This year Victim Services Center held its annual Walk a Mile in Her Shoes on May 13, 2016. There were a total of 30 walkers! The perpetual trophies for fundraising the most money went to Brent Cederquist from Madera Police Department and also our very own “The Men of CAPMC.” A big congratulations and thank you to them, and to all those that helped fundraise for the event.

Thank you to all of Victim Services staff and everyone in the agency that participated in the walk and the fundraising events! We hope to have everyone participate again next year!

Get up, stand up, Stand up for your rights. Get up, stand up, Don’t give up the fight.

-Bob Marley
CATCHING PEOPLE…

DOING THE RIGHT THING

JOHN HOWLAND & JOE ARIAS
For making time to provide the padded chairs for the 9th Annual Law Enforcement Memorial Ceremony on May 10, 2016.

NEIRI LOPEZ for continuing with higher education and graduating with her BA from Fresno Pacific University.

ALL CHOWCHILLA HEAD START STAFF for having a successful end of the year event for the children and families.

MARIA RAMIREZ, GILBERT GARCIA, & MARIBEL AGUIRRE for being a huge help with the FMHS Education Preservice.

ADRIANA POMPA for making time to answer questions and positively educating staff when items need to be submitted to her.

BILL FRAME for staying late on a Friday afternoon to help finish the Board packet.

BERYL RAVISCIONI & LETICIA LUJAN-ROJAS for successfully organizing the volunteer training for victim services.

MARK YOUR CALENDAR…

JUNE 14, 2016– Flag Day
JUNE 15, 2016– World Elder Abuse Awareness Day
JUNE 19, 2016– Father’s Day
JUNE 20, 2016– First Day of Summer
JULY 4, 2016– Independence Day
AUGUST 2, 2016– National Night Out

Attention: Our local Farmers’ Market is now occurring, every Thursday from 4:00 pm to 6:00 pm until July 14 at Courthouse Park. Live entertainment, food, crafts, fresh locally grown produce… don’t forget to check it out!

HR Department Message

✓ Congratulations to Ms. Mayra Campos of Victim Services and Ms. Yolanda Pineda of Fresno Migrant Head Start for being the winners from the Voluntary Benefits survey conducted by Gallagher Benefits Services.

✓ New laws expand ban on smoking in workplace effective June 9, 2016 and they include: eliminating the ability of employers to have designated smoking break rooms, raising the legal minimum smoking age from 18 to 21, and banning e-cigarettes and vaping devises that contain nicotine.

✓ Please note that SB 792 Immunization Requirement is effective September 1, 2016. You will receive information on CAPMC’s implementation processes coming soon.

Congratulations to Laura Adams from Victim Services!!! Laura won a portable Pilates studio, as pictured on the right, for her participation in the May 2016 Newsletter Safety Game Quiz. Thank you to all who participated and continue playing for your chance to win!

SAFETY GAME PIECE

Due to the H/R Department—Friday 06/17/2016 at 12:00 PM

NAME:______________________________
I.D.#:___________________________
WORKSITE:_____________________

Safety Trivia:
Name 3 possible ways to avoid being bitten

1. _____________________________
2. _____________________________
3. _____________________________
The CalCAPA Annual Conference was hosted May 11-13, 2016 in Sacramento, CA. CAPMC was represented by Pearl Erigio, Gabriela Salazar, and Board of Directors Member Mr. Donald Holley. The CalCAPA Conference offered the opportunity to learn different ways to keep Board Members active and engaged, new implementation standards for ROMA Next Generation, racial disparities, and how to keep Community Action relevant in today’s society. Pearl, Gabriela, and Mr. Holley also got the chance to meet and discuss local issues occurring in Madera County with Assembly Member Mr. Frank Bigelow at the State Capital. Mr. Bigelow welcomed the group into his office and was able to hear about programs CAPMC is working on like the California Disaster Assistance Act.

