

IN THIS ISSUE

Emotional Wellness	1
Policy of the Month	1
VCS	2
San Marcos	3
Imperial Valley	3
Ukiah	3
Salinas	4
Corporate	4
Opportunity Drawing	5
AmazonSmile	6

Board of Directors

Greg Murphy
Chair

Roberta Raasveld
Vice Chair

Carey Storm
Secretary/Treasurer

David Kuhlman
Director

Shirley Grace
Director

Karin Thompson
Director

Newsletter Staff

Contributors

Jennifer B., Ana N., Alesia F., Farley O., Alice O., Anya-Lisa W., Lorraine C.

Editors

Alesia F.

Emotional Wellness

BarneyandBarneyb-Vital

People are often unclear about the differences between anxiety and depression, and confused as to which is their primary problem. Here's an explanation. However, if you have any symptoms described below, immediately discuss them with a professional therapist or doctor.

- Anxiety is characterized by a sense of doubt and vulnerability about future events. The attention of anxious people is focused on their future prospects, and the fear that those future prospects will be bad. Anxiety Disorders are characterized by a variety of symptoms involving anxious thoughts, unexplained physical sensations, and avoidant or self-protective behaviors.

- A person whose primary problem is depression, generally doesn't show the same fear and uncertainty that people with anxiety may. People who are depressed typically are not so preoccupied with worrying about what might happen in the future. The key symptoms of depression might include:

- Feeling sad, and/or hopeless
- Lack of interest, enjoyment in activities that used to be fun and interesting and changes in sleep patterns
- Physical aches and pains without physical cause, lack of energy, changes in appetite and weight
- Difficulty concentrating, remembering, and/or making decisions
- Depression may come on as a relatively sudden problem, or it may consist of a longer term symptoms. If you are in need of a therapist, there are national organizations which can help you find a professional in your area. For more information on these and other mental health issues, go to:

<http://www.nami.org/>

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

**Policy of the Month:
Drug and Alcohol Use
By Administration**

Policy Objectives

Community Catalysts of California (CCC) is committed to protecting the safety, health, and well-being of our employees, our customers, and all people who come into contact with our employees and/or who use our services. CCC recognizes that persons who use, possess, transfer, sell, distribute, or manufacture illegal drugs pose a direct and significant threat to this goal, and to the goal of a productive and efficient working environment. CCC believes that the illicit use of drugs and the abuse of alcohol therefore have no place in the workplace.

Community Catalysts of California is committed to ensuring a substance abuse-free working environment for all of our employees through implementation and enforcement of this Drug and Alcohol Policy. Questions about the Policy should be directed to the Human Resources Department.

All clarifications, exemptions, or other exceptions to these and other policies are at the will of the company and require prior written approval by the CEO.

Scope

This policy applies to all employees, including temporary employees and independent contractors, without exception. Job applicants are required to take and pass a drug and alcohol test following a conditional offer of employment and before commencing work.

Prohibited Activity

Community Catalysts of California prohibits the presence at the workplace and exercise of duties by employees who are impaired or intoxicated. CCC also prohibits the possession by employees at the workplace or while in the exercise of duties of all illegal drugs or alcohol.

Compliance with All Applicable Laws

CCC will implement this Drug and Alcohol Policy, including the drug and alcohol testing portions, in a manner that complies with relevant federal, state, and local law.

Community Catalysts of California will also notify all applicable local, state and federal law enforcement, protective agencies, and relevant funding agencies of violations of law and policies that occur on its premises and workplaces.



**Client
Anniversaries**

22 Years
Connie M. | San Marcos

21 Years
Crystal C. | Imperial Valley

18 Years
James W. | Santa Clara
Winifred S. | San Marcos
Kelly M. | San Marcos

17 Years
Ron G. | San Marcos

16 Years
Esmeralda R. | Imperial Valley

13 Years
Moua C. | Fresno
Armando O. | Salinas

10 Years
Casey F. | Merced
Jesus A. | Manteca
Lorraine H. | Santa Clara

8 Years
Norma L. | Santa Clara
Isreal A. | Imperial Valley
Noami H. | Salinas
Amando J. | Salinas
Kyle B. | San Marcos

6 Years
Tim R. | Visalia
Victor M. | Salinas

5 Years
Colleen S. | Fresno
Jonathan R. | Santa Clara
Ronald A. | Visalia
Harlan R. | Ukiah
Tracy K. | Fresno
Cassandra S. | Santa Clara

continued on p3

VCS

By Anya-Lisa Washington and Lorraine Collins

What's Going On?

