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**Reactions to Traumatic Events**

**Magellan Healthcare**

At some time in your life, you or someone you know may experience a traumatic event. It is common to feel emotional aftershocks after a traumatic event. Sometimes aftershocks appear immediately, but they also can appear a few hours or even days later. In some cases, weeks or months may pass before stress reactions occur.

With understanding and support from family, friends and co-workers, stress reactions usually pass quickly. Occasionally, stress reactions can be so severe that professional assistance from a counselor may be needed. Below are some signs and symptoms of stress reactions.

PHYSICAL

- Fatigue
- Twitches
- Difficulty breathing
- Elevated blood pressure
- Rapid heartbeat
- Chest pain
- Headaches
- Nausea/vomiting
- Thirst
- Hunger
- Dizziness
- Excessive sweating
- Chills
- Fainting

MENTAL

- Tendency to blame others
- Confusion
- Inability to make decisions
- Heightened or lowered alertness
- Poor concentration
- Forgetfulness
- Trouble identifying known objects or people
- Increased or decreased awareness of surrounding
- Poor problem-solving
- Loss of a sense of time, place or person
- Disturbed thinking
- Nightmares

The signs and symptoms of a stress reaction may last days and occasionally months, depending on the severity of the traumatic event.

**Policy of the Month:**

**Driver's License & Current Insurance  
By Administration**

Community Catalysts of California (CCC) requires that any employee who operates a motor vehicle on behalf of the company have a valid California motor vehicle operating permit and current motor vehicle insurance as mandated by the State of California.

**Fleet Vehicles:**

Should an employee be involved in an auto accident using a fleet vehicle, CCC's auto insurance will go into effect.

**Employee(s) Personal Vehicles:**

Should an employee be involved in an auto accident, CCC's insurance will go into effect after the employee's insurance company has fulfilled its obligation. Community CCC's insurance will **not** go into effect if the employee was driving as an uninsured motorist.

If the employee does not have automobile insurance, then he/she must sign an "Insurance Hold Harmless Agreement." This agreement, which the employee must sign and date, states that the employee will not operate a vehicle on behalf of CCC, and at no time will he/she have a CCC client or staff member in any vehicle that he/she chooses to operate without insurance.

The responsibility for notifying CCC of any change in status rests with the employee. Written verification of any change or renewal must be submitted immediately. Failure to do so may result in suspension and/or termination of employment.

Exceptions by the Chief Executive Officer may be made in such cases where the individual is covered by the American with Disabilities Act and such reasonable accommodations are applicable.

**Client Anniversaries**

**23 Years**  
Paul C. | San Marcos

**22 Years**  
Jason T. | San Marcos

**21 Years**  
Forest F. | Fresno

**20 Years**  
Kenneth P. | Merced

**18 Years**  
Luz V. | Imperial Valley  
Sage B. | Fresno  
Hector G. | Imperial Valley

**17 Years**  
Kathy F. | Santa Clara

**16 Years**  
Martha C. | Salinas

**15 Years**  
Randy D. | Ukiah

**14 Years**  
Tammy S. | Fresno

**13 Years**  
Gilbert G. | Salinas  
Enrique A. | Salinas  
Ross B. | San Marcos

**12 Years**  
Roberto M. | San Marcos

**11 Years**  
Eileen C. | Santa Clara  
Richard S. | Santa Clara  
Jean M. | Ukiah  
Paul S. | Ukiah  
Ken C. | Manteca

*continued on p3*

**VCS**

*By Chanthra Choeum*

**What's Going On?**

**Troops for Trades**

VCS employee Cal went to a Troops for Trades event. This non-profit organization provides scholarships and career contacts within the plumbing, heating/cooling, and electrical residential services industries. Cal initiated contact with the founder of the Troops for Trade who then introduced our clients to various business owners. Cal has since scheduled a meeting with one of the business owners to discuss opportunities for our veterans. Good job, Cal!

