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**Motion Medicine**  
**CDC.gov.MotionSickness**

Motion sickness, sometimes referred to as sea sickness or car sickness, is a very common disturbance of the inner ear that is caused by repeated motion. Motion sickness most commonly affects children from 2 to 12 years old, pregnant women, and people who are prone to migraines. Here are some tips to help plan for your next trip:

1. Watch your consumption of foods, drinks, and alcohol before and during travel. Heavy, spicy, or fat-rich foods may worsen motion sickness.
2. Try to choose a seat where you will experience the least motion. The middle of an airplane over the wing is the calmest area of an airplane. On a ship, those in lower level cabins near the center of a ship generally experience less motion.
3. Do not sit facing backwards from your direction of travel.
4. Sit in the front seat of a car.
5. Do not read while traveling if you are prone to motion sickness.
6. When traveling by car or boat, it can sometimes help to keep your gaze fixed on the horizon or on a fixed point.
7. Open a vent or source of fresh air if possible.
8. Isolate yourself from others who may be suffering from motion sickness. Hearing others talk about motion sickness or seeing others becoming ill can sometimes make you feel ill yourself.
9. The over-the-counter medication meclizine (Bonine, Antivert, Dramamine) can be a very effective preventive measure for short trips or for mild cases of motion sickness. Always talk to your doctor before taking any over the counter medication.

Don't forget, our four-legged friends can also suffer from motion sickness and many of the above recommendations may help them as well. As we begin making vacation plans, whether by auto, plane, train or boat, planning ahead for motion sickness can help everyone enjoy their adventures to the fullest. •

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

**Policy of the Month:**  
**Locating a Missing Client**  
**By Administration**

Clients should always have a card in their possession with their bus route and emergency phone numbers (i.e., their home, parent's home if applicable, place of employment) written on it. Direct service staff should facilitate and monitor this on a regular basis. Help clients update cards frequently. Direct service staff must have in their possession, at all times, a copy of the Client Information Sheet and Consent for Emergency Treatment/Emergency Procedure Plan. These contain information specific to each client such as emergency treatment preferences, seizures, first aid procedures, and emergency contact persons. **REMEMBER:** Always contact your Supervisor immediately. Contact someone from the client's last departing point.

If the client is not there:

1. Back track on the route that the client would have taken and/or check the next major bus stops; refer to bus schedule on client information sheet.
2. Contact a responsible party from the client's residence and give him/her the phone number of the office or other person centrally coordinating the search. Ask that they please call if they have any contact with the client or if the client shows up.

3. If the client is riding on a transit bus system, contact the transit bus business office.
4. If you have an emergency before or after transit bus business hours, call the Dispatcher's desk and let transit bus know you are looking for a lost person. You will need to give them the client's name and physical description. Also, give any information on where the client was supposed to be. Ask that they please call if the client is located.
5. Contact someone at the client's final destination point and give the phone number of the office or other person centrally coordinating the search. Ask that they please call if they have any contact with the client or if the client shows up.
6. If all of the above results in a no show, contact parents, residential supervisor, or significant other to determine if the missing person needs to be reported to the police.
7. If no one can be contacted for assistance and you have tried to find the client to no avail for 1 hour, notify the police. Simultaneously, Regional Center must be notified, regardless of the hour or day.
8. When the client is found, re-contact the police, Regional Center, and bus company to notify them. •



**Client  
Anniversaries**

**24 Years**  
Rosa A. | Imperial Valley

**20 Years**  
Gylfa G. | Imperial Valley

**18 Years**  
Wayne H. | San Marcos

**17 Years**  
David C. | Santa Clara  
Michael P. | Santa Clara.  
Lee Roy B. | Imperial  
Valley

**14 Years**  
Donald P. | Manteca

**12 Years**  
Aletha R. | Manteca  
Carolyn B. | San Marcos

**11 Years**  
Roberto B. | Salinas  
Rueben O. | Salinas

**10 Years**  
Jose G. | Salinas  
Veronica J. | Fresno  
Omar V. | Salinas

**9 Years**  
Federico V. | San Marcos  
Tracy H. | Visalia

**8 Years**  
Victor S. | Salinas  
Lisa W. | Santa Clara

**7 Years**  
Maryanne S. | Imperial  
Valley  
Donald M. | Imperial Valley  
Joseph A. | Manteca

*continued on p3*

**VCS**

**By Chanthra Choeum**

**What's Going On?**

Veteran Specialist's Deserea Bockness and Victoria Dumon attended the Travis Manion Foundation's event on March 23<sup>rd</sup>. The event was held on the USS Midway in downtown San Diego. It was an opportunity to learn about the foundation, hear success stories of those who have participated in the program, and network with veterans, their families, and veteran service providers. The event was hosted as a BBQ social followed by a presentation about the organization.

