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Food For Thought
Magellan Healthcare

For many of us, the holidays sing, "Food, Glorious Food". You know the ones — cheese platters, bacon-wrapped appetizers, creamy egg-nogs, spiked punches, cookies and rich desserts. It can be a challenging time of year to make healthy choices. But healthy holiday eating is possible. Here are some tips for making favorite recipes healthier:

- Cut the sweetness. When making desserts or eggnog, reduce the amount of sugar by half and enhance "sweetness" by adding a bit of citrus, more vanilla, nutmeg or cinnamon. Try Agave nectar, honey or molasses — their flavor means you can use less. If recipes call for sugary toppings like frosting, jams and syrup, use a puree of fresh or unsweetened frozen fruit instead.
- Shake the salt out. You can reduce salt by half in most recipes too. Also go easy on salty condiments, such as pickles, catsup, mustard and soy sauce. Instead offer cucumber slices and fresh tomato or fruit salsas. Or try lower-sodium versions of packaged foods when available. In recipes, substitute fresh herbs and flavored vinegars for salt.
- Trim the fat. In baked goods you can cut the fat (butter, etc.) by about half and replace it with unsweetened applesauce, prune puree or mashed banana. Instead of full fat condensed milk, use condensed skim in drinks, desserts and, yes, even in fudge. For gravy, heat fat-free, low sodium broth (or drippings with the fat removed); mix flour into cold skim milk and pour slowly into broth, stir until thickened and season to your liking.

By using some of these helpful hints provided by the Mayo Clinic, you can rest easy and enjoy guilt – free dreams of sugar plums dancing to your favorite bread pudding and fruit cakes!

Source: <http://www.mayoclinic.com/health/healthy-holiday-eating>

Policy of the Month:
Transferring/Lifting Clients
By Administration

Due to the nature of the services we provide, staff may need to transfer/lift individuals into and out of wheelchairs, beds, or other equipment to provide the necessary services for the individuals we serve.

To ensure staff and client safety:

- Staff must receive on-site hands on training in how to appropriately and safely transfer/lift individuals if it is an expected part of their duties;
- Staff must wear provided safety belts when transferring/lifting individuals to reduce the chances of injury;
- Staff must report immediately to supervisory staff any injuries incurred while transferring /lifting a client.
- The staff person identified to provide the transferring and lifting must be physically capable of performing the task.

At no time should any staff be required to transfer/lift a client if staff has provided medical documentation stating he/she has physical limitations prohibiting said activity. All employees whom fail to follow this policy are subject to disciplinary action up to and including termination.



Client Anniversaries

23 Years
Chris D. | San Marcos

15 Years
Hayden D. | 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 A. | Santa Clara
Joseph C. | Salinas
Joe B. | Visalia

4 Years
Maritza A. | Imperial Valley

continued on p3

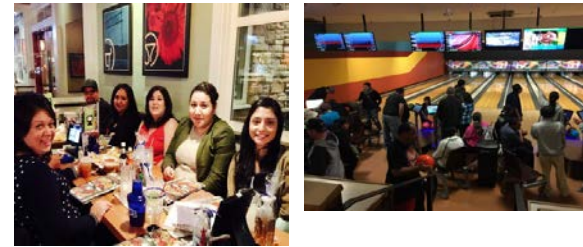
South Bay Salinas

By Farley Odad

What's Going On?

Happy holidays everybody!

Our CAC event this year ended with movies and bowling, per our client's requests. The newly released Disney movie, Moana, was everyone's choice to watch. Although the rain continued to pour non-stop, the fun still continued. After movies everyone headed to the bowling alley to bowl, play games, and eat lunch while others mingled. Our staff dinner party was held at Chili's, and thank you to everyone for coming. Even though we missed three staff members who couldn't attend, we still had a nice turnout. •



Santa Clara

By Erica Barber

What's Going On?

The year came to a close quickly. It's been a blur since Christmas! This year has been many things, and boring was not one of them. Many of our clients enjoyed going out of town to see their family for the holidays.