**Success Stories**

Deandre H. came into the program for the second time in three years a few months back. He has a wife, three kids, and no income. Case Manager Laurie gained excellent rapport with him, and he was housed quickly in a place that he and his family adore. Benefits Coordinator Anthony was able to get this veteran 70% service connected through the VA. He also received back pay from the VA from the date the Benefits Coordinator filed his claim. With this income, he was able to open a savings account in case of emergencies. This was a big boost that greatly contributed to him being able to maintain his current housing. Veteran Deandre H. is now going to school using his post-9/11 benefits, and now has attainable income.

**North Valley Manteca**

*By Jessica Ramos*

**What's Going On?**

**IN MEMORY OF JOHN G.**

John, whom was a client of our SLS program, passed away on July 17, 2016. He loved telling stories, riding around town on the bus conversing with the drivers, and had a passion for cooking. John would attend all the events that were planned for clients at the Manteca office. He will be greatly missed.

On September 9, 2016 we were honored with an invitation to his home going/memorial that his wonderful, loving family put together in Livingston, CA. We were able to share stories about John to his family, and we also heard more stories from his family.

**Celebrations!**

Jesse was so happy and surprised to have a small birthday party at the Manteca office. He loves the SF 49ers, so his cake was decorated with 49er colors. He received cards/gifts in the mail from family members, and he also got a 49er shirt from a staff member. It was nice to see him smile and hear his laughter since we don't see him often.

Happy anniversary to Bob and Shelley Cook! The happy newlyweds went to Hawaii to renew their vows. What a beautiful and perfect place for the occasion. Congrats to the amazing and beautiful couple!



*(Above) Cal at Troops for Trades*



*(Above) John G.*



*(Above) Jesse's birthday celebration.*



*(Above, right) Bob and Shelley Cook*



## Client Anniversaries

Continued from p2

### 10 Years

Robin S. | San Marcos  
Diana D. | Ukiah  
Mark B. | Ukiah  
Harry H. | Ukiah  
Katherine T. | Ukiah

### 9 Years

Judy B. | Imperial Valley  
Sergio T. | Salinas

### 8 Years

Christopher F. | Santa Clara  
Carol R. | Salinas

### 4 Years

Ben R. | Merced  
Ruben R. | Visalia

### 3 Years

Jesse W. | Manteca  
Maureen M. | San Marcos  
Jason W. | Fresno  
Crystal M. | San Marcos  
Nayeli C. | Imperial Valley

### 2 Years

Maria T. | Imperial Valley  
Pieter Z. | Santa Clara  
Cheri H. | Santa Clara  
Richard S. | San Marcos  
Todd S. | Visalia  
Jose G. | Imperial Valley  
Jeanette H. | Imperial Valley

### 1 Years

Pedro V. | San Marcos  
Angel P. | Imperial Valley

## Southern California

### People with Many Talents!

Supported Living DSA Larry Steckling is one amazing gentleman. Besides providing exceptional care to our SL clients, he also runs a side business of flower arranging (which every once in a while the office benefits from the left over flowers), and he is active with multiple community theater groups.

A few staff members have had the privilege of watching Larry not only act in a few plays, but also watch the plays he directed. Recently SL clients: Carol F, Shelley Y., Wayne H., and staff members Kathy Hartland, Teri Geston, and Janine Hobson, had the opportunity to attend our local community theater as it presented, "The Carol Burnett Comedy Buffet". Larry produced two of the skits that were performed. Those of us who grew up with Carol Burnett remember how funny her skits were, and we all had a good laugh. Great job Larry!

– Teri Geston, Regional Manager



(Above) Staff at the community theater.

## Imperial Valley

By Ana Norris

### What's Going On?

Hello everyone! Please read the article below from our Governors Director of Emergency Services:

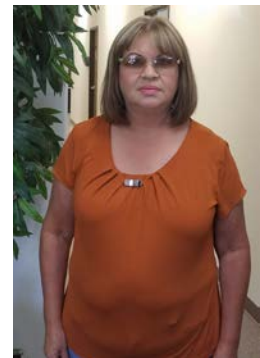
SACRAMENTO, Calif. – Following a swarm of recent small magnitude earthquakes that began on Monday near the Salton Sea in Southern California, the Director of the Governor's Office of Emergency Services reminded local emergency managers and the public to be prepared for the potential of similar or larger earthquakes over the next week.

