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August is Respiratory Health Month



The human respiratory system is a series of organs responsible for taking in oxygen and expelling carbon dioxide. The primary organs of the respiratory system are lungs, which carry out this exchange of gases as we breathe. In order to avoid respiratory diseases such as Asthma, chronic obstructive pulmonary disease (COPD), lung cancer, bronchitis and emphysema to name a few, we want to keep our respiratory system as healthy as possible, we can't afford not to!! According to the American Lung Association, more than 35 million people in the US have some type of chronic lung disease. Lung disease is listed as the 3rd most common killer, just behind heart disease and cancer. The cost is more than \$150 billion a year. The cost of lung disease is a huge toll on anyone suffering from the condition. While different conditions have a different price tag, it is important to try and get the help you need in order to feel better. Be sure to talk to your doctor or healthcare provider about any costs that might occur during your treatment.

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**Policy of the Month:
Workplace Violence**

By Administration

Community Catalysts of California (CCC) does not tolerate violence, threats of violence or other behaviors committed on or by an employee, client, or other individuals at its workplace.

CCC charges every employee with the responsibility of contributing towards a violence-free environment.

This policy also extends to outside parties who enter CCC facilities, or who communicate with employees or clients directly, by phone, e-mail, mail, or other methods. Employees are encouraged to notify their managers, supervisors, or the Chief Executive Officer (CEO) of any situation that they feel is unsafe or inconsistent with this policy.

In addition to other forms of workplace violence, CCC recognizes that domestic violence and sexual assault injures individuals, their work performance, and the workplace as a whole. Employees experiencing violence or abuse of any type at home are encouraged to seek help from law enforcement, domestic violence counseling, service agencies in the community and to access the CCC Employee Assistance Program. Referral information is available from managers and supervisors.

In some cases, employees may be eligible for assistance from CCC to maintain their safety and the safety of co-workers.

If you receive or overhear any threatening communications from an employee, client, or outside party report it to your supervisor at once. Do not engage in either physical or verbal confrontation with a potentially violent individual. If you encounter an individual who is threatening immediate harm to an employee, client, or visitor to our premises contact an emergency agency (such as 911) immediately. Often times, the quickest response from law enforcement will be achieved by using a regular telephone to call 911, as opposed to a cellular telephone, but use whichever will allow you to make the call safely.

**Client
Anniversaries**

- 23 Years**
Connie M. | San Marcos
- 22 Years**
Crystal C. | Imperial Valley
- 19 Years**
James W. | Santa Clara
Kelly M. | San Marcos
Winifred S. | San Marcos
- 18 Years**
Ron G. | San Marcos
- 17 Years**
Esmeralda R. | Imperial Valley
- 14 Years**
Moua C. | Fresno
Armando O. | Salinas
- 11 Years**
Lorraine H. | Santa Clara
Casey F. | Merced
Jesus A. | Manteca
- 9 Years**
Kyle B. | San Marcos
Amando J. | Salinas
Noami H. | Salinas
Isreal A. | Imperial Valley
Norma L. | Santa Clara
- 7 Years**
Tim R. | Visalia
- 6 Years**
Ronald A. | Visalia
Harlan R. | Redwood
Tracey K. | Fresno
Cassandra S. | Santa Clara
Jonathan R. | Santa Clara
Colleen S. | Fresno

Southern California

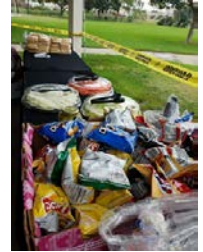
San Marcos
By Alice Olsen

What's Going On?

August 25th was the CAC Beach Party, the BIGGEST Event all year with more than 54 people (staff & clients) showing up for a GREAT time.

Thank you to Jeannie Leuma, Case Manager, Gina, Marti, Orlando, Ron & Mike (our BBQer's), Teri and many others who helped in making this event the BEST!

Thank you to Albertson's, El Pollo Loco, Soup Plantation, Sprouts, Valley View, Von's for all the donated food & water.



Great day for Sail on the Bay with Robin S, Winnie S., & Jacqueline Gritton, DSS.

South Bay

Santa Clara
By Erica Barber

What's Going On?