The Santa Clara office went to Sizzler for our holiday party! Several staff members haven't been there in years. The delicious, mouth-watering steak and lobster was greatly enjoyed along with their amazing complimentary toast. Our White Elephant game resulted in many laughs, steals, and awesome gifts!

Wishing everyone love, peace, and laughter for 2017! Cheers!



(Above) Holiday festivities at the Salinas office

Central Valley

Visalia

By Steven Camacho

What's Going On?

December was both an exciting and sad month for the Visalia office. Client Domingo G. passed away on Christmas day. Domingo was with CCC for over seven years and will be missed dearly by all the staff that got to know him. The Visalia office had their staff Christmas party at Vejar's Mexican Restaurant. Shirley Anderson won the grand prize, a 39 inch flat screen TV! The staff enjoyed dinner, and the auction game with NCM Shelley Cook as the auctioneer. The management team hosted a Christmas dinner for our clients as well. They were treated to homemade enchiladas, various desserts, and musical entertainment provided by client Joe B. We are all looking forward to 2017. Happy New Year from Visalia!



(Above) Visalia staff



(Above) Clients at their Christmas party!

(Right) Client Domingo G.



**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 Years

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

Southern California

San Marcos

By San Marcos Staff

What's Going On?

The end of 2017 wrapped up with some fun and games. The San Marcos office spent the afternoon at Jolly Rodgers Restaurant overlooking the Oceanside harbor. The view was beautiful even with the rain.

Office manager Alice Olsen won the Ugly Sweater Contest. Our Christmas movie/music game was a big hit. Jingle Bell Rock will never be thought of the same way after our musical wild gift card exchange!

The San Marcos office got into the holiday spirit with a door decorating contest. The big prize was a lunch with Teri. For the second year in a row CM Stacy Meyer won. Along with the amazing doors we had a little mischievous Elf on a Shelf who enjoyed changing things around the office. Alice's reindeer lightbulbs burned out, and Dawn's mini carolers ended up with gags on their mouths. He even ate candy from our snack boxes. At one point he was so bad we called in the army! Some of the things he did just can't be shared in this public forum. Call Teri if you want the full scoop!•



(Above) San Marcos management team



(Above) The winning team of the decorating contest



(Above) Dawn and Alice

Imperial Valley

By Ana Norris

What's Going On?

Well 2016 has sure been a busy year for the IV staff, and December was no exception.

We had a blast at our end of the year staff appreciation dinner. Dinner was held at a very nice place where everyone was spoiled with a scrumptious food. We all had a chance to just sit back and relax.

The office staff also decided to have an Ugly T-shirt Day. They even went out to lunch and were complimented on their hand made works of art.

Also, I am happy to announce that I have become an instant mom to Isabella "Isa". She was of great help during the end of year dinner and if you ask her, the party was for her ☺

****Safety News: We will be holding our Vehicle Inspection in January so be prepared to stop by the office.**



(Above) End of the year dinner.



(Above) Ana and Isabella



(Above) Staff wearing "ugly" holiday shirts

Employee Anniversaries

23 Years
Shelley Cook | Northern Cal.

15 Years
Katherine Peterson | Ukiah

10 Years
Electra Gemmill | Ukiah

8 Years
Kimberly Berry | Ukiah
Osa Ojo | Manteca

7 Years
Jacqueline Gritton | 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

Redwood Coast Ukiah

By Jennifer Bilstein

What's Going On?

We hope everyone had a great holiday season! We had a busy month and had quite a bit of fun up here! First, Happy birthday to our client Lloyd! Happy birthday to our DSAs Regina and Kitty! We hope you all had a fun time celebrating your birthdays.

Our clients enjoyed going to the annual UVAH Holiday Ball. This dance is something that our clients look forward to as a fun time during the winter months. They enjoyed dancing with friends and catching up with those they may not have seen in a while. Everybody dressed up and looked great for this fun occasion! Mid-month we participated in the 2nd Annual Santa Stomp on the Rail Trail here in Ukiah. Lucky for us it runs right next door to our office! We were able to meet up, walk the trail, and enjoy some tasty treats while holding our CAC meeting. Everybody enjoyed taking a brisk walk in the cool, crisp December morning. We decided it would be fun to get together and have a cookie exchange during the next meeting.

