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Wallet Wellness

By Valeri James

Most Americans (single or married) are faced with overspending especially during the Christmas season. Holiday debts can pile up and contribute to a negative credit rating. If you have placed yourself in Christmas debt, consider the following sure-fire tips for paying off your holiday debts quickly:

- Use CASH whenever possible. Have you noticed how you become more conscious of spending when you need to pay in cash?
- Use your credit card wisely. That strip of hard plastic should be used only when necessary. Think cash payments first
- List all your outstanding debts. You may be spending too much because you do not keep track of your debts. Document your debts (both credit card and otherwise) and print them out for a quick reference
- Make holiday debt payment a priority. It is fun to spend but if you have over-expended your wallet then you have no choice but to prioritize the payment of your debts first before you incur new ones
- Sacrifice your little pleasures. Paying off your credit card balances can be a pain especially when your finances are limited. This can mean little sacrifices

If despite these tips you still find yourself overspending and looking at huge Christmas debts then you should get professional help. Debt counseling groups and Certified Credit Consultants can help you get your spending habits as well as your credit back on track.

http://www.streetdirectory.com/travel_guide/165955/debts_loans/paying_off_holiday_debt_quickly_6_tips_for_consumers.htm

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

**Policy of the Month:
Dependent Adult Abuse**
By CCC Administration

In compliance with Chapter 1164 of the Welfare & Institutions Code, Community Catalysts of California (CCC) requires that direct care staff sign a statement that he/she has knowledge of the provisions regarding the reporting of dependent adult abuse and will comply with the requirements. This means that should a CCC staff member have any knowledge of or indication that abuse has occurred, he/she must immediately verbally report the known or suspected instance of abuse to his/her supervisor and/or Regional Manager/Director of Operations as well as complete a written incident report.

Staff must also contact adult protective services or a local law enforcement agency as practically possible by telephone, then prepare and send a written report within 24 hours of receiving the information concerning the incident. Abuse of a dependent adult means physical abuse, sexual abuse, neglect,

intimidation, cruel punishment, fiduciary abuse, or other treatment with resulting physical harm or pain or mental suffering, or the deprivation of goods or services which are necessary to avoid physical harm or mental suffering.

It is critical that CCC staff understand they are mandated reporters and the importance of immediately reporting any such information to CCC and to the appropriate authorities. Upon hire, every employee is to review the REQUIRED REPORTING OF DEPENDENT ADULT ABUSE information and sign a form acknowledging he/she has knowledge of said information.

The safety and well-being of our clients is a priority to CCC. Any person who fails to report an instance of dependent adult abuse which he/she knows to exist, or reasonably should know to exist, is guilty of a misdemeanor.

**Client
Anniversaries**

24 Years
John R. | San Marcos

22 Years
Johnny J. | Fresno

21 Years
Linda W. | Imperial Valley

20 Years
Paul M. | Imperial Valley
Akito I. | Imperial Valley

19 Years
Plai M. | Fresno
Sou T. | Fresno

16 Years
Mark K. | San Marcos

14 Years
Steven R. | San Marcos

13 Years
Maria G. | Salinas
Susan M. | San Marcos

11 Years
Steven R. | San Marcos

10 Years
Michael T. | Santa Clara

9 Years
Roxann H. | Santa Clara

8 Years
Shirley C. | Santa Clara
Juanita S. | Salinas

7 Years
Sherry D. | Imperial Valley
Lincoln G. | Imperial Valley
Steven M. | Manteca
Joey O. | Santa Clara

Continued on p2

Southern California

By Teri Geston

CARF prep is in full swing. CARF (Commission on Accreditation of Rehabilitation Services) is a required accreditation for our Supported Employment Programs. We don't have our date yet, but it is better to be prepared ahead of time than to rush. Case Managers, DSS's, and staff are reviewing binders and updating info as needed. We will be identifying work sites for the surveyor to visit and staff/clients to be interviewed. I have broken out my "fine tooth comb" for reviewing SE binders, safety binders, and personnel binders for both the San Marcos and Imperial Valley office.

This is always a stressful event. Okay everyone; send us your good vibes!

Imperial Valley

By Ana Norris

What's Going On?

Happy January!

2015 was such a great year, but I know that we can make 2016 better! What can we do, and how can we change? Well, it is all up to YOU and your desire to change for the better, if not for those around you, for yourself. Don't forget that change is good. We just need to adapt and embrace it!

We'll be very busy this year with new programs, staff, and clients! Be ready to continue to grow. We can do it! ☺

December's advisory was a blast. We had the chance to meet, hang out, listen to Gloria's Seeds topic, and then watch a fun movie with a nice snack afterwards!

Thank you in advance to everyone who brought their vehicles in for inspection before the end of the month. This inspection was the best with very little hiccups along the way! You all rock!•



(Above) We would like to welcome Marilyn's beautiful baby girl to the CCC Family – she is soooooo precious!



(Above) Advisory Meeting.

