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Motion Medicine

Barney & Barney

Tai Chi A Gentle Way to Fitness By Mayo Clinic

Tai Chi has evolved into a graceful form of exercise that's now used for stress reduction and a variety of other health conditions. Often described as meditation in motion, tai chi promotes serenity through gentle, flowing movements.

Who can do tai chi? Tai chi is low impact and puts minimal stress on muscles and joints, making it generally safe for all ages and fitness levels. In fact, because tai chi is a low impact exercise, it may be especially suitable if you're an older adult who otherwise may not exercise. You may also find tai chi appealing because it's inexpensive and requires no special equipment.

Why try Tai Chi? When learned correctly and performed regularly, Tai Chi can be a positive part of an approach to improving your health. The benefits of tai chi may include:

- Decreased stress, anxiety and depression
- Improved mood
- Improved aerobic capacity
- Increased energy and stamina
- Improved flexibility, balance and agility
- Improved muscle strength and definition
- Enhance quality of sleep
- Enhance the immune system
- Help lower blood pressure
- Improve joint pain
- Improve symptoms of congestive heart failure
- Improve overall well-being
- Reduce risk of falls in older adults

[http://www.barneyandbarney.com/assets/files/b-Vital-May-2016\(1\).pdf](http://www.barneyandbarney.com/assets/files/b-Vital-May-2016(1).pdf)

Policy of the Month:

Suicide Crisis

By Administration

All suicide statements or threats must be taken seriously. The degree of urgency in each situation is determined at the time and will help in deciding the appropriate measures to be taken.

PROCEDURE:

1. **CALM THE CLIENT** as much as possible. It is important that the direct service staff person remains calm and empathetic without overreacting.
2. **OBTAIN IMPORTANT INFORMATION** from the client:
 - a. Where is he/she?
 - b. Who is he/she with?
 - c. What happened and how did he/she react to what happened?
 - d. How is the client? (Physical injury?)
 - e. Does the client have a psychologist or psychiatrist whom he/she sees regularly? (If so, get the name & phone number from the client file.)
3. **GET SUPPORT AND ASSISTANCE** from a unit supervisor or another staff person, as soon as possible.
4. **POSSIBLE NEXT ACTIONS** (to be selected from as appropriate):
 - a. Follow any previously established plans documented in the client file.
 - b. "Give active emotional support," (see next page for methodology).
 - c. Call local suicide hotline.
 - d. Call 911 if the client's psychologist or psychiatrist (if any) and turn case management decision responsibility over to him/her.
 - e. Transport the client to the nearest mental health unit of a hospital for possible admission.
5. **DO NOT LEAVE THE CLIENT UNTIL HE/SHE IS IN THE HANDS OF A QUALIFIED MENTAL HEALTH PROFESSIONAL OR UNTIL THE SITUATION IS RESOLVED.**
6. **ENSURE THAT THE UNITS SUPERVISOR CONTACTS THE REGIONAL CENTER.** First, an attempt will be made to reach the CPC or his/her unit supervisor.



Client Anniversaries

21 Years
Cythnia A. | San Marcos
Michelle Y. | San Marcos

20 Years
JoAnn C. | San Marcos
Edward G. | San Marcos

19 Years
Alicia P. | Fresno

18 Years
Mart W. | Santa Clara
John K. | Santa Clara

17 Years
Andrew B. | Santa Clara

15 Years
George V. | Fresno

14 Years
Brian S. | Santa Clara
Paul R. | Ukiah
Melinda O. | San Marcos
Sergio A. | Salinas

13 Years
Dylan C. | Salinas

11 Years
James L. | Manteca

10 Years
Paul M. | Fresno
Llyod P. | Manteca

9 Years
Veronica A. | Salinas

8 Years
Jose A. | Salinas
Norma H. | Santa Clara

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Southern California

San Marcos By San Marcos Staff

What's Going On?

The San Marcos staff took a few clients to Knotts Berry Farm. Everyone had a great time. We also participated in The Day on the Bay.

Congratulations to DSA Kathy Hartland in the Supported Living program. She was awarded the 2017 Employee of the First Quarter. You are amazing!