We had a few clients go to Windsor, CA for an evening of Christmas fun! They enjoy seeing all the beautiful lights in the town square then headed to the nearby candy store for a little treat. We look forward to the following year. Another fun trip was our ride on the Skunk Train with Santa! Everybody who rides the Santa Skunk Train has a great time viewing the beautiful forests, hearing Christmas carols, and drinking hot chocolate.

Our staff holiday party was a hoot for all! We had a potluck, and the food was delicious! We had quite a variety too, from simple meat and cheese trays to meatball sliders and a wonderful homemade dessert platter. We played a few games like this hilarious one pictured where we were blindfolded and had to create a Christmas tree with a piece of construction paper and then, while still blindfolded, try to decorate it and even place a star at the top! This game was good for a lot of laughs. Our DSA Saraya ended up winning this one! We all had a great time visiting and eating some wonderful home cooked items and we all look forward to next year!

North Valley Manteca

By Jessica Ramos

What's Going On?

Our very own DSA, Dwight Mahabir was featured in Central Valley's premiere lifestyle magazine "Stanislaus Magazine". He is featured in the November/December 2016 issue and was interviewed for the "Creatives of the County" section for his acting, singing, producing, and directing skills.

Congratulations Dwight! We are proud of you and honored to have you as part of our CCC family!



(Above) The Santa Stomp crew!



(Above) Fred and Dave aboard the Christmas Skunk Train



(Above) Darryl, David, and staff at UVAH Holiday Ball



(Above) Staff Christmas party

CREATIVES OF THE COUNTY

Dwight D. Mahabir
Actor, Singer, Producer, Director

BY KEN WHITE • PHOTOS BY JAMES A. EWING

1. WHO OR WHAT INSPIRED YOU TO BECOME AN ARTIST?
As a child growing up in New Rochelle, New York, I walked around my block remembering the voices of Tom Jones, Sammy Davis Jr., Engelbert Humperdinck and others. At the age of 7, I saw I Do! I Do on Broadway. The movies I would frequent were the musicals of the day, such as Oliver, Fanny Hill, Oklahoma, and Hello Dolly! Singing was instinctive and acting followed. At the age of 10, I remember watching the movie Inherit the Wind with Spencer Tracy and Fredric March every day at noon for a week. I was captivated watching the film Guess Who's Coming to Dinner, not only did I see some of my favorite actors at work, but I realize there was someone who looked like me.

2. WHAT HAS BEEN YOUR MOST REMARKABLE PROJECT?
There have been so many wonderful and significant projects. However, what stands out the most was working with director Richard Mann and Kathy Lindberg on the widely acclaimed one-man dramatic production Over the President's Shoulder by playwright James Still, based on the story of White House chafeur Walter. Alonzo Fields. We will be reprising this role at ACT San Francisco in May 2017.

3. WHAT WOULD BE YOUR DREAM PROJECT? WHY?
I have been conceptualizing a musical based on life in New York in the 1970s, representing a joyful and exhilarating time for many who came of age in that era.

4. WHAT DO YOU CONSIDER YOUR GREATEST ACHIEVEMENT?
One of my achievements later in life was to overcome stage fright. I had performed on stage for many years and I was always hyping and, and I believe many other achievements will come to fruition.

5. ANY REGRETS ALONG THE WAY?
Oh, they are numerous, but I try not to let them consume me because dwelling on such things can lead to guilt and failure.

6. WHAT ARE YOUR PLANS FOR THE FUTURE?
To bring Looking Over the President's Shoulder to more regional theaters across the country and continue honing my skills in music, voice work, acting and dance.

7. WHY IS ART IMPORTANT? HOW DOES IT BENEFIT PEOPLE? A COMMUNITY?
Art brings people together and heals. In times of crisis, depression and disaster, people will still go to the movies, pay to see musical theater and experience other art forms because it lifts the spirit. Art has been the one constant ray of hope. We learn about different cultures and perspectives, and it empowers us.

