We all have the capacity to be a superhero. In order to become one, you just have to find your unique power or ability and exploit it for the greater good. The cape and mask are optional accessories, but a kind heart is essential.

- Robert Clancy

Once again, CAPMC immersed itself into our signature giving back program—RELAY FOR LIFE. The 2015 team captains Donna Tooley and Tina Gomez, did an outstanding job of preparing for the event and following the project through to fruition. The American Cancer Society’s Relay for Life for Madera was held May 2-3, 2015. This is CAPMC’s sixteenth year of participation. CAPMC was once again, awarded the top fundraising business. The amount raised by the agency was $16,240 with just under $100,000 raised for the Madera event. The theme for this year’s event was “Be Inspired.” and indeed we were! A super hero thanks to Adriana Pompa, Tina Gomez, Susan O’Haro, and Donna Tooley for the winning booth and camp site decorations. Thank you to our Relay walkers: James Chandler, Linda Chandler, Perla Erigio, Brittney Erigio, Tina Gomez, Susan O’Haro, Mattie Mendez, Jessica Mendoza, Angela Avila, Maria Gomez, Ana Salazar, Sonia Trujillo, Vicki Mendoza, Gigi Gutierrez, Adriana Pompa, and Donna Tooley. Hip Hip Hooray!!

The biggest thank you to the CAPMC staff for supporting and organizing the fundraising activities throughout the past year. The event would not have been as successful without your continued support.
MARK YOUR CALENDAR...
JUNE 21, 2015: Father’s Day
JULY 3, 2015: Independence Day Holiday (Observed). Note: All CAPMC offices and centers will be closed.
DECEMBER, 2015: Community Action Partnership of Madera County—50th Anniversary

CATCHING PEOPLE... DOING THE RIGHT THING
SONIA TRUJILLO, for embodying the spirit of CAPMC by offering her own eye glasses so a customer could see to complete an application for assistance.
MATTIE MENDEZ, for her recognition of Head Start staff and the hard work they do each and every day.
ERENDIRA MORA AND DAISY BARRIOS, for graduating from the local community college!
JENNIFER GARCIA, for taking time to clean all the air conditioning vents in the Head Start department.
CONRAD PALACIOS AND INEZ ZUNIGA, for creating an animated puppet for the Selma Raisin Festival.
MADERA HEAD START STAFF for coordinating the Madera Migrant/Seasonal Head Start Pre-Service
MARIA CASTELLANOS and BELINDA JAVIUS for picking up garbage in the Gill Avenue parking lot.
TISH ARANDA AND JAMES CHANDLER, for making time to air out the kitchen after an item burned.
MADERA REGIONAL HEAD START, for embarking on an Early Head Start program.
COMMUNITY SERVICES, for taking on new programs to assist the low income population of Madera County.

SAFETY GAME PIECE
Due: 6/05/2015 — 12 noon

NAME:
I.D.#
WORKSITE:
QUESTION: What will the Safety Committee members distribute in June?
ANSWER:

Congratulations
To Tina Gomez in the Gill Avenue Fiscal Department!!!
Tina won a new food processor for participating in the April 2015 Newsletter Safety Quiz.
COMMUNITY SERVICES OFFERS DROUGHT WATER ASSISTANCE

Emergency Funding has been made available by the California Office of Emergency Services through the California Disaster Assistance Act (CDAA) to help homeowner’s whose private wells have gone dry. The Madera County Sheriff’s Office of Emergency Services has partnered with the Community Action Partnership of Madera County, Inc. and the Madera County Community and Economic Development Department to provide emergency water assistance! You may be eligible to receive a water storage tank, non-potable water and drinking water. If you or anyone you know is in need of this service they can contact the Office of Community and Economic Development at 559-675-7823.

Community Services has started the Drought Water Assistance Program (DWAP) for the year 2015. The Drought Water Assistance Program (DWAP) will provide low-income households with a one-time payment towards their water utility bill and are now able to help eligible households with assistance on bundled services (water, sewer, and trash). The program will also assist household in crisis situations with 5/10 day or Shut Off Notices. Applications are available and can be picked up from CAPMC or you can download an application packet at www.maderacap.org.

Welcome to CAPMC!
New Employees & New Positions

IDELISA AGUSTIN-DURAN
Instructional Aide II/Janitor Madera Migrant Head Start

JAIMIE ARIAS
Instructional Aide II/Janitor Madera Migrant Head Start

LANETA BRYAN
Van Driver Eastern Madera County Community Services

MELISSA LOPEZ
Instructional Aide II/Janitor Madera Migrant Head Start

FAUSTINA MARTINEZ
Instructional Aide II/Janitor Madera Migrant Head Start

ALEJANDRA MORAN
Parent Skills Instructor/Strengthening Families/Victim Services

OPEN POSITIONS

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

- **ADVOCATE II/III**
  - Madera Head Start—Los Baños

- **ASSOCIATE TEACHER**
  - Madera Head Start
  - Fresno Migrant Head Start

- **CENTER DIRECTOR II**
  - Fresno Migrant Head Start

- **HEAD COOK**
  - Fresno Migrant Head Start

- **INSTRUCTIONAL AIDE II/ JANITOR**
  - Madera Head Start
  - Fresno Migrant Head Start
  - Madera Head Start

- **MASTER TEACHER**
  - Madera Migrant Head Start

Welcome Back!
Fresno Migrant Seasonal Head Start
Madera/Merced Migrant/Seasonal Head Start

YOU VOTED...WE LISTENED! Thank you to all who voted on CAPNet for your favorite name for the CAPMC Buddy Program. The verdict is in, and the existing name will remain. Look forward to the program reemergence in July.
EMPLOYEE SPOTLIGHT