Client Anniversaries

Continued from p2

6 Years

Joe O. | Manteca

5 Years

Ismael R. | Santa Clara
Christina G. | Imperial Valley

3 Years

Blanca G. | Imperial Valley
Angel H. | Salinas
Gustavo P. | Manteca
Charles E. | Ukiah
Stewart R. | Santa Clara
Jacob S. | Visalia
Heather M. | Santa Clara
Larry A. | Visalia

2 Years

Jay R. | Manteca
Vanessa G. | Imperial Valley
Marlene G. | Imperial Valley

1 Year

Kenneth T. | Imperial Valley
David D. | Salinas
Frank E. | Santa Clara
Jeffery B. | Fresno
Esteban C. | Imperial Valley
Catalina U. | Imperial Valley

San Marcos

By Alice Olsen

What's Going On?

Our San Marcos advisory event was held at Cineoplis Cupcake Shop and Rocket Fizz Soda Pop & Candy Shop. Afterwards we went to the movies where many chose to see Star Wars, Daddy's Home, or Norm of the North.

Everyone had a GREAT night!



(Above) Movie night.

San Marcos Calendar

February 12, 2016

Valentine's Day Sadie Hawkins Dance & Potluck

North Valley

Manteca

By Jessica Ramos

What's Going On?

We want to congratulate Shelley as the 2015 recipient of the Jim Jenkins Award of Excellence!

On behalf of the Manteca office and North Valley team, we are honored to have you as our Regional Manager and part of our team. We are not only a team but family! Thank you Shelley for all you do. You deserve this award of excellence and so much more!

Santa Clara

By Andrea Walias

What's Going On?

After many years of serving client sisters Laura and Maria, we are so sad to say good-bye and will miss them greatly. At the same time, we are also very excited for them! Laura and Maria have moved into supported living, where they have their own apartment! They are extremely happy being in their own home.

A huge "Congratulations" goes out to client Adonis on having been hired by EBay. We're so proud of you and know you will do a great job!!

The Santa Clara office is hiring part-time and full-time DSA's. If you know of someone who might be interested in this position, please give them our contact information.

South Bay

Salinas

By Farley Odad

What's Going On?

Welcome 2016! The Year of the Monkey! We began the New Year in a positive way with all new referrals. Now we are in a process of hiring for new DSA's. If anyone knows someone who is interested, please send them our way. Welcome back Mr. Hambey, our returning client who went to a group home, who is now ready to be independent with our assistance. Thank you to our newest clients: Daniel R., Maryanna L., Salvador M., and Manuel A. for choosing CCC as part of your daily living. We had a few clients travel to Mexico for a long vacation, and are now returning. Welcome back, everyone!



**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?

Happy New Year everybody!! We're all very excited to welcome 2016 and see what this year will bring. We hope you all had a good 2015, and hopefully this year will be even better!

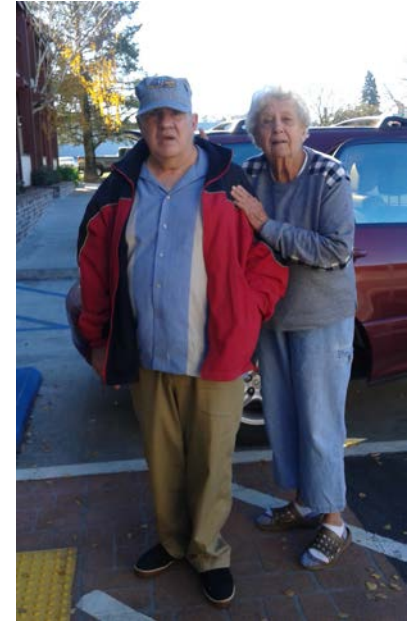
First I'd like to wish a big happy birthday to our client Heidi, our DSAs Kim & Kate, and Office Manager, Jennifer! I'd also like to welcome our two newest DSAs, Delvon and Cherokee to the team. We look forward to working with you!

This January was pretty laid back for us. Some clients enjoyed attending a People First Pizza Party earlier in the month. They got to visit a local family owned pizza parlor, visit with friends, and have a good time.

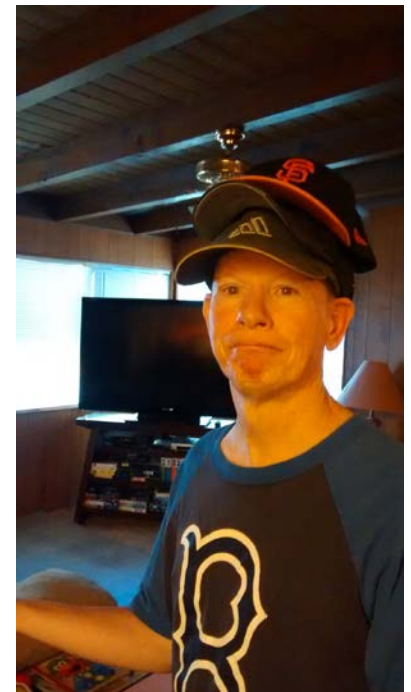
Special Olympics Basketball started at the end of the month. We've got about six clients who will be playing basketball this year. They're looking forward to some friendly competition while shooting hoops.

Although we didn't have a whole lot going on this month, we still had some good times just hanging out while we dealt with rainy weather.