"California is earthquake country. We must always be prepared and not let our guard down," said Director Mark Ghilarducci. "The threat of an earthquake on the San Andreas Fault hasn't gone away, so this is another important opportunity for us to revisit our emergency plans and learn what steps you need to take if a significant earthquake hits."

This reminder comes just a few weeks before the 2016 Great California Shakeout, an earthquake preparedness drill on October 20. Ghilarducci asked the California Earthquake Prediction Evaluation Council (CEPEC) to convene on Tuesday morning to discuss and evaluate a sequence of small earthquakes that have occurred about 10 kilometers southwest of Bombay Beach, Salton Sea area. CEPEC is a committee of earthquake experts that reviews potentially credible earthquake forecasts and advises the Director using their best judgement. The council concluded that stresses associated with this recent earthquake swarm may slightly increase the probability between 0.03 percent and 1.0 percent of an additional earthquake as large, or larger, than the September 26 magnitude 4.3 occurring over the next week.

Although this increased probability is relatively small, Ghilarducci stressed that it's always important for officials and the public to take steps to prepare. On Tuesday afternoon, Cal OES held a conference call with emergency managers in eight Southern California counties to discuss this recent swarm of earthquakes and ensure that local emergency plans and preparedness education remains a priority. He reminded them of the important earthquake response and recovery planning work that has been done over the years, including earthquake plans in Northern and Southern California and the Cascadia Subduction Zone–Earthquake and Tsunami Plan along the north coast.

We would like to welcome Ava Evans to our Supportive Living Program, and last but not least we would also like to recognize Briana Mora who had her baby shower with Nancy last month. She was very happy and enjoyed her gifts. As soon as we get baby pictures from both we will be posting them for all to see!



(Right) New employee Ava Evans.



(Above, right) Briana's baby shower.





## Employee Anniversaries

### 15 Years

Sandra Rodriguez | Imperial Valley 🦋

### 12 Years

David Bergheim | Santa Clara 🦋

### 10 Years

Wendy Ly | Fresno 🦋

### 8 Years

Mijha Leasure | Ukiah 🦋

### 7 Years

Shanee Penbrooke | Visalia

### 6 Years

Gloria Arce | Imperial Valley 🦋

### 5 Years

Darlene Ballard | Ukiah  
Vincent Blackston | Visalia  
Maria Juguilon | San Marcos  
Mone Tate | Ukiah 🦋

### 4 Years

Ana Norris | Imperial Valley

### 3 Years

Victoria Dumon | VCS  
Rocio Garcia | Imperial Valley  
Aleah Harris | Visalia

### 2 Years

Brittany Avery | Fresno  
Mark Drews | San Marcos  
Jose Rodriguez | Visalia  
Brenda Rodriguez | Visalia

### 1 Year

Ivan Arias | Imperial Valley 🦋

## San Marcos

By San Marcos Staff

### What's Going On?

Clients Robin and Winnie attended a Peoples First Conference on Health & Wellness. They learned about proper foods to eat, how to read a food label, and how many calories they should have. They also learned how to be aware of themselves, their bodies, and the people/things around them. There were a lot of resources on advocacy, health, and medical programs. At the conference they learned how to relax by weaving. Winnie got to weave, and she liked it so much that she could do it all day.

I want to give a super huge shout out to the San Marcos supported living staff! You guys are amazing! You have worked above and beyond for months and you never complain or say no to additional shifts. Now you all have taken on training a new case manager on top of all that. It is people like you that make such a vital difference with the people we serve. Your selfless caring and willingness to go above and beyond makes a difference. Thanks, respect, and my promise that the end is in sight to you all. You guys rock!

September equals Jeannie's birthday, and we celebrated it with just a few balloons. With the help of CM Dawn Pennepacker, and her magical balloon blow-up machine, we managed to fill up enough balloons to cover her office floor, desk, and chair. Jeannie also enjoyed a one of a kind balloon hat and a pot luck lunch. RM Teri and Jeannie used YouTube to learn to create a balloon dog. The day was so fun that Jeannie even let us hug her. Amazing!