To learn more about the Travis Manion Foundation, check out their website: <http://www.travismanion.org>

Whitney Clark is the newest member of the VCS team, serving as our Veteran Specialist in the Chula Vista Office. Whitney is 27 years old and originally from New Orleans, LA. She is the proud mother of a wonderful, rambunctious two year old son whose name is Gary Nicholi. She's also a step-mother to a beautiful, smart, and sassy ten year old daughter named Jakayla Lanae. She has lived here in San Diego for seven years and absolutely loves it! She loves to read, listen to music, and believes (in her mind) that she can sing. In her down time, she loves going to the beach, movies, and shopping with her children. She is extremely excited to be a part of this organization and looking forward to making a difference.

Special shout out to the following March babies: Cristina, Demi, Bethany, Wayne, Stella and John!



*(Above) Victoria and Deserea at the Travis Manion Foundation event.*



*(Above) VCS staff near the USS Midway*



*(Above) new VCS staff member Whitney Clark*

**Client  
Anniversaries**

*Continued from p2*

**6 Years**

Juan E. | San Marcos  
Joyce J. | Santa Clara

**5 Years**

William M. | Imperial Valley  
Martin O. | Imperial Valley  
Rosemary N. | Visalia

**4 Years**

Angel M. | Imperial Valley  
Fred H. | Ukiah  
Robert G. | Ukiah  
David M. | Ukiah  
Richard S. | Ukiah

**3 Years**

Scott C. | Manteca  
Glenn S. | Manteca  
Michelle M. | Santa Clara  
Marta O. | Imperial Valley

**2 Years**

Karyn A. | San Marcos  
Daniel P. | Santa Clara  
Samantha A. | San Marcos  
Rafael D. | Ukiah

**1 Years**

Alma G. | Santa Clara

**Southern California  
San Marcos**

**By San Marcos Staff**

**What's Going On?**

Happy Birthday to E.C. Gina Bohorquez who turned 21 again! Great job on German O's job placement! Another big congrats goes out to D.S.S. Aleesa Stewart for landing a job at Sea World. She's one step closer to her dreams. Yay! Thank you to the rest of my San Marcos crew: Marti Diegan for our "Walking Dead" talks, Kendall Segda for asking and answering questions, and Orlando Garcia who I will refer to as the "Invisible Man", because I never see him!

We would like to welcome aboard our newest hire D.S.A., Teresa Cline. A big thank you goes out to D.S.S. Ron Clayton for taking on the huge assignment of assisting client Ron A. with moving. They do say everything is bigger in Texas, but this move was even bigger. Thank you to D.S.A. Rebecca Anthenill for helping out with the move and also picking up clients in our SE program. A big thanks to Eula Wilburn for taking care of the Tailor Day and SNTF clients, and Maria Juguilon for contributing to our team. Especially her analytical skills that is very handy when gathering much needed information. Thanks everyone for working as a team, and know that I appreciate each and every one of you. NOW GET BACK TO WORK! ☺

**Imperial Valley**

**By Ana Norris**

**What's Going On?**

It was a fun and busy month at our IV office. I want to thank all those who sent me tons of pictures, you guys are great! Keep sending them to me and I will add as many as I can to our newsletter. Please send them to [imperialvalleyoffice@communitycatalysts.org](mailto:imperialvalleyoffice@communitycatalysts.org). Our Krispy Kreme sale was a hit! We sold a bit more this year than last year, so thank you to all those who donated which will help our clients go on their trip in April.

Our clients love to watch movies, so we do what we can to make them happy. During our Advisory in March, we watched another movie and decided that we would go to Sea World! The clients have worked so hard to sell all they could to make this trip happen. Thank you so much for coming to every meeting and giving comments and advice on how we can become a better committee. Thank you for giving up your time to the fundraisers in order to save up and go on our trip!

The Mid-Winter Fair event for our clients was a HIT – they loved having the fair all to themselves. All clients from our area had the opportunity to ride attractions, play games and get their favorite carnival food. Thank you to all the DSA's who participated in this event and made this fun for everyone. •



*(Above) Bowling during the Advisory event.*

**San Marcos Calendar**  
**May 19<sup>th</sup>, Knott's Berry Farm**  
**June 8<sup>th</sup> Wheelchair Regatta;**  
**San Diego Bay**