It's been a long month here at Santa Clara! We had 6 new intakes this month and we're excited to have them in our program and get to know them.

Our DSA Lori took 2 clients to the Oakland Zoo. Robin and Pieter had a blast. Their favorite animals were the baboons. They especially enjoyed riding the gondola that took them over the rolling hills of Knowland Park to a new restaurant to eat at.

Salinas

By Farley Odad

What's Going On?

SUMMER BBQ
Natividad Creek Park, Salinas
Food, Music, Games!
Attendees received a prize for participating: Ball Toss, Kickball, and Music.



Client Anniversaries

Continued from p2

5 Years

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

4 Years

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

3 Years

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

2 Years

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

1 Year

Andrew M. | Santa Clara
Arlene A. | Imperial Valley
Ariana T. | Imperial Valley

Redwood Coast

Ukiah

By Jennifer Bilstein

What's Going On?

The term "Hot August Nights" is one way to describe this last month although the days *were* hotter! Whew! I think we're ready for the cooler temperatures that fall is bringing us, though I'm not sure they're coming soon enough.

And while it's been hot up here in our neck of the woods, we've managed to get out and have some fun times. We kicked this last month off with our Client Advisory Committee meeting. The clients had a lot of fun as members from the Ukiah Rod & Gun Club came over to present framed pictures to the clients that went fishing with them. We've now got the pictures hanging on the wall in our hallway for all to enjoy.

Although we have two Bay Area Major League Baseball teams, it seems that the majority of our clients prefer to watch the San Francisco Giants. Go Giants! David and Randy enjoyed a beautiful day at AT&T Park this month. Although the Giants lost their game that day, everybody still had a great time cheering them on and delighting in tasty ballpark treats. Also, our PL Mone got to meet famous Giants first baseman Willie McCovey! What an honor!!

Every summer the Redwood Summer Games rolls around. And this year was no exception. Bob, Paul and Lloyd all decided to go camping for the weekend at Summer Games. They got to participate in a bunch of fun activities, enjoy tasty Campfire food and have a nice relaxing weekend with friends. Although the weather was warm the time away from home was enjoyed by all.

On another note, we want to say congratulations to Dave for his medal that he was awarded for participation in Special Olympics Softball!



Also, we would like to extend a big welcome to our newest DSA's Kayla and Tyrrell! Welcome to the CCC family! We're looking forward to getting to know you and hope that you enjoy working with our clients as much as we do! This month's Happy Birthday wishes go out to Paul R., Paul S. and Darryl! Also to our PL Mone and DSA Karen!





Employee Anniversaries

13 Years
Jessiel Manuel | Corporate

12 Years
Romy Yang | Fresno 🦋

11 Years
Farley Odad | Salinas
Stephanie Bravo | Santa Clara

9 Years
Orlando Garcia | San Marcos
Esmeralda Lopez | Visalia

5 Years
Alvin Chandar | Manteca

4 Years
Araseli Rodriguez | Manteca
Gina Bohorquez-Flores | San Marcos

3 Years
Jacque Kvapil | Corporate 🦋
Maria Garcia | Imperial Valley 🦋
Maria Corona | Salinas

2 Years
Stella Arias | VCS
Ayana York | Manteca
Reinita Bradley | San Marcos

1 Year
Kasha Maddox | Fresno 🦋
Adriana Gonzalez-Leon | Salinas

Markeisha Clayton | Fresno 🦋
Tammie Ransom | VCS
Joshua Miller | VCS
Dawn Pennepacker | San Marcos

Estefani Romero | Santa Clara
Ana Evans | Imperial Valley
Tamara Cooley | VCS
Jonathan Koong | VCS

Wellness Winner:

JoAnn Holiday!

Corporate

By Claudia Hutchinson

What's Going On?

Lunch celebration to welcome Gaby Heredia to our team and wish Jacque Kvapil a Happy Birthday.



Adela Chavez made an eclipse viewing box for the corporate office team. Good times!



Our Director of Operations, Claudia Hutchinson, visiting in Ukiah, Manteca, and Fresno in August. Thanks for all the helpful information about our amazing clients!



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