Day at the Bay

There's nothing like fun in the sun to start the summer off right! On July 15th VCS staff members, family and friends gathered at Tecolote Shores North Park to celebrate their hard work in the name of CARF appreciation. Everyone talked, laughed and splashed while enjoying a backyard BBQ style brunch.

Success Stories

Andre literally jumped for joy at the sight of his new apartment. It was only the inspection, but after being incarcerated for six years, and homeless for two, he was grateful to finally be moving in the right direction. Thanks to Case Manager Donnie and Veteran Specialists Yolanda and Robert, for the first time in his life, Andre has his own place. Benefits Coordinator John is doing an excellent job working toward upgrading his disability rating.

Jorge started off as a disgruntled client, but as of August 20th thanks to Donnie, Yolanda, and Robbie's dedicated efforts he is now housed. There had been conflict in the past due to his preferences, but the team was very expedient with getting his needs met. He was grateful and shocked that they were able to get him a property. Donnie did a great job figuring out a way to accommodate him when the apartment wasn't ready by providing an alternative to sleeping on the street. Jorge had been homeless and couch-surfing for a year, but his future is looking brighter as he is in his third college semester pursuing a real estate license. Now he has a place to call home after the day is done.

Farewells and New Beginnings

On August 12th several staff members gathered at the Corporate office to exchange gifts and shed a few tears as they bid farewell to Regional Manager Teresa Grenawalt. After more than eight years of service to CCC she has moved out of state to pursue her doctorate. A goodbye huddle filled with well wishes and encouraging words was how the VCS South Bay office said farewell to Veteran Specialist Robert Cook. Luckily, he won't be too going far. He's going to pursue a PhD in Clinical Psychology through a VA/ UCSD fellowship as a Rehabilitation Counselor. Both Teresa and Robert will be missed. Best of luck!

We are proud to welcome new Program Manager Linda Sullivan, Case Manager Rene Rios, and Veteran Specialists: Joshua Miller, Tammy Ransom, Janell Sanders, and Brittney Koval. Welcome to the team! Congratulations to our new Housing Coordinator Dominique Sandifer, and Case Managers Laurie Mastromarino and Dori Sotelo. Veteran Specialist Lorraine Collins and Office Manager Anya-Lisa Washington have joined VCS as permanent staff members. Welcome!

A special shout out to our July and August birthdays: Stephanie Castillo, Deserea Bockness, Dori Sotelo, Derrick Torrence!



(Above) Staff at the bay



(Above, VCS newsletter contributor Lorraine Collins)



(Above) VCS staff at the bay

**Client
Anniversaries**

Continued from p2

4 Years

- Biyao L. | Santa Clara
- Araceli M. | Imperial Valley
- Richard J. | Manteca
- George S. | Imperial Valley
- Diana F. | Imperial Valley

3 Years

- Sergio C. | San Marcos
- Arthur W. | Salinas
- Tiesha B. | Manteca
- Robert D. | Ukiah
- Heidi R. | Ukiah
- Larry H. | Santa Clara

2 Years

- Steven R. | Manteca
- Eric L. | Santa Clara
- Cesar G. | Imperial Valley
- Mario G. | Imperial Valley

1 Years

- Jason W. | Imperial Valley
- Maria G. | Imperial Valley
- Trevor J. | Imperial Valley
- Jesse A. | Salinas
- Sor V. | Merced
- Robert H. | Merced
- Adrian D. | Imperial Valley
- Levi S. | Salinas
- Glenn S. | Visalia
- Maribel A. | Visalia

Southern California

San Marcos
By San Marcos Staff

What's Going On?

Movie Night was an absolute blast. Nick A., Sergio C., Hayden H., Susan M., and Winnie S. all enjoyed the evening. Thank you to Janine Hobson for spearheading the event and Jacqueline Gritton for assisting.

We would like to welcome aboard our two new Employment Coordinators for our North County San Diego area, Rachel Kwon and Julius Panela. We'd also like to give a big welcome to Dawn Pennepacker in the Supported Living Program.

Thank you to all the Supported Employment and Independent Living staff who work so hard to make our clients lives a bit easier. You all are amazing!•

Imperial Valley
By Ana Norris

What's Going On?

There was recently a baby shower for Nancy Gonzalez, and everyone had a great time. Baby boy Gonzalez will be the best dressed baby around. We also celebrated Liberty's win for Client of the Quarter. Congrats, Liberty!

