

IN THIS ISSUE

Men's Health Month	1
Policy of the Month	1
San Marcos	2
Imperial Valley	2
Santa Clara	3
Ukiah	3
VCS	4
Quarterly Awards	5
AmazonSmile	6

June is National Men's Health Month
Barney & Barney

The purpose of Men's Health Month is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys. This month gives health care providers, public policy makers, the media, and individuals an opportunity to encourage men and boys to seek regular medical advice and early treatment for disease and injury. Friday, June 16th (Friday before Father's day) is Wear BLUE Day. By wearing BLUE, you will be raising awareness of making healthy lifestyle choices, making regular annual visits to the doctor, getting educated on heart disease or diabetes, starting general health conversations with their male friends, and much more.

- Women are 100% more likely than men to visit the doctor for annual exams and preventive services.
- 1 in 2 men is diagnosed with cancer in his lifetime (compared to 1 in 3 women).
- Approximately 30,000 men in the U.S. die each year from prostate cancer.
- The #1 threat to men's health is heart disease. Contributing factors are high blood pressure, obesity and high cholesterol.
- 13 million American men have diabetes.
- Depression is the #7 cause of death in U.S. men.

By The Skin Cancer Foundation <http://www.menshealthmonth.org/>

Source: <http://barneyandbarney.com/assets/files/b-Vita-June-2017.pdf>

Policy of the Month:
Client Safety
By Administration

Having a safe environment to live and work is essential. Some of our clients have special needs and challenges that make safety a prime concern. A survey must be made of the Residential Supported Living Site, travel route, and workplace for potential hazards and obstacles. Existing fire exits could be unacceptable for physically disabled or wheelchair-bound clients. Other physical limitations could make the handling of some household/work tools and chemicals dangerous. Poor reading skills could mean confusion between hazardous and non-hazardous materials. The direct service provider should be especially aware of these issues and work with Community Catalysts of California's (CCC) professional staff to find alternatives or supplemental aids.

Every CCC office has an emergency access system allowing CCC staff to be reached 24-hours a day should emergencies arise. This system may be individualized for each office with most systems being comprised of an emergency on-call that is rotated between program manager staff. At each Residential Supported Living Site or Work Activity Site, the Case Manager should determine if an Emergency Evacuation Plan exists and insure that clients and staff can execute it successfully. In cases where such a plan does not exist, one must be developed, posted, and filed as part of the coordinated Service Plan.

An individualized emergency plan for each client will be developed and posted where staff can easily access the information in the client's environment. These plans generally include telephone numbers for doctors, police, crisis response team, emergency on-call, and the client's medical and personal information which would be needed should an emergency arise.

Board of Directors

Greg Murphy
Chair

Roberta Raasveld
Vice Chair

David Kuhlman
Secretary/Treasurer

Carey Storm
Director

Shirley Grace
Director

Karin Thompson
Director

James Wheeler
Director

Newsletter Staff

Contributors

Erica B., Alesia F., Alice O., Ana N., JoAnn H., Chanthra C.

Editors

Alesia F.

Client Anniversaries

24 Years
Marilyn R. | Merced

21 Years
Steven H. | San Marcos
Collin J. | San Marcos

19 Years
Debra H. | Fresno
Donald D. | Merced

16 Years
Hilda C. | Merced
David S. | Ukiah

15 Years
Lee R. | Salinas
Cesar R. | Imperial Valley

14 Years
Leslie M. | Fresno

12 Years
Vang Y. | Fresno
Maria R. | Salinas

11 Years
Allison J. | Ukiah

10 Years
Manuel R. | San Marcos
Patricia C. | Salinas

9 Years
Rafael M. | San Marcos
Kristopher C. | Imperial Valley
Olivia R. | Imperial Valley

8 Years
Michelle M. | Manteca
John R. | Fresno
Jessica M. | Imperial Valley
Daniel C. | San Marcos

continued on p3

Southern California

San Marcos

By San Marcos Staff

What's Going On?

On June 11th the San Marcos and San Diego CAC attended the 58th Annual Silver Gate Yacht Club's Wheel Chair Regatta for a relaxing cruise around San Diego Harbor. As we were being loaded on to the boats we were assisted by the U.S. Marine Corp. Staff and clients were able to engage in conversations with the marines. Some clients got background knowledge on some of the jobs the marines do. After a nice relaxing cruise, staff and clients had the opportunity to enjoy a great lunch together provided by the yacht club. On the 28th the CAC took a trip to the San Diego County Fair. Clients had a wonderful time experiencing the old west.