Here's Mark having a good time at home. And Fred got to visit with family which was a lot of fun for him.



(Above) Fred and his sister.



(Above) Mark at home.

Manager of the Year 2015

Teresa Grenawalt

It is important to recognize our leaders for all their dedication, hard work and tireless efforts throughout the year! Therefore, we are pleased to announce that Teresa Grenawalt, Regional Manager for the Veterans Community Services (VCS) division, has been chosen as the recipient of the James A. Jenkins' Award of Excellence for 2015.

Teresa has been with CCC for almost 8 years, and began as a Case Manager serving people with disabilities within our living services programs. In 2010, she accepted the challenge of overseeing program services for our Supportive Services for Veteran Families Program. Teresa learned and adapted to Veteran services with admirable dedication and soon became the Regional Manager.

Teresa has consistently delivered exemplary services to the organization. She has a wide range of leadership skills including: human resources, fiscal management, program development, public relations, training, and safety. Teresa quickly establishes a sincere and respectful rapport with Veteran families. She is accessible and supportive to her team and she excels at building community partnerships with other providers and collaborators.

Teresa meets daily competing demands and deadlines with poise and professionalism. She understands that leadership is about motivating individuals to do their personal best. She has directed VCS to successfully maneuver through many program minefields with focused determination and an equitable solution for all involved. She is not satisfied with doing well, she is determined to excel.

Teresa is the key individual leading the program into doubling its size in 2015. Community Catalysts of California appreciates her honesty, confidence, intuition, humor and most of all hard work! Congratulations and thank you for all you do!

Shelley Cook

We are pleased to announce that Shelley Cook, Regional Manager for our Central and North Valley Operations, has been chosen as the recipient of the James A. Jenkins' Award of Excellence for 2015 for our services for people with disabilities.

Shelley has been with CCC for 22 years. She started as a Job Coach and has excelled in many other positions including Supported Living Coordinator, Staff Trainer, and Program Mgr./Leader. In 2007, Shelley was promoted to a Regional Manager for the Central Valley. In 2014, CCC looked to Shelley to oversee a larger region to include the North Valley. Shelley has excelled in every challenge presented to her with admirable dedication and positivity.

Shelley Cook exemplifies what it means to be a catalyst in the community she serves, by striving to excel in everything she does while encouraging both clients and staff to do the same. As a manager, she is a tremendous support to all the regions she oversees. The Central Valley and North Valley offices have gone through a lot of changes over the past couple of years, some more complicated than the next, but Shelley has proven that she can take charge and influence others to provide quality services.

Shelley has skillfully managed some tough battles in the North Valley to improve the environment and overall work relationships. Her outlook of never giving up during stressful times is inspiring to many. We all appreciate her patience, adaptability and professionalism. Shelley has earned respect from her staff, co-workers and her supervisor. She is a true example of excellence in leadership!



VCS

By Noel Donahue & Chanthra Choeum

What's Going On?

The 10th annual Project Homeless Connect was held on Wednesday, January 27th at Golden Hall in Downtown San Diego. Led by the San Diego Housing Commission, Project Homeless Connect was a one-day resource fair for homeless individuals and families that included services such as: housing information, medical evaluations, veteran's services, employment information and legal aid. This day allowed our homeless population to be connected with services that addressed both their immediate and long-term needs in hopes of getting them off the streets and transforming their lives. In all, 1,215 homeless San Diegans attended Project Homeless Connect.

On Friday, January 29th staff members played their part in conducting the annual Point-in-Time Homeless Count (also known as WeALLCount) to better understand our homeless population and the circumstances they are in. Starting at 3:30am representatives, nonprofit service providers, and other interested parties across San Diego County gathered to count homeless persons and their locations. Administered by the Regional Task Force on the Homeless (RTFH) on behalf of the San Diego City and Continuum of Care, WeALLCount not only allows our region to better understand the scope, impact and potential solutions to homelessness, but also enables us to qualify for funding to address the issue head on in hopes of alleviating and preventing homelessness.



(Above) Stephanie, Bethany, and Deserea at Homeless Connect 2016.



(Above) Deserea and Chanthra on site at Swan Canyon in City Heights at WeALLCount



Corporate

By Alesia Forte

What's Going On?

The corporate office has had a VERY busy couple of months leading into January, but we welcome the New Year!

Everyone here has been preparing everything staff members and clients will need in the upcoming year. Please be patient if there are any delays. We want to insure everything is perfect for everyone.

CCC had their Annual Board of Directors Meeting in January, and we presented our very BIG thank you card from all of our staff members. A very big thank you to everyone who helped in making sure we received the card back at Corporate from its travels across the great state of California! Our board members were even presented with custom made personalized CCC shirts. They turned out awesome! 2016 is going to be a great a year for all of us!



(Above) Board Chair, Greg Murphy with the CCC Thank You card.



(Above) Board Director, Karin Thompson looking very stylish in her new CCC shirt.

**Annual CCC
Wellness Winner:**

Jennifer Mansfield
–*Santa Clara*

**Wellness Drawing
Winner:**

Angela Moore –
Ukiah

Congratulations!

amazonsmile
You shop. Amazon gives.



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!