Pictured Above: Mr. Donald Holley, Gabriela Salazar, Assembly Member Mr. Frank Bigelow, and Pearl Erigio

Welcome to CAPMC!
New Employees & New Positions

Martin Arredondo  Victim Services
Deisy Pimentel  Madera Migrant Head Start
Guadalupe Garcia  Madera Migrant Head Start
Araceli Anaya  Fresno Migrant Head Start
Anthony Garcia  Madera Migrant Head Start

OPEN POSITIONS
For more information, contact the HR Department at 673-9173 or at www.maderacap.org. The following positions are open until filled:

- Accountant Program Manager- Fiscal
- Advocate II/III- Fresno Migrant Head Start
- Advocate II/III- Madera Head Start
- Advocate III- Victim Services
- Associate Teacher- Fresno Migrant Head Start
- Associate Teacher- Madera Head Start
- Instructional Aide II/Janitor- Fresno Migrant Head Start
- Instructional Aide II/Janitor- Madera Head Start
- Instructional Aide III/Janitor- Madera Head Start
- Janitor- Fresno Migrant Head Start
- Janitor- Madera Head Start
- Site Supervisor/Teacher- Madera Head Start

Congratulations to Fresno Migrant Head Start on receiving a one-time Early Stars Race to the Top—Early Learning Challenge (RTT-ELC) Mini Grant! FMHS will be receiving a total of $75,000. This grant helps to promote activities that support and improve quality of early care and education programs for children 0-5 years. Congratulations Fresnabulous!
**Name:** Neiri Lopez  
**Job Title:** Associate Teacher  
**How long have you worked for CAPMC?** 6 years  
**Where were you born and raised?** Madera  
**What do you do in your spare time?** I enjoy reading inspirational quotes, spend time with family and friends, travel, and go hiking.  
**Family:** Parents, 3 brothers, 1 niece, and 1 nephew  
**Travels:** Oaxaca, Mex, Cabos San Lucas, Hawaii, Nevada, Oregon, New York, Washington, D.C.  
**Favorite junk food:** Pizza, Hot Cheetos, and Raspberry iced tea  
**Greatest achievement:** The first one in my family to graduate with a university degree. It was a challenge working and attending school, but I made it!  
**Best advice ever given:** My uncle once told me, “In your path you are going to find many rocks. Perhaps you might even have to climb a rock, but don’t let that scare you. You keep moving forward until you get to where you want to be.”  
**A fun fact about you:** I hope to be blessed with twins.  
**Favorite vacation spot:** My dream vacation will be Europe. One day….  
**Of all people who would you like to have dinner with and why?** It would have to be my little cousin who is no longer with us. I would love to hear what she has to say about Heaven. We miss her dearly.  

“I love working for the Migrant HS. The families value what we do for them and the children. I just wish that all children, regardless of income would benefit from this high quality program.”

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On May 6, 2016, our Executive Director Mattie Mendez had the opportunity and honor of being the ceremony keynote speaker for the 2016 graduating class of San Joaquin Valley College (SJVC). Mattie spoke to a class of about 100 students receiving certificates in Business Administration, Clinical Medical Assisting, and Medical Office Administration.

Check out who stopped to spin the CAPMC prize wheel!  
Attending job fairs to recruit, our Human Resources Office is always on the look-out for prospective qualified employees for CAPMC. On May 13, HR staff Kelly Hanna and Joaquin Hernandez attended a job fair at the American Legion Post 509 in Fresno. Local political figure and current Fresno County Supervisor, Mr. Henry Perea, stopped by to spin the CAPMC prize wheel. Mr. Perea is also currently running for Mayor in Fresno.

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**TWITTER AND FACEBOOK!**  
**Twitter:** @Capmadera  
**Facebook:** @Maderacap  

Take a moment to “like” or “follow” us today!
Insects and Other “Bugs” to Avoid

Wasps, bees, ants, spiders, and many other insects bite or sting. In some cases these bites can be relatively painless, even unnoticed, but at other times they can be very uncomfortable and cause disease, even death. Some of the most severe reactions to insect bites are caused by allergies. In these instances, the problem is not caused by the bug, but rather by the person’s reaction to the bug's bite. These reactions can be moderate to very severe.

Unless a person has an allergic reaction, bites from wasps, bees, yellow jackets, and other insects will cause pain, swelling, and irritation, but typically the person will not experience severe side effects. These insects use stinging as a defensive tactic to help them escape from an attacker or protect the hive.