South Bay

Santa Clara By Erica Barber

What's Going On?

With the help of the Butterfly Club we were able to get our client Norma a medical ID bracelet. She was excited to show it off and is proud to wear it. A big thanks to everyone who made this possible for her!

Salinas

By Farley Odad

What's Going On?

Thank you to all the Salinas clients and staff members! You really out did yourselves on our Candy Apple Fundraiser! Over 350 apples were sold, and over \$1500 was earned for our CAC events!

Apple Sales and Honorable Mentions:

- Naomi. H. sold over \$500
- Almarosa, Arthur O, and Maria S. sold over \$200
- Francisco, Larissa, Luz, Manuel, Maria G, Nicola, and Tomas S. sold over \$100
- Cecilia, Charity, Gina, Janet, Maria R., Martha C., Martha G., and Ricardo R. sold over \$50

A big thank you to Adriana G., Andrea, Daniel R., Denise, Dylan, Enrique, Eugene, Florendo, Gilbert A., Maria C., Omar, Patricia C., Rodrigo, Samer, Soco, and Thomas for selling apples!

San Marcos Calendar
June 11th:
Wheelchair Regatta



(Above)
Kathy
Hartland

(Above, right) Staff and clients at Knotts Berry Farm



(Above) Staff and clients at the Day on the Bay.



(Above) Norma with her brand new medical ID bracelet.



(Above) Client holding the delicious candy apples.



Client Anniversaries

Continued from p2

5 Years

Ricardo F. | Imperial Valley
Luz G. | Salinas

4 Years

Lulcia R. | Manteca
Dee Anna P. | Fresno
Christopher W. | San Marcos

3 Years

Ruben H. | Imperial Valley
Bruce B. | San Marcos
George S. | Salinas

2 Years

LaToya C. | Manteca
Vernice W. | Visalia
Michael M. | Imperial Valley
Alejandra A. | Salinas
Lilia L. | Salinas

1 Year

Jerrard W. | Santa Clara
Nelly O. | Imperial Valley
Douglas S. | Visalia

Wellness Winner of the Month:

ANA NORRIS!!!

Redwood Coast

Ukiah

By Jennifer Bilstein

What's Going On?

It's hard to believe this year is already almost half over! We hope your year is going well so far! May was pretty laid back up here. We had one client birthday this month, so we'd like to wish a big happy birthday to KT! A few clients went to see the Les Schwab Monster Truck Spring Finals early in the month. It was very exciting and everybody had a lot of fun. Client David went to see Mark Chesnutt at a local venue! He is an avid country music fan, and he thoroughly enjoyed the concert. He was even lucky enough to meet Mark Chesnutt!

We hope everyone had a nice Mother's Day. A few clients picked out beautiful bouquets to have delivered to their mothers. It was a very sweet gesture, and I'm sure the flowers went over wonderfully with their mothers. A few clients went to visit their families over the long three-day Memorial weekend. They all had a nice time catching up with their families and are looking forward to their next visit!

Regional Manager JoAnn Holliday participated in a job fair for transition aged clients of Redwood Coast Regional Center. The fair went well, and she met some prospective clients and their families.



(Above) Client David and Mark Chesnutt



(Left) Mark M. grilling up some delicious food!

Central Valley

Fresno

By Alex Underwood

What's Going On?

Our clients are loving the change of season and Mark M. has officially kicked off BBQ season by grilling up something that looks amazing! Nicely done! He continues to make positive progress and he has an awesome team supporting him with all of his milestones and accomplishments!

Congratulations to staff Maria L. on her daughter's basketball championship! They traveled to sunny Las Vegas last Memorial Day weekend to play and make their school proud! Good job!



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

Corporate

By Alesia Forte

What's Going On?

Here at the Corporate office we received a donation check for \$1500 from Enterprise Holdings Foundation. We appreciate this gift! Thank you on behalf of the entire CCC team.



(Above) From left to right: Jim, Anna, Pebbles, and Claudia

amazon smile Org Central

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!!!