*(Above) Benny Bowl Advisory Event*



*(Above) Mid-Winter Fair*

*(Right) Happy Birthday, KT! – Day Program*



*(Left) V-Day candy from the Candy Exchange.*





## Employee Anniversaries

**14 Years**  
Pebbles Dumon | Corporate 🦋

**9 Years**  
Carmen Valenzuela | Santa Clara  
Irma Manjarrez | Imperial Valley

**8 Years**  
Jessica Ramos | Manteca 🦋

**7 Years**  
Dana Steckling | San Marcos

**5 Years**  
Kitty Riggs | Ukiah

**4 Years**  
Eloy Rocha | Imperial Valley

**3 Years**  
Steven Camacho | Visalia  
Melissa Cenizo | Imperial Valley 🦋

**2 Years**  
Chelsea Coffin | Manteca 🦋  
Daynique Candler | Fresno  
Danielle Sheehan | VCS  
Esther Teran | Imperial Valley 🦋  
Brenda Carrillo | Salinas  
Kimberly Lewis | Manteca

**1 Year**  
Melissa Calhoun | VCS 🦋  
Archie Green | San Marcos  
Amandalee Guevara | Manteca 🦋

## Redwood Coast

### Ukiah

By Jennifer Bilstein

### What's Going On?

Hello from Ukiah! We had a pretty relaxed month. There wasn't a whole lot going on in our area this month, but we did have a little fun. Our client David S. got to go to a local casino to see Lee Ann Womack perform in concert. Clients Fred, Dave M., and Rick stayed the night at a local hotel. They got to try out gym equipment and the hot tub! Lots of fun there!

Lloyd, Paul S., and Dave M. went to the Special Olympics Basketball Tournament where they had a lot of fun shooting hoops! We also held a Pro-ACT class for a few new DSAs. Our Regional Manager, JoAnn Holliday was able to go to Sacramento with CDSA and meet with legislatures to thank them for the recent funding increases, letting them know we are counting on their leadership and support in the future.

We hope everybody's year is going well so far! •



(Above) Staff participating in a Pro-Act class.



(Above) Regional Manager, JoAnn Holliday in Sacramento with CDSA to meet with legislatures.

## North Valley

### Manteca

By Jessica Ramos

### What's Going On?

LEAP DAY BABY! Shawn Benson, DSS has a leap day grandbaby. This year she got to celebrate her actual birthday. Azaniah Marie turned four this year. She now has to wait another four years to celebrate on her actual day of birth again. Happy Birthday Azaniah! Isn't she adorable!

Happy Birthday to Shelley Cook, NCM and Christina Rosales, CM. We celebrated Christina's birthday at Chili's and then a week later Shelley's birthday at her favorite Chinese restaurant, Imperial Garden. Both restaurants were delicious! •



(Above) Azaniah Marie



(Above) Northern California Manager, Shelley Cook and Case Manager, Christina Rosales



## South Bay

### Salinas

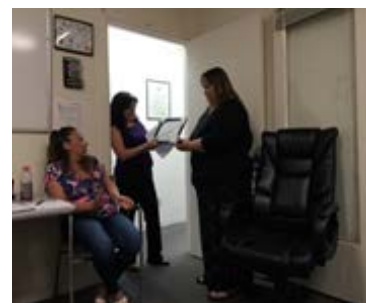
*By Farley Odad*

#### What's Going On?

Active Shooter Drill – be prepared to run, hide and fight. It is always important to practice so when things occur your mind is already set to the proper way to stay safe. Denise rewarded Cecilia with good stuff for her 10<sup>th</sup> year anniversary with CCC. You still have a long way to go Cecilia. Thank you for the support you provide for the staff and clients. It's been a challenge for some people to get back to the routine with the time change, but more daylight means more time to go out and about. Thank you spring for the nice weather and blooming flowers!•



*(Above) Staff during the active shooter drill.*



*(Above) Denise Mansfield presenting Cecilia with her award.*

## Santa Clara

*By Erica Barber*

#### What's Going On?

Our condolences went out to the family of our precious client, David S., who recently passed away. We sent flowers to his memorial service and a card to the family. Darlene (DSA), who attended the memorial, said it was a beautiful service.

We had our CAC Sit & Fit Event earlier this month. About ten clients showed up, some cancelled due to the weather that day. It worked out well as this allowed for a more hands on approach by the clients and there was more participation. They followed along with a video on chair exercises, then made roast beef rollups and an apple walnut salad. It was delicious! Our new client Hannah N. won the raffle for a Subway gift card!!

We would also like to give a warm welcome to our newest staff member, Elexus J.! She is a student at San Jose State University and will be graduating this May with a major in Child and Adolescent Development and a minor in special education. As one enters, another is leaving. Karen V. will be leaving us in April and we are sad to see her go but we wish her the best!•

## Corporate

*By Alesia Forte*

#### What's Going On?

We celebrated Pebble's birthday by taking her out to breakfast at The Original Pancake House. They were the best pancakes we've ever had. Pebbles got a gigantic German pancake. Happy Birthday, Pebbles!



*(Above) Pebbles and her German pancake.*



# amazon smile Org Central

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!!!**