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Emotional Wellness

By Anthony Sills, How to Learn.com

Talking with your kids about bullying may not be easy, but it's important. You can help them recognize the signs of bullying and teach them how to deal with bullies. It may be hard to know where to start, especially if you didn't have to deal with bullies when you were growing up. But these tips and strategies can help.

1. It's important to listen closely to your child, even if you don't have the same opinion.
2. Try using examples from TV or music to start a conversation. You can also do some role-playing with different ways to stop bullying.
3. Let your kids know that if they're being bullied — or see it happening to someone else — they should talk to an adult about it, either you, or a teacher, family member, or school counselor. Tell children to get an adult involved as soon as the bullying starts.
4. Ask questions to find out if your kid is worried that talking about bullying makes him a tattletale? Is your child afraid to go to school because of bullying?
5. Emphasize that it's the bully who is behaving badly — not your child. Reassure your child that you will figure out what to do about it together. Ask your child what you can do to help.

If your kids are staying isolated, or trying to avoid school and have chronic stomach aches and headaches it may be an excuse to stay away from school. Be on the lookout for red flags like this. It may be the signal that it's time to talk to your child about bullying. •

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

**Policy of the Month:
Vehicular Breakdown**

By Administration

Vehicular Breakdown

During the course of providing services to clients, staff may need to transport an individual or individuals. Should staff's or company vehicle break down, the following procedures are to be followed:

1. See that all clients as well as other staff persons are safe. If the vehicle is in a place where it is safe, have everyone stay inside the vehicle with seat belts fastened. If it is not safe to stay inside the vehicle, move clients and other staff to a spot at least a quarter to a half mile off the roadside preferably in a shaded area.

2. Call the emergency contact for the on-call person to arrange for the clients to be picked up by another staff.

3. Seek roadside assistance by accessing your personal roadside service (i.e. AAA, automobile insurance group, etc) or call office or emergency contact for assistance.

4. Do not have vehicle towed until the clients are on their way safely with another staff.

5. If you are in a company vehicle, call the Enterprise National Service Department at 1-800-325-8838 to make arrangements for the vehicle to be towed to an authorized repair shop.

A copy of this policy is to be kept inside each Community Catalysts of California vehicle. •

**Client
Anniversaries**

23 Years
Peter B. | San Marcos

20 Years
Diane M. | San Marcos

18 Years
Dante H. | Santa Clara

17 Years
Robin E. | Santa Clara
Sharon P. | Santa Clara
Kesha W. | San Marcos

15 Years
Ruby T. | Imperial Valley

14 Years
Andrew W. | Salinas

13 Years
Christopher B. | Manteca

12 Years
Baudelio L. | Salinas
Ruby M. | Salinas

10 Years
Marcel B. | Imperial Valley
Tom T. | Manteca
Janet H. | Salinas
Peter R. | San Marcos
Alicia T. | Salinas

9 Years
Michael M. | San Marcos
Rodrigo J. | Salinas
Linda A. | Visalia

8 Years
Patricia M. | Imperial
Valley
Mireille H. | Santa Clara
Larissa F. | Salinas

continued on p3

VCS
By Noël Donahue

What's Going On?

April has been a very busy month for VCS. To begin with, the federal audit went well and the files reviewed were great. Once we have a report, the RM will share the outcome with all of us. The CARF survey was wonderful! The surveyors enjoyed their time with VCS staff and our participants. This was an excellent survey and CCC was commended for several organizational strengths. The RM will share a summary of the CARF exit conference at our next staff meeting. Overall, we did extremely well and the VCS specific standards (rapid rehousing and homelessness prevention) resulted in no recommendations!

Benefit's Coordinator, Doug Burton, passed his Licensed Marriage and Family Therapist California Clinical Exam (LMCE). This was a 4 hour 170 questions exam, and he had to collect 3,000 hours of supervised experience before being eligible to take it. He recently submitted his application, and fee, for initial licensure and should be a licensed therapist in about a month. Congratulations!

