“Rape is one of the most terrible crimes on earth and it happens every few minutes. The problem with groups who deal with rape is that they try to educate women about how to defend themselves. What really needs to be done is teaching men not to rape. Go to the source and start there.”
— Kurt Cobain

Victim Services Walk a Mile in Her Shoes

Join men from all over Madera County as they walk a mile in women’s high heels to show their support in speaking out against rape, sexual assault, and gender violence. Walk as an individual or as a team. All money raised supports the programs of Victim Services of Madera.

Friday April 10th 2015

Registration Opens at 5:00pm • Opening Ceremony Commences at 6:00pm
Courthouse Park, Madera CA 93637

Registration is free! All registered walkers receive a free Walk a Mile t-shirt and a free meal! Awesome prizes, music, and much more! Just register, collect donations, and walk the walk!

For more information and to register for event contact: Victim Services @ (559) 661-1000.
C A T C H I N G  P E O P L E …

D O I N G  T H E  R I G H T  T H I N G

ROSA RODRIGUEZ, Parlier Migrant Head Start, for always going above and beyond. Even when she got a flat tire on the way to work, she left her car and called a co-worker to pick her up so she would not be late!

LUZ BARRIENTOS, for taking over cook aide duties while cook aide was out. She is amazing!

ELIZABETH WISENER, for her hard work and dedication to get the LIHEAP program up and running smoothly.

YOLANDA SHEPARD, for going above and beyond to find clients that need assistance.

BRITTNEY ERIGO, for taking time to help others with a smile and fantastic attitude! It is a great pleasure to work with Brittney.

LETICIA LUIJAN ROJAS, for recently networking with a local attorney and seeking her pro bono services for a client in need.

JOHN HOWLAND, AND HIS MAITENANCE CREW, for their diligent work in assessing and addressing work order concerns.

ARMONDO MESA AND CONRAD PALACIOS, for installing the emergency lighted exit signs at all of the centers.

LIZ DELANO, for using safety practices and cajoling staff back into the building during a recent lightning strike.

M A R K  Y O U R  C A L E N D A R …

MARCH 3, 2015: Children’s Hospital Annual Kid’s Day
MARCH 12, 2015: Board of Director Meeting
MARCH 17, 2015: Relay for Life Potato Fest
APRIL 3, 2015: Spring Holiday Observed
APRIL 10, 2015: Walk A Mile In Her Shoes
APRIL 19-25, 2015: Victim Rights Week
APRIL 29, 2015: Denim Day

S.A.F.E

Staying Accident Free Everyday

- CAPMC Worker’s compensation experience modification rate is at 1. This is down from the previous year! Keep up the good work!
- Be alert of your surroundings.
- Take care of yourself. Book your annual examination.
- DO YOU HAVE A MEDICAL EMERGENCY CARD IN YOUR WALLET?
You can go to www.medids.com/free-id.php to complete a card and download the finished product! Don’t wait another minute. Complete one for yourself, your significant other, elderly family members, etc. In an emergency situation, this could save your life and the life of those you love.

S A F E T Y  G A M E  P I E C E

Due: 2/27/2015 – 12 noon

NAME:

I.D. #

WORKSITE:

QUESTION: How many evacuation routes do you need to know in the event of a real evacuation?

ANSWER:
COMMUNITY ACTION PARTNERSHIP OF MADERA COUNTY

AGENCY INFORMATION . . . Here’s the Scoop

DID YOU HEAR..

• That a certain someone in the Madera Head Start office celebrated 40 years young in February?
• That a Very Important Person in the Fiscal department is soon to be a grandma?
• That a Victim Services Coordinator is often kept up at night by a noisy neighbor?
• That the flu bug has kept many staff members down for the count in the Gill Avenue office of late?
• That the IT department has hidden chef talents?
• That a certain Executive Director is meeting the health challenge for 2015 by swimming on a regular basis?
• That lightning struck the Gill Avenue Office in February? (Note: Nobody was injured)
• That President Obama has a child care initiative as part of his 2015 plan of action as noted in his State of the Union speech in January, 2015?
• That a California campaign against NO MORE SILENCE is up and running?
• That none of us won the lottery last week?
• That CAPMC is celebrating its 50 year anniversary in December, 2015?
• That someone in Community Services would rather be riding her horse than doing just about anything else?
• That the 28th Annual Kid’s Day is happening March 3, 2015? If you would like to volunteer, please contact Sandra Cevasco at (559)675-5751.

OPEN POSITIONS

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

■ ASSOCIATE TEACHER
  Madera Head Start
■ ASSOCIATE TEACHER
  Fresno Migrant Head Start
■ INSTRUCTIONAL AIDE
  Madera Head Start
■ INSTRUCTIONAL AIDE
  Fresno Migrant Head Start
■ CUSTOMER SERVICE TECHNICIAN
  Community Services

RELAY FOR LIFE

♦ The most recent fundraising effort for the 2015 campaign for Relay for Life contributed $280! A special thank you to chefs Bill Frame, Xai Vang and Rich Ramirez for providing a delicious breakfast to start our day at the Gill Avenue office!

