The first Head Start program to be awarded a five year grant was Madera Migrant/Seasonal Head Start. In each year of the five year grant the staff must prepare for a Federal Review.

During the week of June 1, 2015, the Office of Head Start conducted the Environmental Health & Safety review of the Madera Migrant/Seasonal Head Start program. There were a total of 8 reviewers and 3 were assigned to evaluate our Madera program. The reviewers gathered information to assess our performance in ensuring safe and healthy environments for children, families, and staff. The reviewers evaluate multiple levels of performance, including determining program strengths, concerns, areas of noncompliance, and deficiencies.

It is the responsibility of the reviewer to gather documentation to ensure that all Head Start programs are implementing and promoting healthy practices and routines, as well as providing safe and supportive environments in which children can learn and grow. Each site was monitored, center staff were interviewed and the management team was available to answer any questions or address concerns identified by the reviewer.

Based on the comments from the Madera Head Start Management team, Madera Migrant/Seasonal Head Start staff was successful in demonstrating that all facilities meet the three areas of performance, referred to as Key Indicators

1) Safe & Clean Facilities. The program ensures physical environments are safe for children, parents, and staff.

2) Healthy Learning Environments. The program establishes and maintains healthy practices and routines.

3) Safe Learning Environments & Supervision Practices. The program ensures children’s safety through thorough background checks and effective supervision practices.

The team demonstrated once again that we are prepared to provide quality services to the Migrant families and children. Corliss, the Monitoring Event Coordinator for the review, stated that the review went well. She had nothing but praise for all our staff and delegate team members.

Tony Jordon, Grantee Coordinator stated in an e-mail, “So our hats off and thanks go to you and your staff and colleagues. She said process went well, enjoyed working with us, and facilities looked great. She appreciated how timely we were with gathering and sending follow up documentation and information (thanks to each of you for this). No indications of deficiencies but we won’t know any real information until we get the final report from OHS - not sure when we’ll get this from OHS; OHS makes final determination of concerns, findings, and deficiencies based on all the information the reviewers send. Life safety code items will likely be information for continuous improvement.” Once again, CAPMC has been recognized as a premier social service agency. Bravo!
COMMUNITY ACTION PARTNERSHIP OF MADERA COUNTY

AGENCY INFORMATION . . . Here’s the Scoop

**CATCHING PEOPLE... DOING THE RIGHT THING**

BILL FRAME, for formatting the new Emergency Preparedness Guide recently distributed throughout the agency.

MAI VANG, for the outstanding job she did on employee annual evaluations.

MADERA MIGRANT/SEASONAL HEAD START STAFF, for the great job on the health and safety review.

LETICIA MURILLO AND LIZ DELANO, for referring one of their clients to Victim Services. Thank you for going above and beyond!

VICTIM SERVICES STAFF, for the submission of two new grant opportunities.

COMMUNITY SERVICES STAFF, for taking on the California Disaster Assistance Act (CDAA) water assistance program.

FRESNO MIGRANT HEAD START STAFF, for a successful all staff meeting.

LUIS JOAQUIN, for taking special notice regarding nails left in artificial grass at one of the centers.

BERYL RAVISCIONI AND LETICIA LUJAN-ROJAS, for another successful year of coordinating the Victim Services Volunteer Training.

KARINA GARCIA, for putting together the Madera Head Start Facebook. The link is www.facebook.com/maderaheadstart.

**MARK YOUR CALENDAR...**

Note: All CAPMC offices and centers will be closed.
SEPTEMBER 7, 2015: Labor Day Holiday

DECEMBER, 2015: Community Action Partnership of Madera County—50th Anniversary

**SAFE**
Staying Accident Free Everyday

**SAFETY GAME PIECE**
Due: 7/06/2015 — 12 noon

NAME:
I.D.#

WORKSITE:

QUESTION: What do we need to replace to maintain comfort and health in a hot environment?