Stephanie Castillo has been accepted in the Master's Degree program in Social Work at California State University, San Marcos. Congratulations!

Special shout out to our April birthdays – Whitney W., Stephen, Victoria, and Chanthra!



*(Above) Intake
Coordinator
Stephanie G.*



*(Above) Benefits
Coordinator, Doug
Burton*

Corporate
By Alesia Forte

What's Going On?

We celebrated Sandy Caldwell's retirement from CCC after 25 years of service. Sandy was celebrated with a cake, awards, and many grateful co-workers. Now she'll be relaxing in the beautiful state of Florida. Best wishes, Sandy!



*(Above) Jim Jenkins
presenting Sandy
Caldwell with her award.*



(Above) Group shot.



*(Above) The silly
group photo.*

**Client
Anniversaries**

Continued from p2

7 Years
Ellen K. | Santa Clara

6 Years
Domingo G. | Visalia
Thomas R. | Visalia
Patricia A. | Salinas
Bobby A. | Merced

5 Years
Sharon M. | Visalia
Jesse P. | Santa Clara

3 Years
Katherina B. | Merced
Clifford J. | Manteca
Jessie A. | Imperial Valley
Keith C. | Visalia
Jose F. | Salinas

2 Years
Jose M. | Imperial Valley
Kimberly O. | Imperial Valley
Tina H. | Imperial Valley
Susan K. | San Marcos
Anthony B. | San Marcos

1 Years
Maria G. | Salinas
Rhonda R. | Visalia

Southern California

Our El Centro and San Marcos Supported Employment Programs were CARF'd this month, and we are very confident in the job we've done. Our safety program was surveyed, and a big kudos was given to us from one of the surveyors who said we were queens of the safety program. We take pride in keeping our staff and office in the highest level of safety standards at all times. Great job! Thank you to both offices for great preparations and presentations. Thank you Teri Geston, Jeannie Leauma, Luz Velarde, Ana Norris, and all the SE staff for all the hard work and time spent in preparation.

**San Marcos
By San Marcos Staff**

What's Going On?

The supported employment staff had a safety meeting/knowledge game. What a great time for a gathering of the supported employment team. All staff were at the top of their game, and boy did they set the bar high! There were three teams who played the game, and Team Grizzly Bear was the winner.

Congratulations to Marti Diegan, Maria Juguilon & Orlando Garcia!

Client Ron A. has moved to Texas. We'll miss you Ron, and all the packing, delays, errands, etc. On second thought, have a great life.

**Imperial Valley
By Ana Norris**

What's Going On?

March was definitely a rough month, but we made it! A big thank you to everyone who continue to participate and help. Thank you for taking your Relias trainings on time, and being prepared to answer questions at a moment's notice.

The next advisory will be on May 28th at Sea World – all those who have signed up and participated will be contacted one by one with all the information – have fun and be safe!!!

For this month, that is all we have – stay tuned for more fun stuff on our next newsletter!•



(Above) Client Ron A. on his last day in San Diego before his big move to Texas.

San Marcos Calendar
May 19th: Knott's Berry Farm
June 12th: 57th Annual
Wheelchair Regatta



(Above) Safety Meeting



(Above) A little thank you for the Imperial Valley team.

Employee Anniversaries

18 Years
Elizabeth Wark | Santa Clara 🦋

16 Years
Vanessa Orr | Corporate

7 Years
Wanda Brown | Ukiah 🦋

6 Years
Rodolfo Cruz | Imperial Valley
Rosa Vargas | Fresno 🦋

4 Years
Danielle Dowz | Fresno
Shaney Hardeman | Fresno 🦋

3 Years
Rebecca Anthenill | San Marcos
Anita Miller | Imperial Valley
Roberto Resendiz | San Marcos 🦋
Ashley Ruvalcaba | Imperial Valley 🦋

2 Years
Jameesa Andrews | Fresno
Charity Kyle | Salinas 🦋
Dwight Mahabir | Manteca
Yolanda Mosqueda | Salinas
Victor Villalobos | San Marcos
Brianna Walker | Fresno

1 Year
Gina Arreguin | Salinas 🦋
Marti Diegan | San Marcos 🦋
John Howard | Ukiah 🦋
Rodney Johnson | VCS

Redwood Coast

Ukiah

By Jennifer Bilstein

What's Going On?