Redwood Coast

Ukiah
By Jennifer Bilstein

What's Going On?

August was a busy month! We hope that you all had a good month, too! Darryl, David, and Paul went to spend a few days at the Annual Redwood Summer Games. They all had a great time visiting with old friends, new friends, and playing a lot of fun games. While they were there they got to enjoy the beautiful scenery that the redwoods are known for.

Concerts in the park happen all summer long up here, and although it can be a bit warm at the park when the temperature starts to soar, a good time was had by all who attended. During the last concert our clients who went got to enjoy some really great music by local talented artists McKenna Faith and John Mattern. They also had an abundant variety of tasty dishes at booths from local restaurants.

We also had some birthdays up here this month. Happy birthday to our clients: Paul R., Paul S., and Darryl! A happy birthday to our staff members: Mone & Karen! We hope you all had a wonderful birthday and many more to come!•

San Marcos Calendar

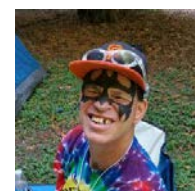
**Oct.26th – Halloween Potluck
& Costume Contest**



(Above) San Marcos movie night. New employees Rachel Kwon & Julius Panela.



(Above) Nancy's baby shower, and(right) Liberty and her award.



(Above) Ukiah office clients enjoying the park and some amazing birthday cake.



Employee Anniversaries

12 Years
Jessiel Manuel | Corporate

11 Years
Romy Yang | Fresno

10 Years
Farley Odad | Salinas

8 Years
Orlando Garcia | San Marcos

5 Years
Candy Beck | Visalia

4 Years
Alvin Chandler | Manteca
Briana Mora | Imperial Valley
Vanessa Peraza | Imperial Valley

3 Years
Gina Bohorquez-Florez | San Marcos
Joshua Chapman | Visalia
Araseli Rodriguez | Manteca

2 Years
Maria Corona | Salinas
Maria Garcia | Imperial Valley
Jacque Kvapil | Corporate
Rey Rodriguez | Visalia

1 Year
Stella Arias | VCS
Reinita Bradley | San Marcos
Crystal Harsch | Ukiah
Amber Nelson | San Marcos
Bryan Ward | Manteca
Ayana York | Manteca

South Bay

Salinas

By Farley Odad

What's Going On?

Our August started with fun in the sun at the park for our CAC summer barbecue. Client's enjoyed dancing, playing soccer, arts and crafts, board games, and socializing with each other. The menu included: hot dog, chips, watermelon, and sodas.

Thank you to our CAC Event Representatives: Sergio T., Enrique A., and Randy R.!

We'd also like to welcome our new DSA's Adriana and Daisy!



(Above) Jim Jenkins with various Fresno clients.



(Above) Jim Jenkins with various Fresno clients.

Corporate

By Alesia Forte

What's Going On?

It's been extremely hot here in Kearny Mesa. There was one casualty due to the heat. Pebbles chocolate completely melted, but she ate it anyway with a spoon!

C.E.O Jim Jenkins went on the road to visit some of our clients in Central Valley. It was a very exciting time had by all.

At the Corporate office, we also celebrated Regional Manager Teresa Grenawalt's going away party. She gave her all to CCC and without her the VCS program wouldn't be what it is today. We thanked her with a ton of different treats and a delicious gluten free cake! Thank you, Teresa, for all your years of dedication. She will truly be missed.



(Above) Pebbles with melted chocolate and a spoon.



(Above, left to right) Teresa and Claudia, Teresa was a temporary tattoo.



11th Annual Opportunity Drawing Fundraiser



Top Prizes

Beats Solo 2 Wireless Headphones

\$100 MasterCard Gift Card

\$100 Visa Gift Card

Other Prizes Include

Various gift cards from various stores and restaurants!

Tickets are \$2.00 each and ANYONE is eligible to participate!

Each Butterfly Club member will receive a packet of 10 tickets with which to fundraise.

All completed ticket stubs need to be sent to the Home Office with cash, check, or money order made out to Community Catalysts of California **BEFORE** you can obtain additional tickets.

All tickets need to be at the Home Office no later than Friday, November 11th.

Additional tickets will be available at each office or by contacting the Home Office.

****Drawing will be held on November 14th with winners announced in the December newsletter!****





Congratulations
to the Wellness
Winner of the
Month:

**CANDACE
SMITH!**



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!!!