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**Emotional Wellness: Surviving Valentine's Day as a Single Barney & Barney**

What can you do to survive, maybe even thrive, through these days that stretch long before and even after February 14 as friends and co-workers share their own valentine day stories. Here are a few tips:

**Love yourself:** When sad or negative thoughts and feelings enter your head or heart, acknowledge them and then replace them with loving and positive thoughts and feelings about yourself and your life.

**Treat yourself:** You deserve it. Be a good valentine to yourself and think about what you would most like. Don't wait for someone else; give yourself the gift of love.

**Invite other single friends:** Have a "celebrating being single" on Valentine's Day party.

**Do something that you have never done before:** It's a great confidence builder as you experience new things. Also, different experiences make for a more interesting person.

**Do something for someone else:** Take a young family member out to dinner and a movie, bake something for your neighbors, or send flowers to a nursing home. Get out of your head with thoughts of how unhappy you are and think about others.

**Remember** that romantic relationships do not define a person. We each define ourselves. Being single does not make anyone less of a person. There are so many other parts of each of us that define who we are.

<https://www.mentalhelp.net/blogs/survival-tips-for-singles-during-the-valentine-s-season>

**Policy of the Month: Employee Behavior By Administration**

It is the policy of Community Catalysts of California (CCC) that certain rules and regulations regarding employee behavior are necessary for efficient business operations and for the benefit and safety of all employees. Conduct that interferes with operations, discredits the company, or is offensive to clients, outside business staff or coworkers will not be tolerated.

Employees are expected at all times to conduct themselves in a positive manner in order to promote the best interests of CCC. Appropriate employee conduct includes:

1. Treating all clients, visitors, and coworkers in a courteous manner;
2. Refraining from behavior or conduct that is offensive or undesirable, or which is contrary to CCC's best interests;
3. Reporting to management suspicious, unethical, or illegal conduct by coworkers, clients, or outside business staff;
4. Reporting to management any threatening or potentially violent behavior by coworkers;
5. Cooperating with company investigations;
6. Complying with all company safety and security regulations;
7. Wearing clothing appropriate for the work being performed;
8. Performing assigned tasks efficiently and in accord with established quality standards;
9. Reporting to work punctually as scheduled and being at the proper work site, ready for work, at the assigned starting time;
10. Giving proper advance notice whenever unable to work or report on time;
11. Smoking only at times and in places not prohibited by company rules or local ordinances;
12. Maintaining cleanliness and order in the workplace and work areas.

The following conduct is prohibited and individuals engaged in it will be subject to discipline, up to and including termination:

1. Engaging in or threatening acts of workplace violence, including but not limited to:
  - Possessing firearms or other weapons on company or client property;
  - Fighting or assaulting a coworker, guest, or client; and/or
  - Threatening or intimidating a coworker, client, or guest.
2. Engaging in any form of sexual or other harassment;
3. Mishandling or unauthorized possession of property of company or client funds;



## Client Anniversaries

**21 Years**  
Melissa B. | San Marcos

**19 Years**  
Teresa T. | San Marcos

**17 Years**  
Mai Y. | Fresno

**13 Years**  
Jamie M. | Santa Clara  
Rosalina O. | Salinas

**12 Years**  
Nancy B. | Manteca

**11 Years**  
Florendo S. | Salinas

**9 Years**  
Cynthia A. | Fresno  
Jose T. | Salinas  
Jessica D. | Santa Clara  
Jennifer H. | Santa Clara

**8 Years**  
Christina P. | Santa Clara

**7 Years**  
Luis C. | Fresno

**5 Years**  
Joe G. | Santa Clara

**4 Years**  
Edward H. | San Marcos  
Victor A. | Imperial Valley  
Felix T. | Imperial Valley

**3 Years**  
Leslie P. | Manteca  
Daniel B. | Santa Clara  
Kelly G. | Manteca  
Francis C. | Imperial Valley

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## Southern California

### San Marcos

*By San Marcos Staff*

#### What's Going On?

Southern California has the most awesome staff. This year Ron Clayton was chosen as the winner of the James A. Jenkins Award of Excellence. We are recognizing him for his supervisory skills and so much more. Please read the write up, and know that he is that and so much more! On March 1st RM Teri and staff went to Valley View Casino for lunch to honor Ron for all he has done. Thank you Ron for your dedication to our clients!

Our second annual Valentines party was a blast. Thirteen clients came and enjoyed: karaoke, a trivia game competition, balloon volleyball, a Valentine's card exchange, and a photo booth. Winning teams received prizes at the event. Attending the event were: Nicole S., Robin S., Carol F., Bruce B., Sergio C., Ron G., Mark K., Hayden H., Winnie S., Ross B., Wayne H., Caroline B., and staff members Teri Geston, Jacqueline Gritton, James Herring, and Bill Montague.