What a fun month we had up here! I mentioned last month that at the end of March client David S. went to a Pam Tillis concert. David not only got to enjoy her wonderful music, but he also got to meet her and get a picture with her! As you can tell by the smile on his face, he was very excited to get to meet her! Such fun!

Towards the middle of April, some of our clients went to UVAH's (Ukiah Valley Association for Habilitation) Spring Fling! Everybody had a great time dancing and visiting with friends.

We also had many of our clients participate in UVAH's 4th Annual Bowling Tournament. We had three teams of five and each had very creative names! We had Too Legit to Split, Strike Force, and No Time to Spare! The team's t-shirts were created by our very own Program Leader Mone Tate. 'Too Legit to Split' won an award for Best Team Name and 'No Time to Spare' won an award for Most Creative T-Shirts. Everybody had a lot of fun that day and we're looking forward to next year's tourney!•



(Above) Staff and clients at the Spring Fling.



(Above) Clients David S. and Pam Tillis



(Above) Clients at the UVAH Bowling Tourney.

North Valley

Manteca

By Jessica Ramos

What's Going On?

ILS client; Don P. participated in the Stockton Tennis Club Membership Tournament. He won two trophies, one for Men's "B" Singles Finalist and the other for Men's "B" Doubles Champion!

Congratulations Don for a job well done! Welcome Baby Carlos Dwayne! DSA, Ayana York gave birth to a handsome and adorable baby boy on March 11, 2016. Congratulations on your new addition to your family and Welcome Back!

Client outings: REST client Edward A. went out for the day with staff member Amy on Saturday, April 9, 2016. They took a drive to Red Hawk Casino and stopped at some places on the way and enjoyed the scenery and historical landmarks before going to the casino. He did not hit the jackpot but he did enjoy getting out for the day.



(Above) Client Don P. and his trophy.



(Above) Client Edward A.



(Above) Baby Carlos Dwayne

South Bay

Santa Clara

By Erica Barber

What's Going On?

Denise found this amazing fundraiser that our office will be participating in on Tuesday, May 3, 2016. It is through Silicon Valley Gives and they help raise money for local nonprofits through a single online donation platform. It will be a 24-hour online event but people are also able to donate anytime sooner. Our goal is to raise as much as we can (obviously!) but just to put a number to it we're going with \$1000.

Referrals have been steadily coming in to us. One of our clients, Sung, will be moving to Texas soon and we wish him all the best! We also want to send our condolences to a team member who recently lost her father. This person has been in our thoughts and prayers. •

Central Valley

Merced

By Sylvia Ruiz- Ortiz

What's Going On?

The Merced office is deeply saddened by the passing of our client Jennie O. Jennie enjoyed going to her day program. She had a special friend there that was quadriplegic. She would keep him company so he could feel safe. She always stated that he would get excited to hear her voice. She loved her bird, Little Girl. Jennie and her bird would watch T.V. together. Jennie loved getting her nails and hair done regularly. If her hair was not cut or dyed, she would not leave her home. She also loved to collect watches and purses. When going out she made sure her watch matched her purse, which also matched what she was wearing. She was that one client that you looked forward to ending your week with. Jennie will be missed by all of Merced Staff.