Other insects use stinging/biting as a method by which to kill their prey. Spiders and scorpions are examples of this kind of animal. This type of bite usually contains venom intended to kill or paralyze, but because most creatures that are preyed on by insects are very small, the poison of a single bite is usually not enough to disable a human. These bites can cause light to severe reactions, and, depending on the animal, may require hospitalization.

Most people recover quickly from a bite or sting and will not suffer any long-term side effects. This is not always the case with organisms such as mosquitoes and ticks that bite humans in an effort to feed. These creatures will usually cause no immediate pain, but their bite can contain infectious or toxic diseases that can cause illness later. A common example of this phenomenon can be seen in various regions of the world where mosquitoes are known to transfer malaria, a life-long illness.

Many other diseases can be transferred by ticks and mosquitoes, so it is best to avoid being bitten. Take special care when working in areas where there is a high mosquito population, or a known tick problem, and try to stay indoors during hours when these animals are most active.

- To protect yourself from biting and stinging organisms, do not reach in to areas without first looking; watch for nests; and wear long pants, socks, and long-sleeved shirts.
- Use bug repellent.
- Treat bites and stings with proper medical input. Some over-the-counter medications may assist to relieve pain and prevent infection.
- Avoid exposure to any organism to which you have a known allergy.
- Follow all first aid and medical guidance.

To increase your chance of avoiding tick-related illness, proper removal is essential.

- Follow all medical and first aid instruction.
- Gently grab the tick with a tweezers as close to the head as is possible. It is very important to employ a light touch to avoid complications.
- Next, lightly pull the tick upwards. Do not pull too hard or too far. The idea is to have the tick feel a constant pull. (Think, “Hey, buddy, it’s time to go,” not “Get the heck out of me!”)
- Continue to gently pull the tick upward, and it will let go on its own. This may take a few minutes.
- Once the tick is removed, place the tick in a baggy or jar, and call a doctor. It is wise to have your bite examined, and having the tick available will assist the doctor in determining what kind of infection to look for.
Endless Possibilities

It's never too late to change for the better. The more you know about men's health, the healthier you – or the men in your life – will be.

Seize the days and form a healthy habit

Get checkups. Men are 24% less likely to have regular checkups than women. Guys, preventive care is important. Be proactive, not reactive, about your health.

Guard your heart. The leading cause of death for men across all age groups is heart disease.* Keep your blood pressure, weight, and cholesterol levels in check to substantially lower your risk.

Don't smoke. It's the number one cause of preventable health problems. If you smoke, replace that harmful habit with a healthy one. Visit kp.org/quitsmoking for help quitting for good.

COMMUNITY ACTION PARTNERSHIP OF MADERA COUNTY
THE SAFETY COMMITTEE PRESENTS

S.A.F.E
Staying Accident Free Everyday

DA YS without INJURY
As of 6/06/16

CAPMC:
Offices: 0 DAYS
Madera/Mariposa Regional HS: 65 DAYS
Madera Migrant/Seasonal HS: 21 DAYS
Fresno Migrant/Seasonal HS: 9 DAYS

Safety Committee Coordinators

Administration
Gabriela Salazar
673-9173 x 5748

Community Services
Perla Erigio
673-9173 x 5740
Ana Ivanez
673-9173 x 5747

APP/R & R
Vanessa Cervantez
673-9173 X 575822
Melissa Pacheco
673-9173 x 5745

Fiscal
Susan O’Haro
673-9173 X 5762
Bill Frame
673-9173 x 5711

Fresno Migrant Head Start
Michael Carroll
277-8641 x 5831
Inez Zuniga
277-8641 X 5833

Madera Head Start
Nicole Revis
673-9173 X 5731
Yareny Pamarejo
665-0291
Joe Arias
675-5272
Silvia Sandoval
662-1788

Human Resources:
Kelly Hanna
673-9173 X5767

Victim Services:
Beryl Raviscioni
661-1000 x 5708
Norma Alvarez
661-1000 x 5804
SUMMARY:

RECOMMENDATION: F-3

appropriate budgets for the year 2016-2017

RECOMMENDATION: F-3

given reasons from carriers to decline.

DISCUSSION:

A. Eight carriers were approached for the renewal. Results from the carriers were: 1 quote, 4 indications, and 3 declinations. Not renewal. Results from the carriers were: 1 quote, 4 indications, and 3 declinations. Not competitive and class of business were the given reasons from carriers to decline.

