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May is Physical Fitness and Sports Month

By Barney and Barney

May is Physical Fitness and Sports Month. Regular physical activity is good for everyone's health and people of all ages and body types can be physically active. National Physical Fitness and Sports Month is a great time to spread the word about the benefits of getting active.

- Children and adolescents – Physical activity can improve muscular fitness, bone health, and heart health.
- Adults – Physical activity can lower the risk of heart disease, type 2 diabetes, and some types of cancer.
- Older adults – Physical activity can lower the risk of falls and improve cognitive functioning (like learning and judgment skills).

For more information, go to: <https://healthfinder.gov/NHO/MayToolkit.aspx>.

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

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Alesia F.

Policy of the Month: Cell Phone Usage While Driving

By Administration

It is the Policy of Community Catalysts of California (CCC) to prohibit employees from using hand-held cell phone devices for personal and business purposes while driving on behalf of the company.

- Hands-free devices are required if using a cell phone while driving.
- If employee does not have a hand-free device, he/she should make all necessary phone calls before or after driving. If necessary, employee should pull over to the side of the road to make or answer a phone call.
- Text messaging, emailing, and/or instant messaging while driving on behalf of the company is prohibited.

Employees are prohibited from accepting and/or making personal calls while transporting clients.

Driving on behalf of CCC consists of, but is not limited to the following situations:

- Driving to or from a Client's home
- Transporting a Client
- Traveling to, from, or between offices
- Running office errands
- Traveling to or from a company event

Employees of CCC who violate this policy will be subject to disciplinary procedures, possibly resulting in termination. •

Client Anniversaries

21 Years
Michelle Y. | San Marcos

20 Years
Joann C. | San Marcos
Edward G. | Fresno

19 Years
Alicia P. | Fresno

18 Years
Mart W. | Santa Clara
John K. | Santa Clara

17 Years
Andrew B. | Santa Clara

15 Years
George V. | Fresno

14 Years
Brian S. | Santa Clara
Paul R. | Ukiah
Melinda O. | San Marcos
Sergio A. | Salinas

13 Years
Dylan C. | Salinas

11 Years
James L. | Manteca

10 Years
Paul M. | Fresno
Llyod P. | Ukiah

9 Years
Veronica A. | Salinas

8 Years
Norma H. | Salinas
Jose A. | Salinas

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VCS

By Chanthra Choeum

What's Going On?

Success Story

When Brent came into the program he had no income and was homeless. Danielle's team was able to find him housing in less than 30 days. Brent was able to get 60% service connected and received compensation in the form of back pay. Due to the increase of income, he was able to work on one of his short term goals, which was to buy a car. Brent also went back to school and was able to obtain a certificate that helped him find a job.

In Other News

A big congratulation to the following team members on graduating:

Melissa obtained her bachelor's degree in Human Services with a Concentration in Addictions from the University of Phoenix.

Donnie obtained his master's degree in Rehabilitation Counseling from San Diego State University.

A special shout out those with May birthdays:

Tanu, Yolanda, and Melissa!



(Above) VCS Client, Brent.

Corporate

By Alesia Forte

What's Going On?

A lot of exciting things were happening at the corporate office. CCC's Butterfly Club won a \$1500 check from the Enterprise Holding Foundation for the 5th year in a row. During our May board of directors meeting, we had a special guests from the Salinas office. Client Soco, who is in our Independent Living Skills Program, and Case Manager Charity Kyle. After a fun field trip to the San Diego zoo, Charity and Soco met with corporate staff and board directors. She was also presented with some amazing gifts.



(Above) Claudia, Pebbles, and Jim Jenkins accepting the award from Amy.



(Above) Jim, Soco, Claudia, Greg, Charity, and David in a group photo



(Left) Soco happily opening up her gifts.

Southern California

On May 6th the southern California case managers and DSS had the chance to attend the DDPN (Developmental Disabilities Provider Network) 12th Annual Community Legislative Forum. We had the opportunity to hear from some of our local legislators regarding current and future changes which can impact us. This year was a good one as we have just received Governor Brown's approval for additional funds for our services. The theme for this forum was "Be the Change You Wish to See in the World". This phrase has a special meaning to me. It is the phrase that has been in my e-mail for the last ten years! I can honestly say that Community Catalysts staff has the power to be the change we want to see in this world. We make a difference in our clients' lives on a daily basis.

– Teri Geston, Regional Manager



(Above) Staff attending the 12th Annual DDPN



Client Anniversaries

Continued from p2

5 Years

Luz G. | Salinas
Ricardo F. | Imperial Valley

4 Years

Lulcia R. | Manteca
Dee Anna P. | Fresno
Christopher W. | San Marcos

3 Years

George S. | Salinas
Ruben H. | Imperial Valley
Bruce B. | San Marcos

2 Years

Vernice W. | Fresno
Lilia L. | Salinas
Michael M. | Imperial Valley
Alejandra A. | Salinas
LaTonya C. | Manteca

1 Years

Jerrard W. | Santa Clara
Lauren A. | Imperial Valley
Nelly O. | Imperial Valley
Douglas S. | Visalia

San Marcos

By *San Marcos Staff*

What's Going On?