Merced Office would also like to welcome our two new staff members: Diane Valdez and Paul Resendez as Direct Service Aides. We'd also like to welcome a new little member to Paul's family, Elena Resendez. Congratulations to Lisa Gallardo who became a grandma! •

Pet of the Quarter: Harry's Story

By Teri Geston

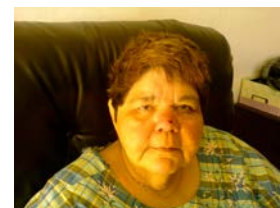
Sometimes people don't pick pets. Pets pick people. This was the case of Harry. He was a part of my life for a short time but made a huge impact. About two years ago, as I was driving (approx.70 mph in the fast lane in the company car on the 15 fwy) from the San Marcos office to the San Diego office, when I noticed something moving on the dash. Now being an aware driver, I tried to focus on the cars and not what was on my dash, but Harry made himself known. He boldly walked across my dash and stopped directly in front of me. He was looking directly at me. I tried to keep my eyes on the road, but was very difficult with Harry's big eyes looking at me. Being the safe driver I am I did my best to ignore Harry as he walked to and fro on my dash.

My eyes felt the need to keep aware of him. I looked at the road then at him twice before making my move across four lanes to the closest exit. At each stop light, I spoke to Harry and told him to stay where he was so he would not distract me. At one point he disappeared into the air vent. This was a huge distraction! I was compelled to know where he was at all times. Once I parked my car, I gently coaxed Harry out of his hiding place. I spoke softly to him as I tried to decide what to do with him. He was not the pet for me even if he had chosen me. Then it hit me that I had to let him go. He had to have his freedom. I reached into my glove box and found a CCC flyer. I looked at this sacred paper and had to make a choice. Harry had to be free. I gently scooped him up with my CCC flyer and opened my door. As I was trying to gently let him go, he jumped off the flyer and onto the door handle. He was determined to stay with me, but I was determined to let him go. It was then that my instincts took over. I used the flyer and SQUISHED that bugger! It may have only been 3-5 minutes, but it felt like Harry had been with me for a lifetime.

R.I.P Harry.



(Above) Baby Elena



(Above) Jennie O.

Employee of the Quarter

Alice Olsen- San Marcos

Alice has been with Community Catalysts for seven years as the Office Manager for the San Marcos office. Over the last several years Alice has made many positive changes to the organization for our region. She has created many spread sheets to track anything and everything you can think of like mileage, staff trainings, office supplies, and even archived files. Alice knows where it is and can access it within minutes. This kind of organization has saved many Case Managers, and the Regional Manager, from having to do tedious research. Not only does Alice excel at her skills, she is seen as the office cheerleader. She has such an outgoing personality that visitors often comment on how good she makes them feel when visiting the office. Alice can be counted on to help with organizing staff parties and helping spread the word on our CAC activities. Her warm spirit is instantly contagious. It can make the most stressful person calm and happy. No matter what it is Alice will take time from her schedule to help whoever needs her. Her contributions to the company are too many to count, and her friendship is more than we could ask for. Thank you for your dedication, helpfulness, and commitment to CCC. You truly make a difference. Congratulations, Alice!

Client of the Quarter

Paul C. – San Marcos

Paul is one of the amazing clients in the San Marcos office. Whether it is at work or at home, he has demonstrated his hard work and perseverance through all his daily activities. Currently Paul works at the Home Depot store located in Encinitas. He is a favorite employee of all the customers, because he is very trustworthy and confident in what he is doing at all times. They know who to ask for every time that they arrive at the store. He has guided them in finding the appropriate tools and answers their questions according to their construction project. Some people have even noticed that he knows where to find every little screw or any special equipment according to their tool description or brand. Another amazing thing about Paul is that he is a team player. He could be extremely busy, but he somehow finds the time to help others whether he is at work or not. Paul has been devoted to his customers and co-workers for sixteen years at the Home Depot. Paul is always striving for excellence and we're glad that his customers and friends know that. His hardworking nature, ability to be a good listener, success, and positive attitude makes him the perfect person for this award. Congratulations, Paul!