B. The provided results are:

- AIG: $540,000+
- Cypress Insurance Company (Berkshire Hathaway Homestate Co.): $433,513
- Care West: $550,000
- State Compensation Insurance Fund: $594,826
- Tangram: $465,000

C. Heffernan proposed to accept Cypress Insurance Company because: Cypress Insurance Company offers the most favorable renewals Cypress Insurance Company submitted the renewal primary based on the projected payrolls at a 5% of increase. Cypress Insurance Company is a subsidiary unit under Berkshire Hathaway Homestate Companies servicing non-profits entities. It is the current carrier for the Agency. Berkshire Hathaway Homestate Companies with an “A++” rating under A.M. Best standard.

D. CAPMC’s experience modification for the renewal year is at 1.06. This is a surge from last renewal year at 0.95 by 0.11. Proposed carrier’s quote is a 7.5% increase from the policy year 15-16’s quote ($403,026). Heffernan Insurance Broker’s consulting fee is $5,000.

FINANCING: Funds are allocated in the appropriate budgets for the year 2016-2017

BOARD ACTION: Approved

RECOMMENDATION: F-4

Board of Directors to authorize the Executive Director of Community Action Partnership of Madera County, Inc. to submit the request for proposal to the California Office of Emergency Services (Cal OES), to operate the Domestic Violence Assistance Program July 1, 2016 through June 30, 2017

SUMMARY: This grant provides funding necessary for the operation of the Domestic Violence Assistance Program in Madera County. The Domestic Violence Program is designed to:

a. Provide local assistance to existing domestic violence services providers throughout the State. This support is used to maintain and/or expand services to survivors of domestic violence and their children, and is based on need as demonstrated by prior services statistics, local crime statistics, economic demographics, current and projected population figures, and geographic and cultural factors.

b. Provide support for the development and establishment of domestic violence services to unserved and underserved populations, including, but not limited to, rural areas, non-English speaking individuals, persons of color, and various geographical areas without services. Penal Code Section §13823.15-13823.16 states all projects must provide the following services: twenty-four hour crisis hotline, counseling, business center, emergency shelter, emergency food and clothing, emergency response to calls from law enforcement, emergency response to survivors in hospital emergency rooms, medical clinics, and/or medical offices, transportation, counseling for children, criminal justice and social service advocacy, restraining orders, court accompaniment, community network, and household establishment assistance.

DISCUSSION: CAPMC operates the only crisis hotline for survivors of domestic violence in Madera County and the Martha Diaz Shelter is the only registered emergency shelter for survivors of domestic violence in Madera County.

FINANCIAL IMPACT: The amount provided for Madera County is $495,302

BOARD ACTION: Approved
Ready for Summer? Try this BBQ Chicken with Peach and Feta Slaw Recipe to Cool You Down!

Ingredients
5 tablespoons olive oil, divided
2 tablespoons sherry vinegar
1/2 teaspoon freshly ground black pepper, divided
3/8 teaspoon kosher salt, divided
1 1/2 cups sliced fresh peaches (about 2 medium)
1 (12-oz.) pkg. broccoli slaw
3 (6-oz.) skinless, boneless chicken breasts, cut crosswise into 1-in. strips
1/4 cup barbecue sauce
1 ounce feta cheese, crumbled (about 1/4 cup)
2 center-cut bacon slices, cooked and crumbled

Preparation
1. Combine 4 tablespoons oil, vinegar, 1/4 teaspoon pepper, and 1/4 teaspoon salt in a large bowl, stirring with a whisk. Add peaches and slaw to vinegar mixture; toss gently to coat.
2. Sprinkle chicken evenly with remaining 1/4 teaspoon pepper and remaining 1/8 teaspoon salt. Heat remaining 1 tablespoon oil in a large nonstick skillet over medium-high heat. Add chicken to pan; cook 6 minutes or until done. Place chicken in a large bowl. Add barbecue sauce to bowl; toss.
3. Divide slaw mixture evenly among 4 plates; top evenly with chicken strips. Sprinkle with chives, feta, and bacon.

Recipe://www.myrecipes.com/recipe/bbq-chicken-peach-feta-slaw can be found at: http