ANSWER:
Welcome to CAPMC!
New Employees & New Positions

LAURA ADAMS
Program Assistant/Typist Clerk II Victim Services

KAREN SANCHEZ
Advocate III 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:

- ADVOCATE II/III
  Fresno Migrant Head Start
- ASSOCIATE TEACHER
  Madera Head Start
  Fresno Migrant Head Start
- CENTER DIRECTOR
  Fresno Migrant Head Start
- DATA ENTRY TECHNICIAN
  Madera Head Start
- EARLY HEAD START FAMILY FACILITATOR
  Madera Head Start
- FOOD SERVICE COOK (Mariposa)
  Madera Head Start
- INSTRUCTIONAL AIDE II/JANITOR
  Madera Head Start
  Fresno Migrant Head Start

Fresno Migrant Head Start ~ Ring the Bell!
By: Dr. Joseph S. Martinez, Ph. D.

Congratulations, your program continues your knowledgeable and highly excellent program improvement process!! Excellent and detailed reflection regarding the language development and ELD needs of the children served and your process to provide improved experiences for your students. Your program has made a very diligent and concerted effort to improve your children’s experience and learning. The DRDP findings and educational goals for the upcoming year are clear. The action steps are detailed and provide a coherent program improvement strategy for the ELD and Language and Literacy domain. I have full confidence that your preschool staff will be able to enhance the learning opportunities for your students in the areas selected. Keep up your excellent service for the preschool children and communities you serve.

It’s a Girl!
Congratulations to Stephanie Sinks who delivered beautiful baby Maci Elizabeth into the world on June 6, 2015. Maci weighted in at 7lbs, 7 oz. Mom and baby are doing well.

Congratulations!
Tina Rodriguez, Victim Services Program Manager recently attained her Masters of Science degree in Marriage and Family Therapy.
EMPLOYEE SPOTLIGHT
Name: Liz Delano
Job Title: Program Manager, APP/R & R
How long have you worked for CAPMC? 22 Years
Where were you born and raised? Born in Whittier, CA and raised in Central Oregon & Southern CA
Family: Married for 38 years to husband Mark, 2 daughters, 2 sons-in-law and 2 grandchildren
Favorite Saying: “Our greatest growth exists on the other side of our greatest challenges”
Favorite Holiday: 4th of July
Favorite Color: Cream
Favorite Movie: Revolutionary Road
Favorite junk food: Chips and guacamole
Favorite Vacation Spot: Mission Beach, California
Favorite TV Show: Antique Roadshow, Orange is the New Black
Favorite Song: Rolling in the Deep
Favorite Sports Teams/Individuals: Fresno Grizzlies Baseball
Of all people, who would you like to have dinner with and why? My Grandfathers—to ask more questions about their lives
Greatest Achievement: Raising two smart, beautiful, caring and fun daughters
Best Advice Ever Given: “You are what you think”

Fresno Migrant Head Start Parents Experience Washington, D.C.
Parents and staff attended the 7th Annual Public Policy Forum in Washington D.C. on June 13th. This was a crash course for the parents that attended training on how to advocate for migrant children and their parents at a national level for two days. Sra. Modesta Bautista and Sra. Maria Penalousa received extensive training regarding: Farmworker Demographics and Agricultural Workers, Maximizing Collaboration between Head Start and Health Centers, Immigration and the Affordable Health Care Act. Needless to say it was a full day for the parents that later were introduced and asked to dine with the newly appointed Office of Head Start Director, Dr. Blanca Enriquez.
On June 16th the parents along with staff headed to Capitol Hill to meet with Congressmen representing their Districts in California. At the office of Congressman Jim Costa 16th District they were greeted by the Congressman who attentively listened to their concerns regarding the budget and the impacts on the drought on migrant families. After the cordial visit he posed for pictures with the parents and he applauded them for their efforts. The parents also visited Congressman David G. Valadao 21st District office and Congressman Devin Nunes 22nd District office, they were not available. However, at Devin Nunes office they were offered a private tour of Capitol Hill by an Intern, they had a great experience.

FIVE POINTS RECRUITMENT
Thanks to Diana Toscano, Five Points Advocate, the Fresno Migrant/Seasonal Head Start program recruitment was in full swing under the sun in the city of San Joaquin.

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
Heat stress is a condition in which the body has an elevated core temperature; this can lead to illnesses of varying severity. Heat illnesses may cause extreme discomfort and even complete temporary disability. Heat stroke is potentially fatal and may occur suddenly if heat exhaustion is ignored.

