

IN THIS ISSUE

| | |
|---------------------|---|
| Emotional Wellness | 1 |
| Policy of the Month | 1 |
| VCS | 2 |
| San Marcos | 3 |
| Imperial Valley | 3 |
| Quarterly Awards | 4 |
| Ukiah | 5 |
| Salinas | 5 |
| Santa Clara | 5 |
| Visalia | 5 |
| AmazonSmile | 6 |

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Editors

Alesia F.

Emotional Wellness: Lack of Sleep May Lead to Irrational Behavior

By Jennifer Warner, WebMD

Sleep deprivation may make it harder to keep your emotions in check. A new study shows that sleep deprivation is linked to a disconnect in the part of the brain responsible for keeping emotions under control, adding to the already long list of negative effects of lack of sleep on health. Here are some helpful hints to help you get those zzzzzzz's:

- Stick to a sleep schedule. Go to bed and get up at the same time every day, even on weekends, holidays and days off.
- Pay attention to what you eat and drink. Don't go to bed either hungry or stuffed.
- Create a bedtime ritual. Do the same things each night to tell your body it's time to wind down.
- Get comfortable. Create a room ideal for sleeping. A cool, dark, quiet bedroom is most conducive for sleeping. No TV in the bedroom.
- Limit daytime naps. Long daytime naps can interfere with nighttime sleep, especially if you're struggling with insomnia or poor sleep quality at night.
- Include physical activity in your daily routine. Regular physical activity can promote better sleep, helping you to fall asleep faster and to enjoy deeper sleep. However, heavy exercise right before bedtime can impact your ability to fall asleep quickly.
- Manage stress. When you have too much to do and too much to think about, your sleep is likely to suffer. Write your thoughts down on a pad of paper before turning out the lights. This may help spinning thoughts. •

Source: <http://barneyandbarney.com/assets/files/b-Vital-Mar-2016.pdf>
<http://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/sleep/>

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; and
12. Maintaining cleanliness and order in the workplace and work areas.

**Client
Anniversaries**

- 20 Years**
Gylđa G. | Imperial Valley

- 18 Years**
Wayne H. | San Marcos

- 17 Years**
David C. | Santa Clara
Michael P. | Santa Clara.
Lee Roy B. | Imperial Valley

- 14 Years**
Donald P. | Manteca

- 12 Years**
Aletha R. | Manteca
Carolyn B. | San Marcos

- 11 Years**
Roberto B. | Salinas
Rueben O. | Salinas

- 10 Years**
Jose G. | Salinas
Veronica J. | Fresno
Omar V. | Salinas

- 9 Years**
Federico V. | San Marcos
Tracy H. | Visalia

- 8 Years**
Victor S. | Salinas
Lisa W. | Santa Clara

- 7 Years**
Maryanne S. | Imperial Valley
Donald M. | Imperial Valley
Joseph A. | Manteca

continued on p3

VCS

By Anya- Lisa Washington

What's Going On?

Choose one word to describe the month of March? Hectic. In addition to the monthly hustle and bustle of TFAs, recertification's, intakes and rent check deliveries, the VCS team adapted to several changes as they prepared for an upcoming audit and SSVF onsite monitoring visit. Not to worry, they found joy in the form of client successes and Chipotle burritos (yes, burritos)!

Success Story

Mike moved to San Diego from North Carolina in the beginning of March. He suddenly found himself homeless, and a victim to a robbery which left him without a state ID, social security card, and other possessions. Our Intake Specialist Whitney C. told him about VCS and how she might be able to help him. The next day Whitney completed his intake, and he was enrolled in VCS. After days of no contact with Mike, Whitney took to the streets to find him. When she found him she encouraged him to continue the path to end his homelessness. Upon agreeing, Whitney then drove him to the South Bay office and assisted him with applications for a new state ID and social security card. In less than thirty days Case Coordinator Demi secured him an apartment, and despite facing several obstacles, Mike is finally able to call San Diego home.

In Other News

Jennifer, a local Girl Scout (shown in this photo with some of our North County VCS staff), made a video on Facebook and asked for donations to give Girl Scout Cookies to homeless veterans. Her goal was to receive 30 boxes of cookies to donate, and she exceeded her goal. In total, she received 45 boxes to donate to our homeless veterans! What an amazing and inspiring young lady. We guarantee her mom, Geri Mu, is very proud of her. Thank you, Jennifer! Our veterans are going to enjoy this sweet treat!

On March 14th work became even more rewarding! Thanks to Intake Coordinator Whitney's frequent lunch visits to the Chipotle on H Street, they offered her free food! She was even allowed to share this reward with the entire office. We were treated to one free burrito, bowl, salad, or order of tacos.

Congrats to Data Performance Coordinator Candace for being appointed DPC for the entire VCS program; Case Coordinator Melissa for being admitted into SDSU's master's degree program; and congrats to our promoted case coordinators Alex, Brittney, Janell and Robert!