8. WHAT FEW WORDS OF ADVICE WOULD YOU GIVE TO THOSE WHO WANT TO BE AN ARTIST? LIKE YOU?
Work as if it's your job. You know when it's inherent in you. You feel a thrill and the drive to be on stage. Take all the lessons you can, voice, music, dance, drama, and learn to read music. Study, memorize and rehearse monologues. See as many shows as you can afford. Anything you have to do to travel to yourself, do it. Auditions for Yes Company, Modesto Performing Arts, Townsend Kids, Center Stage Kids, etc. Modesto Performing Arts. Townsend Kids, Center Stage Kids, etc. Modesto Performing Arts. Townsend Kids, Center Stage Kids, etc. Modesto Performing Arts.

9. WHY DID YOU COME TO STANISLAUS COUNTY? WHY DID YOU STAY?
My sister Sherrie was a therapist at Modesto Psychiatric Center. In 1991, I was between jobs living in New York City with my family. She talked me into coming to California for a visit. I was hired at Stanislaus County Mental Health and have been in California ever since. I took an early retirement from the county in 2008. I stayed here because I have been consistently working in the theater throughout the Bay area, the foothills and the valley. I love California. I love Stanislaus County. It's home.

10. IN A FEW WORDS, WHAT INFLUENCE HAS YOUR HOMETOWN AND STANISLAUS COUNTY HAD ON YOU? ON YOUR ART?
I have always felt fortunate growing up in the New York metro area. I was exposed to so many artistic and cultural experiences. I started performing in New York at the age of 9, acting until I was 14, but then my artistic career was dormant for over 20 years due to stage fright. Moving to Stanislaus County at the age of 32 somehow opened my confidence again, and I was cast after my first audition with Modesto Performing Arts.

11. IN ONE WORD, HOW WOULD YOU DESCRIBE YOURSELF? ANSWER.
I enjoy the art of cooking, creating new recipes and wine pairing.

12. WHAT IS ONE THING PEOPLE WOULD BE SURPRISED TO KNOW ABOUT YOU?
I enjoy the art of cooking, creating new recipes and wine pairing.

DO YOU HAVE A WEBSITE YOU'D LIKE TO SHARE?
www.dweighthabir.com

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Manager of the Year Ron Clayton – San Marcos

Ron Clayton is a Direct Service Supervisor in the San Marcos office. He is truly a person who handles it all. When Ron was hired as an employee for the San Marcos office, he immediately proved himself to be the right fit from day one. He meets the needs of CCC, our programs, and the needs of our clients. Ron came to Community Catalysts of California in July 2007 after retiring from a successful career as a school Principle. He wasn't initially looking for a second career, just for a way to spend time giving back to the community. After just 90 days on the job we had to have Ron as a full time employee. We were not going to let him get away! Ron began as an Employment Coordinator and worked his way up to greater responsibilities.

One of the best things about Ron is he always goes above and beyond for his clients and case managers. His ability to help others succeed has made him a key player in the San Marcos programs. Ron's main focus is always putting the well needs of his clients first. If a client is having a problem, Ron is the person to call and he fixes it. Staff members know that they can rely on Ron for anything whether it's handling confusing paperwork or working with clients who are having a bad day. He treats his peers with the utmost respect and his work ethic is beyond reproach. Ron even goes out of his way to run errands to and from the corporate office, and anything the San Marcos office needs.

With Ron around, there is never a dull moment. He has an amazing sense of humor, and he's always positive. It's great to have someone like that around you. Whatever he does is always done with a smile, and you get the feeling that there is nothing else he'd rather be doing. Ron is an outstanding employee and person. He exhibits everything Community Catalysts stands for and more. No one is more deserving of this year's award than him. We thank and appreciate everything you do. You are truly an inspiration to all. Congratulations, Ron!





Client of the Quarter

Bruce B. – San Marcos

Bruce B. has been with CCC since 2013. Bruce lives on his own in Vista and loves being able to go out and explore while enjoying his neighborhood. One of his favorite activities is going to Coco's restaurant near his home, and having coffee every morning with the friends he's met while enjoying his morning ritual.

