



IN THIS ISSUE

Motion Medicine	1
Policy of the Month	1
Manteca	2
Fresno	2
Imperial Valley	3
San Marcos	4
Salinas	4
Santa Clara	5
Ukiah	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., Erica B., Farley O., Alice O., Jessica R., Alex U.

Editors
Alesia F.

Motion Medicine

Bamey & Bamey

With holiday shopping bearing down on us, you can get Feel-Great-Feet in these easy steps. Stronger feet also lead to better balance and lower risk of injury. Try these exercises once a day for better footing.

- **The Golf Grab:** Place a golf ball under your toes and scrunch them so you are grabbing it. Hold for 5 seconds, then release. Do this with each foot for 30 seconds to strengthen balancing muscles.
- **Air Writing:** Write the alphabet (a-z) in the air with your toes while sitting at a table or desk. This helps strengthen the tendons and ligaments around your feet. Plus, you can do it with your shoes on.
- **Toe Stretch:** Put on a toe spreader (like the foam ones used during a pedicure) while you watch TV or read a book. This tool can help stretch the small muscles around your toes.
- **Toe Extension:** Wrap an elastic band around all five toes. Expand your toes and hold for five seconds; release. Repeat five times on each foot. This strengthens and supports the muscles, which in turn protects the bones of the feet.
- **Calf Raise:** Do this to strengthen the feet and the calves and improve your balance. Stand near a counter or a doorway and hold on lightly for balance. Balance on one foot and rise up onto your toes. Hold for 10 seconds, lower. Repeat 10 times on each foot.

Once you've finished these exercises, reward your hardworking feet with a frozen-golf-ball massage. The icy, textured hard ball can get into the tiny muscles of the foot and give you a deep massage. Simply pop a ball in the freezer for a few hours, and then roll under each foot while sitting down.

Source: Crystal Holmes, DPM

Policy of the Month:
Required Paperwork
By Administration

Employees are required to complete in an accurate and timely manner all necessary paperwork as required by Community Catalysts of California, our funding agencies, and state agencies. These documents would include logs, monthly reports, case notes, service plans, and incident reports as examples.

Failure to do so, falsification or misrepresentation in any manner will dictate disciplinary action, up to, and including termination.



**Client
Anniversaries**

23 Years
Chris D. | San Marcos

15 Years
Hayden H. | San Marcos
Jesus Y. | Merced

13 Years
Shoua V. | Fresno

11 Years
John K. | Merced

10 Years
Federico V. | San Marcos
Tracy H. | Visalia

9 Years
Victor S. | Salinas
Lisa W. | Santa Clara

8 Years
Mark B. | San Marcos
David S. | San Marcos

7 Years
Bonnie B. | San Marcos
Danny F. | Manteca
John M. | Santa Clara

6 Years
Peter A. | Manteca
Miguel R. | Fresno
German R. | Fresno

5 Years
Laverne F. | Santa Clara
Joseph C. | Salinas
Joe B. | Visalia

4 Years
Maritza A. | Imperial Valley

continued on p3

**North Valley
Manteca**

By Jessica Ramos

What's Going On?

Michelle's Baby Shower!

DSA Michelle U. is due on New Year's Eve! We surprised her with a Mickey Mouse themed baby shower at the Manteca office before she goes on leave. The pizza, salad, cupcakes, and candy bars were delicious! We played games, gave out prizes, and of course presents for Michelle's baby boy. We wish her the best with the delivery and a fast recovery. She will definitely be missed by clients and coworkers while she's away.

Luncheon

Our annual Thanksgiving luncheon grows bigger and bigger each year! We had a wonderful turnout of clients.

We served a traditional Thanksgiving meal that the Manteca staff put together. All our clients were very thankful and appreciated the lunch.

**Central Valley
Fresno**

By Alex Underwood

What's Going On?

We want to acknowledge our clients for all of their hard work and dedication! To the right is Tracey K. having fun using her Gait Trainer, or as she calls it, her Bat Mobile. Keep up the good work Tracey!

Mark M. is a new client of ours, and he has made huge strides towards working on his goals. He is cooking up dinner and it looks amazing!

Nice job Mark!



(Above) Michelle U's baby shower



(Above) Michelle with her baby presents



(Above) Manteca's annual Thanksgiving luncheon.



(Above, left to right) Tracy K. using her Bat Mobile; Mark M. cooking dinner

Client Anniversaries

Continued from p2

3 Years

Janet M. | Manteca
Elayne H. | Santa Clara
Sonya W. | Manteca
John G. | Manteca
Tamara G. | Salinas

2 Years

Daniel W. | Santa Clara
Maria R. | Visalia

1 Year

Frank G. | San Marcos
Manuel A. | Salinas
Norma T. | Fresno

Southern California

Christmas is the season of giving.
What can you give?
Give your time? Volunteer somewhere
Give a donation to a charity?
Give your spare change?
But the easiest of all is
Give someone a SMILE!

– Teri Geston, Regional Manager



Imperial Valley

By Ana Norris

What's Going On?

Happy November everyone!

As the year is close to an end, please be safe when you are out and about. Remember your quick defensive driving skills as there are many erratic and distracted drivers out there. Also, please make sure that your vehicle remains locked when you're out.