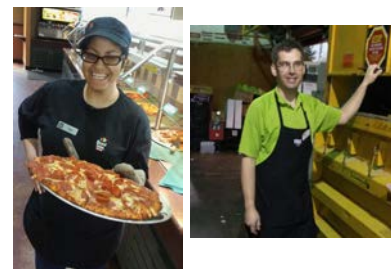
(Above) Teri, Ron, and Jeannie



(Above) Staff and clients at the Valentine's Day party.



(Above) San Marcos staff



(Above) Clients out at work

## Imperial Valley

*By Ana Norris*

#### What's Going On?

A big thank you to all those who helped make January's vehicle inspection a success! It really makes a huge difference when everyone schedules their appointments. We will continue to implement this in July.

During February's advisory meeting the clients enjoyed a great day off. They had a lunch and watched a movie. It's an activity they enjoy and look forward to us providing it as much as possible.

We would also like to welcome Dalis Maceira, DSA to our Day Program. Her warm smile and wonderful personality will be a great addition to the ever-growing program.



(Above) El Centro advisory meeting



**Client Anniversaries**

*Continued from p2*

**2 Years**

- Ruben S. | Manteca
- Bonita D. | Visalia
- Benita D. | Visalia
- Thomas D. | Manteca

**1 Year**

- Julius L. | Imperial Valley
- Julie R. | Santa Clara

**Wellness Winner of the Month:**

**JANICE DUNCAN!**

**Redwood Coast**

**Ukiah**

*By Jennifer Bilstein*

**What's Going On?**

This February our clients got to participate in the 2<sup>nd</sup> Annual Cupid Shuffle put on by the Rail Trail Community. These monthly walks are community events that are free. Anyone can participate in them. We're lucky enough to be located right next door to the Rail Trail, so we combine the community walks with CAC meetings. This month RM JoAnn helped out at the CAC meeting by showing a great informational nutrition video for our clients. They watched while getting warmed up from their walk. If you'd like to share it with people you know, it's called [Fruit Rainbow Lesson 1: Healthy Eating for People who have Developmental Disabilities](#). It can be found on YouTube.

We're looking forward to March, because we have some fun events coming up that clients are going to love! Some of the fun things they'll be doing are continuing Special Olympics basketball, going to the Leprechaun Leap Rail Trail Walk, and attending a Best of Broadway Under the Stars musical act. We hope your year is going well so far! And last, but not least, we'd like to wish a big Happy Birthday to our clients Allison & David and to our DSA Margaret.

**Santa Clara**

*By Erica Barber*

**What's Going On?**

February has been a busy month here in Santa Clara. We had two staff out on leave, one is back and to the other one we are wishing a speedy recovery! Our clients Krissy and Ellen went to see Disney On Ice. They were accompanied by their staff, Carmen and Estefani. A fun time was had by all.

**Salinas**

*By Farley Odad*

**What's Going On?**

First and foremost welcome aboard Mayra and Martha our new DSA's. It has been a hectic 28 days of the month with enrollment, client hours coverage, and a bit of rain storms. A few of our clients who lives in the country was affected by the horrible storm with five days of no water and power. Thankfully they stayed safe and ILS continues.

We would like to congratulate our client R. Barrera on his successful goal of moving out of his mom's house and into his own apartment. He was assisted by his DSA and CM. Now he will experience the pain of paying bills. Good luck!

Happy Valentine's Day and be safe!



*(Above) Ukiah clients*



*(Above) From left to right: Estefani, Ellen, Krissy*



*(Above) From left to right: Estefani, Ellen, Krissy, Carmen*

## Employee Anniversaries

### 16 Years

Stephanie Hernandez |  
Merced

### 10 Years

Irma Manjarrez | Imperial  
Valley  
Carmen Valenzuela | Santa  
Clara

### 9 Years

Jessica Ramos | Manteca  
Hugo Sanchez | Fresno

### 8 Years

Dana Steckling | San Marcos

### 6 Years

Kitty Riggs | Ukiah  
Patricia Ajayi | Fresno

### 5 Years

Eloy Rocha | Imperial Valley  
Patricia Ajayi | Fresno

### 4 Years

Steven Camacho | Visalia

### 3 Years

Esther Teran | Imperial Valley  
Brenda Carrillo | Salinas

### 2 Years

Melissa Calhoun | VCS  
Chelsea Coffin | Manteca  
Archie Green | San Marcos  
Amandalee Guevara |  
Manteca

### 1 Year

Perry Smith | Visalia  
Katelynn McCarter | Visalia  
Vanessa Aguirre | Visalia  
Kelli Arvizu | Fresno  
Marisa Baker | Visalia  
Whitney Clark | VCS

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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!!!**