Name: Mattie Mendez
Job Title: Executive Director
How long have you worked for CAPMC? 20+ Years
Where were you born and raised? Reedley, California
Family: Married for 34 years. We have three children and are expecting the arrival of our 8th grandchild in August.
Favorite Saying: In Jesus name I pray.
Favorite Holiday: Easter
Favorite Color: Blue
Favorite Movie: Simon Birch
Favorite junk food: Thrifty Vanilla Ice Cream
Favorite Vacation Spot: Anywhere with my family
Favorite TV Show: Friends
Favorite Song: Be Not Afraid
Favorite Sports Teams/Individuals: Dallas Cowboys
Of all people, who would you like to have dinner with and why? Mother Teresa and my parents. I want to give them a hug.
Greatest Achievement: Appointed as Executive Director.
Best Advice Ever Given: “Love with your whole heart”
Random Fact: My real name is Matiana—Mattie is my nickname.
Thoughts about your job: I consider CAPMC as my second home and the staff my extended family. I love my job and the individuals I serve everyday.

DAD'S DAY

On Wednesday, April 22, 2015, Mountain Head Start in North Fork hosted “Dad’s Day.” Dads, grandpas, uncles, brothers, or friends were invited to attend a special Baseball Day with the children. Ten dads participated in a great day playing a game of T-Ball on the school’s baseball diamond with dads in the outfield, while those in the dugout shouted out cheers. Coaches were at each base helping children around the bases. Afterwards, dads joined in a picnic lunch. Everyone had a wonderful time.

1ST ANNUAL CHILD CARE CONFERENCE

Community Action Partnership of Madera County partnered with First 5, and Madera County Office of Education, for a Family Child Care Provider Conference on May 16, 2015. Everyone had an awesome time with 51 licensed Family Child Care Home Providers from Madera in attendance. The Providers participated in 3 great workshops, Creating Outdoor Environments, Language & Literacy presentation by ArtFelt, and a Science & Math Activities for Children. Everyone enjoyed a delicious breakfast & lunch and received a bag filled with materials donated by First 5, Madera County Office of Education, and CAPMC. We are hoping this becomes an annual event!

Do you know of an Agency event that you would like to see covered in the Action Connection? Do you have input about the newsletter? Would you like to contribute an article or pictures?

All submissions are welcome and appreciated!
Please contact: Melisa DaSilva, Assistant to the Executive Director at: mdasilva@maderacap.org Phone: (559) 675-5748 Fax: (559) 673-2859
There are more than five-hundred thousand chemical products on the market today and hundreds of new ones are introduced each year. To reduce or eliminate the chance of injury or illness from handling chemicals at work, always follow the rules prescribed by the product manufacturer and our organization’s Hazard Communication Program (HCP).

**HCP contains:**
- A list of all hazardous chemicals at the workplace.
- Operations in your work area where hazardous chemicals are present.
- Training on the hazardous materials in the workplace.
- Safety data sheets (SDSs) for all onsite chemicals both received and produced.
- Procedures to ensure that all containers of hazardous chemicals in the work area are labeled with the identity of the chemicals and the appropriate hazard warnings.

**HCP provides proper training in:**
- Specific hazards of the chemical you are working with.
- Proper work practices, personal protective equipment and other controls necessary to reduce or eliminate your exposure to the chemicals.
- Methods you can use to detect the presence or release of hazardous chemicals.
- Signs of overexposure as well as emergency and first-aid procedures to follow.
- An understanding of SDSs and product labels.

**Safety Data Sheets (SDS) Binder Distribution:**
- Safety Committee members will distribute revised SDS binders in June.
- Contents of the SDS binders will be explained during the distribution.
- SDS binders are divided in multiple sections to provide you the information on the Hazard Communication Standard (HCS), CAPMC Safety Committee Members, Safety Data Sheets (SDS), update tracking.
- SDS binders are available at worksites with types of chemical using at the location.

Remember, the products you use warrant respect and need to be handled correctly.
Being emotionally well is more than just handling stress. It also involves being attentive to your thoughts, feelings, and behaviors, whether positive or negative. Emotional Wellness implies the ability to be aware of and accept our feelings, rather than deny them, have an optimistic approach to life, and enjoy life despite its occasional disappointments and frustrations.

If you are a person engaged in the process of emotional wellness, you are willing and able to:

✓ Arrive at personal choices and decisions based upon the synthesis of feelings, thoughts, philosophies, and behavior.
✓ Live and work independently while realizing the importance of seeking and appreciating the support and assistance of others.
✓ Form interdependent relationships with others based upon a foundation of mutual commitment, trust and respect.
✓ Take on challenges, take risks, and recognize conflict as being potentially healthy.
✓ Manage your life in personally rewarding ways, and taking responsibility for your actions.

The Path to Emotional Wellness
The path to emotional wellness may involve:

✓ Awareness of thoughts and feelings
✓ Using a positive attitude
✓ Seeking support and expressing emotions in a suitable manner
✓ Setting priorities
✓ Accepting mistakes and learning from them

The path may also involve seeking outside support from a mental health professional when needed and gathering information in order to make informed value decisions.

Are you engaged in the process of emotional wellness?
Evaluate your own emotional wellness with this brief quiz.

✓ Am I able to maintain a balance of work, family, friends, and other obligations?
✓ Do I have ways to reduce stress in my life?
✓ Am I able to make decisions with a minimum of stress and worry?
✓ Am I able to set priorities?

If you answered "No" to any of the questions, it may indicate an area where you need to improve the state of your emotional wellness.

The Employee Assistance Program (EAP) offered through Mutual of Omaha provides professional and confidential assistance with personal concerns for CAPMC employees. Please contact them at (800)316-2796 or www.mutualofomaha.com/eap/