The crime rate for vehicle break ins goes up this time of the year, so make sure that you do not leave any valuables in plain sight.

Congratulations!

We would like to congratulate our client Araceli M., from Supportive Living, on becoming a U.S Citizen. She has worked really hard to accomplish this goal, and with the support of her DSA Cyndie she was able to fulfill her dream to citizenship. Congratulations!

CONGRATULATIONS!
Briana Mora's son,
Juan Sebastian (6 Weeks old)



(Above) Araceli M. the new American citizen.



(Above) Baby Juan Sebastian

Employee Anniversaries

22 Years

Teri Geston | Southern Cal

12 Years

Lucinda Fransham | Ukiah

8 Years

Stephanie Bravo | Manteca

Alice Olsen | San Marcos

7 Years

Maria Alcaraz-Rojas | Visalia

Nathan Saefong | Merced

6 Years

Margarita Alvarez | Imperial

Valley

4 Years

Lorena Cabrera | Manteca

Maria Ramirez | Imperial

Valley

Margaret Vaughn-Petelle |

Ukiah

3 Years

Govany Alvarez | Visalia

Kimonesha McFarland |

Manteca

Annie Saechao | Manteca

2 Years

Brandi Cross | Visalia

Karen Curiel | Visalia

Mayra Silva | Visalia

1 Year

Lorena Christensen | Ukiah

San Marcos

By San Marcos Staff

What's Going On?

Happy birthday to ES Marti Diegan! We hope you enjoyed your four day birthday weekend and your additional four day weekend due to Thanksgiving. But hey, it's not like we were taking any note of your multiple days off or anything☺.

Several thumbs up go out to Marti for placing two of our clients, Elizabeth W. and Crystal C., at Sprouts Farmers Market for employment. Great job, Marti!

Case manager Dawn Pennepacker, DSA Kathy Hartland, and office manager Alice Olsen all shared a meal celebrating Thanksgiving with client, Wayne H. at Life of Liberty Day Program on Thursday, November 17th. We all enjoyed sharing time with Wayne.

We'd like to acknowledge our clients who came together and shared with other clients in need. We are so proud of all of you. Thank you for your heart.

Welcome

We would like to welcome James Herring to our Supported Living team!

Welcome aboard to our newest EC Ronnie Edmonds. We're happy to have you as a part of our team. •

South Bay

Salinas

By Farley Odad

What's Going On?

Happy Thanksgiving!

This month we all hope everyone will have plenty to eat and stories to tell, as families gather on Thanksgiving Day. Our month began with a simple potluck during our staff meeting. With so many clients away on vacation staff are having challenges keeping busy, but we strive for better and positive changes as we try to meet our goals. We thank everyone for their hard work.

If you read this newsletter you are appreciated. •

San Marcos Advisory

December 8th from 3pm to 7pm at Boomers in Vista, CA. Planning 2017 Advisory Calendar



(Above) Staff with Wayne at Life of Liberty Day Program



(Above) Donated items



(Above, Left to Right) New staff members Ronnie and James



(Above) Salinas potluck



Santa Clara

By Erica Barber

What's Going On?

We hope everyone had a relaxing Thanksgiving and slept well after stuffing your faces! Lots of clients took time off to visit their families or go on vacation.

Our client Joe was blessed again. Last month he was able to get pots and pans thanks to The Butterfly Club. This month the CARE Program through PG&E found out that his stove had a carbon monoxide leak. The Butterfly Club allowed him to get a new stove and on top of that, PG&E gave him a new fridge, microwave, and even weather stripped the front door! We are grateful for the Butterfly Club, and the multiple staff and programs out there that help our clients.



(Above) Joe with his new items in his home

Redwood Coast

Ukiah

By Jennifer Bilstein

What's Going On?

It's November already! That means it's time for the annual Ukiah Valley Association for Habilitation's (UVAH) Bowling Tournament! Quite a few clients went down to our local bowling alley and participated in the tournament. Everybody had a lot of fun getting a little exercise and visiting with friends. Heidi's team even won an award for most team spirit! We look forward to joining again next year.



(Above) Clients at the UVAH Bowling Tournament

This time of year also means it's time for the annual Guitars for Troops concert at our local Ukiah Fairgrounds. This great organization has been donating guitars and other musical supplies to troops stationed overseas in Iraq and Afghanistan since 2009. We're happy to help support these brave men and women. In addition to the music that was played, everybody enjoyed a great performance put on by the Ukiah Skating Academy. Program leader Mone's daughters participated, and everyone who was there enjoyed the performance. This year we had a table big enough to seat many clients and staff that attended. The barbeque dinner was delicious, and everyone had a great time dancing once the music began.



(Above) Guitars for Troops event

Last, but not least, a big thank you and congratulations to our DSA Sharon for fifteen years of service with Community Catalysts! Regional Manager JoAnn Holliday presented Sharon with her awards during our November safety meeting. Thank you for your hard work and dedication Sharon.



(Above, left to right) Sharon presented her 15 year award from JoAnn Holliday



Congratulations
to the Wellness
Winner of the
Month:

JOANNE
HOLLIDAY

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!!!