Wow. What a day. The San Marcos CAC opened and closed with Knotts Berry Farm on May 19th. Our group met bright and early at the San Marcos office. DSA Janine Hobson was gracious enough to purchase donuts for everyone as we all waited. We took six car caravans all the way to Knotts Berry Farm and arrived just as the park opened. Clients and staff separated into groups depending on what activities they wanted to do. Some rode all the rides, some went to all the shows, and others just shopped. As the park closed at 6p.m. we all met back up and made our way home. Another success due to the fantastic staff! Janine Hobson, Bill Montague, Jacqueline Gritton, Mark Drew, you all rock!

On May 9th Janine Hobson and Jacqueline Gritton escorted most of their clients to "Day on the Bay", an adaptive sports event provided free through Sharp Rehabilitation Department in San Diego. Clients attending were Ed H., Robin S., Nicole S., Winnie S., Hayden H., Ron G., Mark K., and Sergio C. They enjoyed sailing, boating, and bicycling. Kayaking and jet skiing were also available, and lunch was provided free as well. This is a wonderful bi-annual event which we love to participate in.

Imperial Valley

By *Ana Norris*

What's Going On?

Our Imperial Valley clients were so excited to go to Sea World. Everyone was up early and ready to go. While in the park, our clients and staff were entertained with shows, rode the rides, and of course ate good food. Our clients were so satisfied and happy that they want to start doing more fundraisers to plan another field trip. Thank you to all the staff who helped with this CAC event. •

San Marcos Calendar

June 12th: 57th Annual
Wheelchair Regatta

June 29th: SD County Fair



(Above) Knotts Berry Farm photo



(Above) Day on the Bay 2016



(Above) Sea World!



Employee Anniversaries

28 Years
Jim Jenkins | Corporate 🦋

15 Years
Stephanie Hernandez | Merced 🦋

14 Years
Karen Garcia | Ukiah 🦋

8 Years
Tara Ramirez | Imperial Valley 🦋

7 Years
Terri Ramirez | Imperial Valley 🦋
Kathleen Hartland | San Marcos 🦋
Maria Rubio-Tirado | Salinas 🦋

6 Years
William Montague | San Marcos
Ma Yang | Fresno

5 Years
Ladessa Lohr | Ukiah

4 Years
Ian Stigliani | Salinas 🦋

1 Year
Anthony DeLuca | VCS 🦋
Kaelin Ware | Manteca 🦋
Jeannette Guerrero | Ukiah
Brittany Kohlmann | Ukiah 🦋

Redwood Coast

Ukiah

By Jennifer Bilstein

What's Going On?

May was full of fun for a few clients. It started with great food at a People First event at a local restaurant for Cinco de Mayo. Paul R. went on a trip to San Diego, and David M. went to New York city. Both guys had a great time and have started saving for their next adventure. Allison, Harlan, Paul S., and Darryl all visited with family. On Memorial Day Lloyd, Paul S., Harlan, and Bob got together and had a barbecue. The "Mella Fellas" (Fred, Dave M., and Richard) went to the car show in Willits. We wished KT a happy birthday. She and her housemate, Harry, celebrated all day long. •



(Above) Willits car show



(Above) Client Derek D. celebrating his wedding day!

Central Valley

Visalia

By Steven Camacho

What's Going On?

Visalia is happy to share that client Derek D. recently got married! Derek is pictured with Case Manager Joshua Chapman, and DSA Jose Rodriguez provided music as the DJ. The clients went on an outing to Kings Canyon National Park where they enjoyed the very large Sequoia trees, snow, and a group lunch. Tim R. and Sidney M. enjoyed another season of playing baseball in the Miracle League. They look forward to it every season. Sidney also took part in the Tulare County Special Olympics! Linda A. and her granddaughter Rosemary went to Disneyland's California Adventure and Venice Beach. Linda was excited to be able to take Rosemary to Disneyland for the first time. They enjoyed their three day vacation with CCC staff.



(Above) Kings Canyon group photo



(Above) Staff, Rosemary, and Linda at Disneyland



(Above) Rosemary and Linda at Disneyland



(Above) Sidney at the Special Olympics



(Above) Tim and Sidney at Miracle League



**CONGRATULATIONS
to May's Wellness
Winner Claudia
Hutchinson!**

South Bay

Santa Clara

By Erica Barber

What's Going On?

We hope you all enjoyed your Memorial Day weekend! Whether you went out of town or just stayed home with family, I think we can all agree it was nice to have a 3 day weekend, or 4 for those of you who requested Friday off! A big shout out to our veterans who have sacrificed their time, families, and lives to ensure the safety and freedom we have in our country. Your commitment is honorable and admirable.

Charity from the Salinas office took Soco to meet board members in San Diego. They had a great time and we're glad to have them back! Client Michelle is moving to Chico County, and we wish her much success. We also said goodbye to Nancy, our DSA, and we hope the best for her in her new position. •



(Above) Soco

Salinas

By Farley Odad

What's Going On?

With graduation, Memorial Day, and summer vacation for many of our clients, our staff remains calm, using time management wisely in order to keep ILS services up and going. DSA Emerita took two of her clients to the famous Soledad Mission, and they didn't have to drive very far since it's a couple of miles away from where her clients live. Although he didn't get to see the show he was still happy to take pictures of the truck outside before the show begin. •



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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!!!