Bruce loves music. He knows so many singers and songs. He enjoys listening to all kinds of music, but his very favorite are the oldies from the 50's and 60s.

Bruce enjoys going to the advisory events with the San Marcos office, and he is always a willing participant in anything office activity.

This year Bruce was the runner up at the Halloween costume party, where he came as John Travolta from Pulp Fiction. All of this is so very exciting for staff members who work with Bruce to witness, because when he first came to the San Marcos office he was very quiet and shy. He didn't participate in many things because of this. Today, he has a smile on his face, he's always here to speak with and interact with clients and staff, and he always brings a special and light to the room with his enthusiasm and a kind heart.

We are very glad that Bruce was chosen as the client of the fourth quarter. It couldn't have gone to a nicer, more deserving person. Keep up the great work! Congratulations, Bruce!

Employee of the Quarter

Teddy Agbayani – Manteca

Teddy Agbayani is a very hardworking employee at the Manteca office who has been working for CCC for over eight years. He is extremely dedicated to his work and is a very hard working individual. His passion for what he does shines through his commitment to clients. Teddy provides services to one of Manteca's most challenging clients with behavioral issues. He has been a great support to this client by ensuring his needs are being met at all times. His client always comes first. Even though working with this particular client can be challenging, Teddy is always smiling and keeps a positive attitude no matter what the situation is. As a result his clients have nothing, but wonderful things to say about him.

Teddy often goes above and beyond his job duties. He is always willing to work last minute calls to help a client in need. Teddy provides our clients with various type of support including providing transportation to and from medical appointment, grocery shopping, and anything else they may need throughout the day. Employees like Teddy are one of the reasons that CCC's daily operations and communication between clients goes smoothly. He tries his hardest to make sure his clients meet their goals. Dedicated employees reflect on us as a company. We are so happy to have Teddy as a dedicated employee for all these years. You truly make a difference. Congratulations, Teddy!



11th Annual Opportunity Drawing WINNERS!



BEATS by Dr. Dre Headphones - Samantha Stewart!

- \$10 Starbucks Gift Card - Samantha Stewart
- \$25 AMC Gift Card - Jeannie Leuma
- \$25 Darden Gift Card - Whitney Willis
- \$25 Darden Gift Card - Jacqueline Gritton
- \$25 Starbucks Gift Card - Jessica Holliday
- \$25 Darden Gift Card - Jacque Kvapil
- \$25 Panera Gift Card - Lilia Aguary
- \$25 Darden Gift Card - Alice Olsen
- \$25 Chili's Gift Card - Alesia Forte
- \$25 Chili's Gift Card - Jacque Kvapil
- \$25 Sephora Gift Card - Alesia Forte
- \$25 Sephora Gift Card - Alesia Forte
- \$25 Starbucks Gift Card - Betsy Grover
- \$25 Panera Gift Card - Ana Norris
- \$25 Bloomin' Brands Gift Card - Marti Diegan
- \$25 Bloomin' Brands Gift Card - Claudia Hutchinson
- \$25 Gap Gift Card - Alesia Forte
- \$25 Gap Gift Card - Luz Velarde
- \$50 Home Depot - Alesia Forte
- \$50 Sears Gift Card - Chelsea Coffin
- \$50 Macys Gift Card - Irene Sanchez
- \$50 Pier 1 Gift Card - Alesia Forte
- \$50 Macys Gift Card - Esther Teran
- \$50 TJ Maxx Gift Card - Michelle Uanaranchawong
- \$50 TJ Maxx Gift Card - Alesia Forte
- \$50 Spa Finder Gift Card - Angie Striepling
- \$50 Spa Finder Gift Card - Jessiel Manuel
- \$100 TJ Maxx Gift Card - Samantha Stewart
- \$100 Macys Gift Card - Alesia Forte
- \$100 Macys Gift Card - Jeff Grover
- \$100 Home Depot Card - Ana Norris



Congratulations
to the Wellness
Winner of the
Month:

ANA NORRIS!



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!!!