♦ Thank you also to those who donated gift baskets to the Relay for Life Kick off held on February 12, 2015. CAPMC won the raffle from the event proceeds in the amount of $$$1,531!
♦ To date, we have raised $8,912.44!
Victim Services volunteer training will begin on May 26, 2015. If interested in becoming a volunteer, the application can be found on the website at www.maderacap.org or you can contact either Beryl Raviscioni or Leticia Lujan-Rojas at (559)661-1000.

**EMPLOYEE SPOTLIGHT**

Name: Yareny Pumarejo  
Job Title: Site Supervisor, Chowchilla  
How long have you worked for CAPMC? 6 months  
Where were you born and raised? I was born in Fresno and raised in the central valley.  
What do you do in your spare time? Crafting, DIY projects, decorating and PINTREST!  
Family: Parents, 3 sisters and my husband of 4 years.  
Favorite Holiday: All of them!  
Favorite Color: Gray  
Favorite Movie: Finding Nemo  
Favorite junk food: Chocolate, a girl’s best friend.  
Favorite Vacation Spot: The beach  
Favorite TV Show: Hart of Dixie, Modern Family, and SCANDAL  
Favorite Sports Teams/Individuals: San Francisco Giants  
Of all people, who would you like to have dinner with and why? Mindy Kaling, she’s hilarious!  
Greatest Achievement: I am the first in my family to receive a college degree  
Best Advice Ever Given: Don’t be upset by the results you didn’t get with the work you didn’t do.  
Please include some thoughts about your job, co-workers: I am very thankful for my job and I absolutely love it. I work with great staff; team players always going above & beyond.

**Fresno Migrant Head Start** parents attended the National Migrant & Seasonal Head Start Association’s Annual Parent Affiliate & Board of Directors meeting January 27-28, 2015 in Washington, D.C. Frank & Laura Figueroa accompanied Program Director, Flora Chacon in representing the program and actively participating and having their voices heard amongst many Migrant Head Start Parents, Staff, Program Directors, and CEO’s. Mr. Figueroa was motivated by NMSHSA’s Executive Director, Cleo Rodriguez’s presentation of Campaña Para Nuestros Niños. He requested a toolkit to initiate strategies on raising awareness to all parents of the program. “I want to inform parents from all Centers of what we are able to do by being active in the program and NMSHSA.” We would like to thank Mr. & Mrs. Figueroa for being instrumental in networking with all those in attendance and their wiliness to discuss issues, concerns, and achievements.

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
Evacuation Drills

In an emergency situation, evacuating employees out of a building poses unique challenges. Appropriate exits, emergency lighting, communication systems, alarms and sprinkler systems are critical for employee safety. Emergency routes need to be developed, posted, and properly maintained to ensure easy accessibility in an emergency situation. Drills are a critical component of all emergency actions plans to ensure that emergency procedures are understood and followed by all occupants.

- Ensure your emergency action plan addresses all emergency situations. Know when to evacuate, and when not to... such as during weather-related emergencies or earthquakes.
- Identify and train Floor Emergency Evacuation Coordinators who will be responsible for sounding the alarms and organizing the evacuation drills.
- Perform regularly scheduled evacuation drills, make needed improvements to the plan, and document these events.
- All employees shall follow evacuation drill procedures professionally and evaluate for improvement.
- Exit workstations in a calm and orderly manner. Use the evacuation map to determine the closest and safest route out of the building. Do not stay behind.
- Determine a primary and secondary means of evacuation from the building so that, in the event of a real evacuation, you will know another way out if the first choice is blocked.
- Identify the locations of workstations and equipment/furniture on the floor to make low visibility escape easier.
- Recognize the sounds and signals of the emergency alarms. Report any malfunctioning alarms or emergency equipment immediately.
- Perform a head count at the designated meeting location and ensure all personnel have safely exited the building.
- Only re-enter when it is reported by the person in command that is safe to do so.
- After completion of the evacuation drill, complete a performance review to evaluate procedure and employee actions.
You spend a lot of time at home, so making it a pleasant environment is an important thing to do. Enjoying your surroundings can help reduce your stress level and bring on the good times. Here are some tips to help make your home a happier place:

**Find Balance**

The experts say a balance of texture and design can help put you at ease. Coupling soft elements like a plush couch with harder elements like a glass coffee table help you even out the setting and get that ambience delivered by an expensive interior decorator.

**Throw in Some Plants**

Adding plants to your home can let a little nature in, and that splash of natural color has a calming effect. Also, opening curtains or blinds so the sun can peek in can help your mental outlook and improve your mood.

**Leave Room to Breath (And Walk)**

Don’t pack as much furniture as possible into one room. Leaving yourself a little space to walk around (the pros say at least two and a half feet of space around each piece of furniture) will help relieve tension and make you feel like the king or queen of your castle.

**Splash Some Color**

Adding artwork or an accent wall to your home can help improve your mood as well. Certain colors tend to affect us a certain way. Blues are calming, and reds are energetic, so keep that in mind when choosing your hue.

**Don’t Be a Hoarder**

Excessive clutter will undoubtedly make you, and any guests to your home, more anxious. Remove what you don’t need – box it up, throw it out, get rid of it! Of course, leave sentimental things like family photos, but take the minimalistic approach to give your mind and body a break.

Embrace and maximize the feeling of your home environment with these tips.