Client Angela has been working at Sprouts for one year this June. This job really has been a wonderful match since her change towards a healthier life. She is very active with Zumba and has a trainer she meets with regularly. At Sprouts she's learned about specializing in organic foods and healthy choices. Since Angela became a new employee she has worked hard to meet her weight goals. Great job, Angela!

Imperial Valley

By Ana Norris

What's Going On?

Clients visited the Smurf House and made flower pens for Mother's Day in El Centro. You can tell the amount of fun had, and that is what we strive for. We want to make each client feel like they are individuals, but also help them socialize out in the community.

Independent Living client Sherry D. is working hard on staying healthy with the help of her coach Lydia Rodriguez. With her meal prep, healthy lifestyle, and exercise goals we are confident that she will succeed. She can reach whatever goals she sets forth!

Lastly, we'd like to give a birthday shout out to Liberty M. Happy Birthday, Liberty!



(Above) Staff & Clients at the Wheelchair Regatta



(Above) Fun at the San Diego County Fair!



(Left) Angela

One year progress!!



(Above) Clients and staff at the Smurf House



(Above) Liberty's birthday celebration



Eat good feel good!

(Above) Sherry D.

Client Anniversaries

Continued from p2

7 Years

Luis F. | Salinas
Katy T. | Imperial Valley
Sammy D. | Visalia

5 Years

Joanna Y. | Imperial Valley
Alan K. | Manteca
Gloria G. | San Marcos
Maria M. | Imperial Valley

4 Years

Lora M. | Visalia
Michael T. | San Marcos
Christina K. | Imperial Valley
Ron H. | Manteca
Janelle E. | Imperial Valley
Cindy L. | Ukiah

3 Years

Ricardo R. | Salinas
Marlene V. | Merced
Diego H. | Salinas
Rameses G. | Salinas
Vincente G. | Fresno

2 Years

Raili W. | Santa Clara
Soco G. | Salinas

1 Years

Esmeralda P. | Santa Clara

South Bay

Santa Clara

By Erica Barber

What's Going On?

We would like to congratulate our DSS, Carmen, on being with the company for ten years! She works hard and works well with any client we put her with. She is great at bringing clients out of their shell and has a fun personality! Larnal and Gernal, two new clients who are twin brothers and new to ILS, have greatly benefitted from our program already. They have transitioned well and are glad to be getting things in order. Kristen, another new client, found a new job this month! Our DSA, Anna, assisted her on her job search and interviewing. She was hoping to be a barista and found what she was looking for at a cute little coffee shop/bakery! Kristen will start training soon.



(Above) Carmen Valenzuela's 10 year anniversary

Redwood Coast

Ukiah

By JoAnn Holliday

What's Going On?

June started with excitement. The spring fair came to town and lots of us really enjoyed it. Fred and Richard, along with DSA Adrian, went for a ride on the Skunk Train, a steam train located in Willits and Fort Bragg. This is how Fred chose to celebrate his birthday. Fred used to work on the Skunk Train long ago and the current staff tried hard to make this trip special for him. Bob wanted to celebrate his birthday with a lunch out at Star's Diner with Randy and managers Diana, Angela, and JoAnn.



(Above) Bob's birthday lunch

Diana, Mone, and JoAnn participated in a job fair on a hot Saturday but we were shaded by our Community Catalysts CA canopy. It was put on by a local youth organization. Angela and Jennifer participated in another job fair the following week, open to all with veterans given a priority entrance. Special Olympics softball is in full swing (haha). Dave M. and Paul S. participate every week with Lloyd going to give coaching advise and to cheer them on. The Little Lake Fire Department had an open house and fundraising event in Willits. Lloyd, Paul, and Richard attended. They tried out the equipment and bought t-shirts to commemorate the event. Randy, Paul S. and Lloyd went to see the San Francisco Giants play the NY Mets. They had a good time even though the Giants lost.

It's been very hot here in Mendocino County and we are doing our outdoor activities early in the day or later in the evening like going to the movies in the plaza on Friday nights and concerts in the park on Sundays. Don't forget the sunblock!



(Above) Fred & Richard with the Skunk Train



(Above) JoAnn & Mone at the job fair



(Above) Fire fighter fun!



(Above) Softball Season

Employee Anniversaries

23 Years
Claudia Hutchinson | Corporate

19 Years
Lisa Gallardo | Merced

17 Years
Cathy Taylor | Fresno

13 Years
Christina Rosales | Manteca

9 Years
Lydia Ann Rodriguez | Imperial Valley

7 Years
Brian Keiffer | Ukiah
Danielle Castillo | Visalia

5 Years
Theron Manaktala | San Marcos

4 Years
Osa Ojo | Manteca

3 Years
Amy Noelle Moore | Manteca
Tammy Hutter | Visalia

2 Years
Stephanie Castillo | VCS
Chan Choeum | VCS
Dori Sotelo | VCS
Tanu To'oto'o | VCS
Elexis Swift | Imperial Valley

1 Year
Elvira Trevino | San Marcos
Angie Stripling | VCS Regional Manager
Demi Grooms | VCS
Johnathan Foster | Ukiah
Andres Casanova | Visalia
Liliana German | VCS
Irma Coronado | Imperial Valley

Veterans Community Services

By VCS Staff

What's Going On?

