September is Disease Prevention Month

Health promotion and disease prevention focuses on keeping people healthy. Health promotion engages and empowers individuals and communities to engage in healthy behaviors, and make changes that reduce the risk of developing chronic diseases and other morbidities. Chronic diseases are responsible for 7 out of 10 deaths each year, and treating people with chronic diseases accounts for most of our nation’s health care costs. Here are some tips to help prevent disease:

• Communication- Raise awareness about healthy behaviors in the workplace and your community.

• Education- Educate your employees about healthy behaviors through health education and carrier resources.

• Environment – Make healthier options and choices more readily available to your employees such as fresh fruit bowls, walking meetings, gym access and healthier food options during meetings.


Policy of the Month:
Transporting Clients
By Administration

In some cases, behaviorally trained staff is required to transport a client who is agitated or who has a history of acting out in a vehicle. Only staff members who have special training in behavioral services are authorized to transport such clients and should:

1. Place the client in the back passenger seat of the vehicle (farthest away from the driver) when being transported.

2. Have at least two staff members in the vehicle, with one staff in the back driver’s side seat if the client is agitated or has a history of acting out in a vehicle.

3. Staff shall have access to a cell phone.

4. If necessary, three staff may be needed to transport the client with two staff in the back seat with the client in the middle to assure a safe transport.

5. If a client acts out during the transport, staff is to pull over to the nearest safe place and allow the client time to calm down.

At no time should any client be required to load into a car, van, or bus when the client is displaying unsafe and inappropriate behavior (i.e., spitting, hitting, kicking, pinching, etc.).
Southern California

San Marcos

By Alice Olsen

What's Going On?

Independent Living Program: Jacqueline Gritton, DSS

Ron G. volunteers at Tri-City Hospital weekly. He receives and distributes various lab samples. He does his rounds picking up from all departments. Ron worked on staff for 30 years and has volunteered for 6 ½ years and loves it. He has over 1,000 volunteer hours. Ron always goes above and beyond. Thank you for the great work you do.

Central Valley

Visalia

By Steven Camacho

What's Going On?

This month the Visalia Office consumers chose to go to the Tulare County Fair in Tulare. They got to enjoy rides, fair games and of course delicious fair food. Some of the consumers even got their faces painted.

The Visalia and Fresno Office management teams along with NCM Shelley Cook, met for lunch in Old Town Clovis to say farewell to Alex, Office Manager of the Fresno Office. We wish her the best of luck on her new journey and thank her for her time with CCC.
Redwood Coast
Ukiah
By Jennifer Bilstein

What’s Going On?
Let’s start off wishing a big Happy Birthday to our client Larry! Also, Happy Birthday to DSA Hugo and CM Angel! We hope you all had a lot of fun on your birthdays!

We’ve had some fun up here this September! On the 8th was the Annual Chili Cook-Off! Our CM Mone participated with her Rotary club and made a very large pot of delicious chili! A few clients attended and had a great time walking around from booth to booth seeing all the fun decorations and taste testing the various chilies. In the picture to the right, you see Darryl front and center and Mone to his left along with another member of her Rotary Club.

We’ve got a lot of classic car shows up here during the summer. This time Richard went with his staff to the End of Summer Classic Car Show and had a good time walking around downtown and being out in the community.

Our local hospital, Adventist Health Ukiah Valley, put on a ‘Colors for Cancer’ fun run this month. A few clients wanted to participate and help support the Colors for Cancer goal of providing healing arts programs for those dealing with the disease. Pictured is Darryl and David, a couple of fun-loving guys who must’ve gone to all the right places on the trail because they’re covered in colors!!

Another fun adventure, Robert and CM Angela took a trip and flew down to San Diego to visit the corporate office and go to a board meeting. Robert had a great time on the trip. He went shopping a couple of times, visited Old Town San Diego, and even took a short trip to the beach! Robert had a great time in San Diego and was very happy that he was able to go.

We also held a Pro-ACT class here this month for staff that needed to re-certify and for those that are new to our company. PL Mone is a great instructor. She provides entertaining and educational stories that relate to what the class is learning about, and provides great insight into what she’s teaching and why we’re learning about Pro-ACT.
Greetings from the Northern California Manager  
**By Shelley Cook**

**What’s Going On?**

Every day every employee devotes their time, commitment, and dedication to all the wonderful individuals that we serve within this WONDERFUL organization to ensure that everyone has every opportunity to achieve their goals to further their independence and empower their lives. I personally would like to thank each and every one of you for making an amazing difference in the lives of individuals with special needs, which you should be incredibly proud of!

