is a CSUSM Undergraduate veteran, who recently completed the Army's Officer Commissioning Requirements for 2<sup>nd</sup> Lieutenant. He plans to finish the MSW program at CSUSM, gain a career in the behavioral therapy field and eventually earn a PhD. He enjoys setting goals, achieving them and staying on top of his personal fitness and health. Welcome!



*(Above ) Robert DeHoyos.*



*(Above ) Demi Grooms.*



*(Above ) John Taylor.*



## Corporate

*By Alesia Forte*

### What's Going On?

Corporate staff and VCS staff members came together to celebrate Teresa Grenawalt winning Manager of the Year for VCS! A great time was had by all! Congratulations, Teresa!



*(Above) Teresa Grenawalt, VCS Regional Manager*



*(Above) Pebbles Dumon, CFO and award recipient Teresa Grenawalt, VCS Regional Manager*



*(Above) The Brains of the CCC'S VCS program; Janeth Ventura, Teresa Grenawalt, and Maleka Parker*



*(Above, left to right) Pebbles, Janeth, Teresa, Claudia, and Maleka celebrating Teresa's award.*



**VSP Sunglasses  
Winner:**

Alesia Forte –  
*Corporate*

**Wellness Drawing  
Winner:**

Terri Ramirez –  
*Imperial Valley*

**Congratulations!**



By reminding employees to shop at **smile.amazon.com**, Community Catalysts of California could increase its AmazonSmile donations!

**Our charity link is:** <http://smile.amazon.com/ch/33-0008269>

**HAPPY SHOPPING!**