Case Coordinator Priscilla's client had been homeless for four years living in Baja. It was hard getting into the job market so she was doing massages and collecting cans for money to get her high school diploma. Today she is in her own place and working as a caregiver. She recently stopped by the central San Diego office to express her gratitude to Priscilla for all the help she's given her. Priscilla told her what everyone at VCS hopes to be true for all its clients, "the best is yet to come."

Over the weekend two of Case Coordinator Alex's clients found potential housing leads. A few weeks back he successfully housed his first client. The client had planned to watch NASCAR and was so grateful to have a safe place to stay and a tv to watch it on. The day to day work is hard, but in the end, it's worth it.

Earlier this month Intake Coordinator Whitney W., Intake Specialists Whitney C., Amber, and Eddie helped East County Homeless Connect by volunteering to do homelessness assessments at their Coordinated Entry System table and the VCS table. The event was a major success serving 109 out of the 175 there. Out of those, 54 households scored for rapid rehousing and 33 for homelessness prevention services. Additionally, 11 veterans were connected to veteran housing resources present at the event that day. Several veterans got free hair styles and showers. There was a full medical mobile unit on site, mental health professionals, representatives from the DMV were printing ID's on the spot, there was free clothing. SSVF housing agency, Veterans Village of San Diego also attended.

A big welcome to DPC, Kiara and to our new Intake Specialists: Amber, Terin and Eduardo! Happy Birthday to Robert, Lorraine and Rodney!

Ruth, founder of Renaissance Solutionz, is determined to solve the homelessness issue in Chula Vista. Though her focus is not exclusively veterans, she made it clear that she would love the opportunity to collaborate with VCS to help our veterans. The ribbons they wear read, "Who I Am Makes A Difference." Learn the story behind them by visiting, www.blueribbonstory.org



(Above) Renaissance Solutionz Blue Ribbon.



(Above) Anya Lisa with Ruth and Veronica from Renaissance Solutionz



**Employee
Anniversaries**

**Wellness Winner
of the Month:**

ANA NORRIS!

Employee of the Quarter: Farley Odad

Farley Odad has been with Community Catalysts of California for over ten years in the Salinas office. She always makes herself available for any questions you may have, and always finds the answer for you even if she has to search for them. As the Salinas office assistant, Farley can be counted on to respond quickly, with care, and always with compassion. She is always willing to go the extra mile by putting herself in a situation where she is able to obtain quick results. Farley is also one of the friendliest people you will ever met! Whether speaking to her over the phone or in person, she has the ability to make you laugh or smile.

Her dedication to CCC is evident in the amount of years she has been with us and her willingness to go above and beyond. The Salinas office runs very smoothly, because Farley is always on top of things. Never a complaint. Her spirit is absolutely contagious while she continues to provide support to those near and far. She is always a team player and a hard worker. We thank you for all that you do.

CONGRATULATIONS, FARLEY!

Client of the Quarter: Ruben H.

Ruben H. is a fine young man with a charming personality who captures your heart! He lives in Brawley, Ca and joined our El Centro program four years ago. Ruben speaks with such an eloquent and beautiful vocabulary in English, and many people from different sites have complimented him on the same thing!

Ruben struggles daily with many challenges, including changes in his routine. This can be very hard from him as we have let him understand that he has great potential for learning new things and new skills. This can cause him a great deal of stress and outbursts, but now Ruben says, "Tantrums are for babies, not me!"

Ruben has learned many new skills, one of the most impressive ones is learning to type with both hands. He does this without looking at the keyboard, and now he types forty-five words per minute without a mistake! Ruben is now a wiz at using Microsoft Word. He gets a newspaper or magazine and types two or three articles from them using Word, then he saves, prints, and takes them home to put in his special folder where he collects his typing projects. Ruben has also worked very hard on living a healthier lifestyle. Instead of eating junk food he drinks more water, has healthier meals, and exercises. Ruben started attending Zumba dancing classes at Lions Center. At the beginning, he was like a robot with no movements or rhythm. Now his improvements are so impressive that Ruben goes on stage to dance Gangnam Style in front of all the Zumba ladies. Keep up the great work, Ruben!



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!!!