Happy Birthday to Cristina, Anya-Lisa, Demi, Alex, Stella and John!



(Above) VCS staff near the USS Midway



(Above) South Bay staff at Chipotle



(Above) Enjoying the free lunch

**Client
Anniversaries**

Continued from p2

6 Years

Juan E. | San Marcos
Joyce J. | Santa Clara

5 Years

William M. | Imperial Valley
Martin O. | Imperial Valley
Rosemary N. | Visalia

4 Years

Angel M. | Imperial Valley
Fred H. | Ukiah
Robert G. | Ukiah
David M. | Ukiah
Richard S. | Ukiah

3 Years

Scott C. | Manteca
Glenn S. | Manteca
Michelle M. | Santa Clara
Marta O. | Imperial Valley

2 Years

Karyn A. | San Marcos
Daniel P. | Santa Clara
Samantha A. | San Marcos
Rafael D. | Ukiah

1 Years

Alma G. | Santa Clara

Southern California

San Marcos

By San Marcos Staff

What's Going On?

Supported Living staff and clients got together to help client Wayne H. celebrate his birthday. DSA Kathy Hartland made it special again by preparing Wayne's favorite dishes of enchiladas, rice, and chile relleno. Regional Manager Teri Geston added to the menu by bringing her special beans, and CM Dawn Pennepacker brought her delicious jalapeno cheese dip as an appetizer. The debate is still on as to whether crackers or bread is better (I vote bread!). Independent Living client Hayden H., SL clients Carol F. and Shelley Y. were there to help in the celebration along with SL staff Larry S.

Client David S. recently co-wrote a melodrama which was performed this month at the North Park Vaudeville & Candy Shoppe theater. David's love of theater started at the age of ten. Several years later he went on to study theater as a college student at the University of Texas Arlington. His recent credits include handling sound and lights for the last several melodramas at the North Park theater. "Aurora and Hank: A Love Story or Will the Drillmaster Torture 10,000 Win in the End," is David's first playwright credit. David also volunteers his time at the Reuben H. Fleet Theater as a docent. He has periodically been employed as staff when various traveling exhibits come through town. We are all very proud of David's accomplishments! We would like to welcome our new staff member Chris Brown to the SL/Tailor Day team! We are happy to have you aboard and look forward to working with you. Take a moment to say hello and introduce yourself. We're very glad he's here!



(Above) Wayne H's birthday celebration

San Marcos Calendar

April 28th: The Habit Burger Grill
4:00pm to 9:00pm
May 11th: Knott's Berry Farm



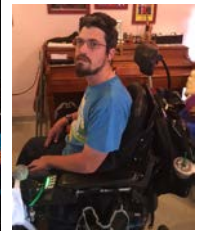
(Above) Benny Bowl Advisory Event



(Above) Chris Brown



(Above) David and the flyer for his production



Imperial Valley

By Ana Norris

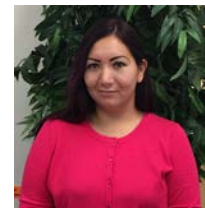
What's Going On?

Greetings and salutations to all! March was again a very busy month for Imperial Valley. We would like to welcome Johana Ramirez to the Day Program. She is a great addition to CCC, and we know that she will become a valuable part of the team.

This year's Imperial Mid-Winter Fair hosted an afternoon for clients from all over the valley. Our team was more than happy to take them to the festivities. The vendors gave them free popcorn, cotton candy, and even a stuffed animal. Our clients had a great time, and they are already looking forward next year's event. The next advisory will be on April 21st at Bucklin Park so mark your calendars, and encourage your clients to be part of the advisory committee!



(Above) Client Angela achieving her goal from courtesy clerk to assisting in the bakery