As we continue to grow within this organization and as personal individuals, I’d like to take a moment to remind everyone that you are your own person and because of what we do for others in our everyday work, we tend to forget about our needs and our health. I’ve struggled with weight and health (diabetes) for many years. As I observed many of our individuals served losing weight and staying healthy because Community Catalysts staff truly care about the well-being of others, I thought it was time to take care of myself. This is your time SHINE! It’s time for us to take care of ourselves! Make time for yourself, enjoy the simple things in life (i.e., walks in the park, ocean views, road trips, pack a picnic, visit an old friend, read a good book, watch a funny movie, family time, hug your pet, exercise, etc.) and stay active because there is only ONE of you AND YOU ARE AWESOME! (:  

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**Employee Anniversaries**

**16 Years**  
Sandra Rodriguez | Imperial Valley

**11 Years**  
Wendy Ly | Fresno

**9 Years**  
Mijha Leasure | Visalia

**7 Years**  
Gloria Arce | Imperial Valley

**6 Years**  
Darlene Ballard | Ukiah  
Vincent Blackston | Visalia  
Maria Juguilon | San Marcos  
Ramona Tate | Ukiah

**5 Years**  
Ana Norris | Imperial Valley

**4 Years**  
Rocio Garcia | Imperial Valley

**3 Years**  
Mark Drews | San Marcos  
Jose Naranjo-Rodriguez| Visalia  
Brenda Rodriguez | Visalia

**2 Years**  
James Williams | Visalia  
Ivan Arias | Imperial Valley  
Brittany Thronton | Manteca

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**South Bay**

**Salinas**  
**By Farley Odad**

**What’s Going On?**

First of all, we thank you Teri, RM from San Marcos for stopping by at our office. It was a pleasure having you!! Stop by anytime.

Our DSA Mary was invited as an artist to play music at the “60th Monterey Jazz Festival” on Sunday, September 17.
Veterans Community Services

By Cynthia Murillo

What’s Going On?

VCS Landlord Spotlight

This month's VCS Landlord Spotlight is for Nina Beebe! Nina is the property manager for both the Brunswick and Pine Hotel in San Diego. Nina has worked with VCS for over two years, assisting us with housing our Veterans. Despite some of the challenges that have arose, Nina has continued to work diligently with VCS staff and warmly welcome our Veterans. Along with the landlord of the properties, Mr. Caperell, Nina has provided our Veterans with beds, televisions, refrigerators and other common household needs, creating warm and inviting space for our newly housed Veterans. VCS is grateful for Nina Beebe and the Brunswick and Pine for supporting us in our efforts to end Veterans homelessness in San Diego!

Day at the Bay!

VCS staff celebrated Day at the Bay September 15, 2017. It was a beautiful sunny day for staff to enjoy each other’s company outside of work. In addition, all staff had the opportunity to participate in team building activities and enjoyed great food at our pot luck. A special shout out to all mangers who helped put this all together. We commend you all on making this a very memorable event. VCS Day at the Bay 2017 was a great success!

Alex Rockabrand, Case Coordinator, and his wife are expecting their first child, a baby boy, sometime in October. VCS staff threw a baby shower for Alex and his wife at the Chula Vista office and showered them with some yummy food and sweet baby gifts!

Corporate

By Gaby Heredia

What’s Going On?

We had a great time celebrating Vanessa’s birthday with some delicious tacos!

We would like to thank Angela Moore and Robert D. for coming down from Ukiah and being part of the board meeting. We hope you enjoyed our beautiful San Diego.
We are having our Annual BFC Opportunity Drawing Fundraiser!

Tickets are a suggested $2.00 donation and ANYONE is eligible to participate!
Each Butterfly Club member will receive a packet of 10 tickets with which to fundraise.
All completed ticket stubs need to be sent to the Home Office with cash, check, or money order made out to Community Catalysts of California **BEFORE** you can obtain additional tickets.

**All tickets need to be at the Home Office no later than Wednesday, November 8th.**

Additional tickets will be available at each office or by contacting the Home Office.

**Drawing will be held on November 10th with winners announced in the December newsletter!**

Did you know you can support Community Catalysts of California while you shop online? It’s as simple as starting your Amazon search on www.smile.amazon.com and choosing CCC as your charitable organization of choice!

For every eligible purchase, AmazonSmile will donate 0.5% of the purchase price.