Jeannie, "Never again people, so mark this day down on your calendar!"

So what do you do with hundreds of balloons when you need to get your work done? You donate them to the Child Care Center next door. •

## San Marcos Calendar

Oct. 26<sup>th</sup> – Halloween Potluck & Costume Contest



(Above) Winne weaving at the Health & Wellness Conference



(Above) Melinda, Susan, & Winnie enjoyed some sailing



(Above) Happy Birthday Jeannie!



## South Bay Salinas

By Farley Odad

### What's Going On?

Clients attended the much anticipated "Special Friend Day" for adults with disabilities at the Monterey County Fair on September 1<sup>ST</sup>.

It's a once a year event where the county provides free entrance, rides, and lunches to any program that serves adults with disabilities in the community, as well as all senior citizen residences. We greatly appreciate their invites every year!•



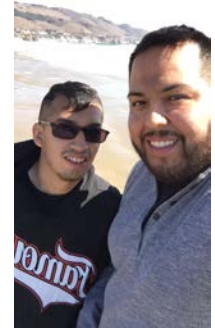
(Above) Santa Clara staff and clients at the fair.

## Santa Clara

By Erica Barber

### What's Going On?

This month had its moments of hot flashes even after fall began! We have a great team here at the Santa Clara office, and I would like to take a moment to recognize and congratulate them. They are dedicated to their clients and have stepped up when other staff have been out of the office for various reasons. One of our staff members, Sandra, had an awesome vacation and came back refreshed after her road trip. Our thoughts and prayers are with our staff member, Lori, who is out on leave. We wish her a speedy recovery. We would also like to welcome our newest DSA, Estefani!



## Central Valley Visalia

By Steven Camacho

### What's Going On?

The Visalia office coordinated an outing to Pismo Beach. The clients and staff got to enjoy the lovely beach weather and escape the valley heat for the day. A group lunch was held at a restaurant near the pier where the clients got to enjoy their favorite seafood selections.

Following lunch, the clients and staff then took walks on the pier and along the beach. Visalia clients are already looking forward to next month's outing to the Big Fresno Fair!



(Above) Visalia office staff and clients at Pismo Beach



## Redwood Coast

### Ukiah

By Jennifer Bilstein

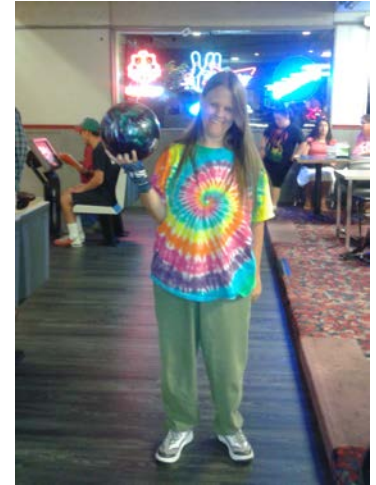
#### What's Going On?

Fall is finally here! We hope you all had a great summer and are looking forward to fall as much as we are. We had a couple of staff birthdays in September, so happy birthday to DSA Hugo and CM Angela! We would also like to welcome our newest DSA Ken to the team!

During September some of our clients went out to enjoy the Annual Chili Cook-Off! While our clients went from booth to booth tasting the various kinds of chili's, our PL Mone was helping serve at the booth for her rotary club. A good time and flavorsome chili was enjoyed by all who attended.

September also marked the kick-off to the Special Olympics Bowling which quite a few of our clients are participating in. Practice is a lot of fun! They get to visit with friends they haven't seen in a while, get some exercise, and have some fun!

This is also the time of year to harvest our gardens! Here's Paul with some potatoes he grew. They might be small, but I bet they'll be tasty!



(Above) Heidi at Special Olympics Bowling



(Above) Harry H. bowling





# 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:

JACQUE  
KVAPIL!



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!!!**