(Above) Johana Ramirez

Employee Anniversaries

15 Years


Pebbles Dumon | Corporate

10 Years

Carmen Valenzuela | Santa Clara 

Irma Manjarrez | Imperial Valley

9 Years

Jessica Ramos | Manteca 
Hugo Sanchez | Fresno

8 Years

Dana Steckling | San Marcos

6 Years

Kitty Riggs | Ukiah

5 Years


Eloy Rocha | Imperial Valley

4 Years

Steven Camacho | Visalia


3 Years

Chelsea Coffin | Manteca 
Daynique Candler | Fresno

Esther Teran | Imperial Valley 


Brenda Carrillo | Salinas

2 Years

Melissa Calhoun | VCS 
Archie Green | San Marcos

Amandalee Guevara | Manteca 

1 Year

Vanessa Aguirre | Visalia 

Kelli Arvizu | Fresno

Marisa Baker | Visalia

Whitney Clark | VCS

Katelynn McCarter | Visalia

Perry Steckling | Visalia

Employee of the Quarter

Kathy Hartland – San Marcos

Kathy Hartland joined Community Catalysts in 2009 as a part time DSA in the San Marcos SL program. During that year she began to take on more responsibility, shifts, and soon became full time. Kathy has worked with some of San Marcos's most challenging clients. She was able to help those clients, and many more, reach new levels of independence. Kathy went above and beyond by being instrumental in setting an exercise routine for one client who could have lost his mobility without daily exercise and physical therapy. She even volunteers her time to ensure that clients always have a memorable birthday by cooking the clients favorite meal. One client in particular was provided with homemade enchiladas, chile relleno, all the other essential foods for a Mexican dinner. Each Christmas and Thanksgiving, the SL clients look forward to their traditional holiday meal prepared by Kathy. She also uses this time to get the clients involved with the meal prep. The clients are encouraged to help grate, cut, stir, season and mash the ingredients. Kathy can be counted on to fill almost any shift asked, especially at times when staff members get sick. This in turn has allowed Kathy to get to know all of the clients in SL program, and she's viewed by her peers as an exceptional trainer. Thank you, Kathy for always going above and beyond. You truly make a difference. Congratulations! •

Client of the Quarter

Shirley C. – Santa Clara

Shirley has been with Community Catalysts of California since 2008. In addition to being a part of our program, she also attends a weekly day program called HOPE Services. While living at home with her family, she does many things around the house to help out. Her favorite thing to do for her family is providing them with a home cooked meal. They even go out on outings where Shirley brings her iPad to take videos and pictures while doing some family bonding. Shirley has done a fantastic job with continuously working on her goals, and has been doing a great job with money management.

Shirley loves going out into the community, but one of her favorite things to do is shopping at the mall. She loves shopping for purses and body lotions. Shirley's also loves going to church. We are so proud of Shirley and her continuous growth in her ability to expand her independence. Keep up the good work, Shirley. We are all so very proud of you!

Congratulations!

Redwood Coast

Ukiah

By Jennifer Bilstein

What's Going On?

We hope everyone's doing well so far this year! We'd like to wish a big happy birthday to our clients: Dave M., Jean, and Mark! Happy birthday to CM Diana and DSA Sharon too! We had a lot of fun in March. For our advisory meeting we met at the office to participate in the community Rail Trail walk and the Leprechaun Leap! Some of the clients also went to the "Best of Broadway Under the Stars". It's a musical production of Broadway's most famous songs, and everybody thoroughly enjoyed the show! JoAnn had a great time visiting San Diego presenting information about our area to the Board of Directors. Although everyone was hard at work, they managed to spare a moment for a quick picture. JoAnn decided to stay an extra day to tour the Flower Fields in Carlsbad, CA. What a beautiful sight to behold. Bright blooming flowers as far as the eye can see!



(Above) Leprechaun Leap in Ukiah



(Above) Ukiah Clients after Best of Broadway.



(Above) JoAnn Holiday in the flower fields.



(Above) JoAnn, Claudia, Denise, and Shelley

South Bay

Salinas

By Farley Odad

What's Going On?

Congratulations and bye-bye to Emerita who is moving away and on to new life experiences. Emerita has been with us for over three years, and I speak for the entire team and clients in wishing her the best in her new endeavors. We're all getting used to daylight savings as well as Paycom. How is everyone doing with Paycom? Aloha from client Florendo who spent his birthday week in Hawaii! Now he brags about Pearl Harbor. Happy Birthday Florendo, and next time bring me with you!



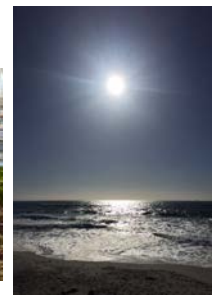
(Above) Florendo in Hawaii.

Santa Clara

By Erica Barber

What's Going On?

March has been a warm and rainy month here in Santa Clara. We would like to give a big welcome to new DSA Tanisha, and our new client, Gina. We are excited to have them with us and look forward to getting to know them better! Denise attended a corporate meeting in San Diego. She gives her thanks to everyone for being so hospitable, and is looking forward to implementing all the new and great ideas!



(Above) Shelley, JoAnn, and Denise in San Diego

Central Valley

Visalia

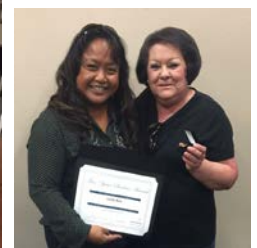
By Steven Camacho

What's Going On?

During March the Visalia clients gathered for a fun night at the local bowling alley. Clients had a great time interacting with each other and staff members. Some clients also attended the Visalia St. Patrick's Day Parade in downtown Visalia. A great time was had by all. This month we also got to celebrate NCM Shelley Cook's birthday! March's employee of the month is Brenda Rodriguez. Congrats! We are sad to announce the passing of DSA Candy Beck and CM Joshua Chapman. Both will be deeply missed by clients they served and the employees they worked with.



(Above) Shelley celebrating her birthday



(Above) Candy Beck presented with her 5 year anniversary award!



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!!!