How to avoid heat stress:
- To maintain comfort and health in a hot environment, it is critical for people to replace both the water and electrolytes they lose through sweating.
- If body fluid is not replenished at the same rate as it is lost, or if replacement lacks electrolytes, the cooling mechanisms lose effectiveness and exposure to heat stress rises.

Here are some common symptoms of heat stress and the treatments for each:

- **Heat rash:**
  - Symptoms: Red cluster of pimples or small blisters.
  - Causes: Excessive sweating leading to clogged pores - can develop into an infection.
  - First aid: Cleanse and dry the affected area and use calamine lotion or dusting powder to increase comfort.

- **Heat cramps:**
  - Symptoms: Painful spasms of leg, arm or abdominal muscles, heavy sweating, and thirst.
  - Causes: Typically occur during or after hard work or exercise and are caused by electrolyte deficiencies that result from extended periods of intense sweating.
  - First aid: Stop all activity and sit in a cool place and drink plenty of water or electrolyte fluids. Do not return to strenuous activity for a few hours after the cramps have subsided.

- **Heat exhaustion:**
  - Symptoms: Fatigue, headache, dizziness, muscle weakness, nausea, chills, tingling of hands or feet, confusion, loss of coordination, fainting and collapse.
  - Causes: Dehydration, lack of acclimatization, reduction of blood in circulation, strain on circulatory system, and reduced flow of blood to the brain.
  - First aid: Rest in the shade or a cool place. Drink plenty of water (preferred) or electrolyte fluids.

- **Heat stroke:**
  - Symptoms: Body typically has a core temperature exceeding 104 degrees F and can no longer cool itself.
  - Causes: Can occur suddenly if heat exhaustion is not treated, and can be fatal.
  - First Aid: A person suffering heat stroke needs immediate attention and should be taken to a medical facility as soon as possible. Brain damage and even death are possible.
    - Call 911 or summon medical aid immediately
    - Move to cool shaded area
    - Douse the body continuously with water.
Spiritual wellness is the ongoing process of discovering and cultivating your spiritual inner self.

Spirituality, spiritual wellness and faith can be defined as a belief in something and can take on many different and unique meanings and forms for each individual. Many factors such as religious faith, values, ethics, principles, morals, attitude and gratitude play a part in defining spirituality. Spiritual wellness can grow into or strengthen a religious believe or have nothing at all to do with religion. Some people have a religious faith belief system, while others have little or none. Everyone is different however, everyone can benefit from having some type of spiritual wellness in their life. Regardless of whether or not you believe in a particular religious faith, there are always things to learn about yourself and world around you. Spiritual wellness is a wonderful process that can help you find meaning and purpose in your life. It may involve meditation, prayer, affirmations, or specific spiritual practices that support your belief system. Spiritual wellness is really more about our intensions and how we view and treat ourselves. It’s also about how we view and treat everything and everyone else around us. Spiritual wellness is when our thoughts, emotions and actions are aligned with love, peace, compassion, joy, knowledge, freedom, appreciation, gratitude, forgiveness, passion, happiness, positive beliefs, optimism and hope. Spiritual wellness is when we know that we’re a part of, and able to view and absorb nature, the world and the universe. Spiritual wellness together with a strong positive attitude can bring about positive changes in our lives and in all that surrounds us. Your spiritual wellness must be nourished and exercised regularly. Your spiritual growth relies on a process that can only occur when you create opportunities to engage in meaningful reflection of your inner core self. Steps To Nurture and Encourage Your Spiritual Health And Wellness.

- Create quality time in solitude – set aside some quality time to engage in reflection and to regularly submerge yourself in total solitude for spiritual meditation. Creating quality time may be very difficult to achieve, given the demands of our modern lifestyles. Nevertheless, it’s important.
- Spiritual awareness requires that you awaken your senses searching for subtle, yet meaningful, changes that occur within you and all around you.
- Create a spiritual retreat-type atmosphere that is conducive to health and spiritual wellness development.
- Stop/pause periodically throughout the day to collect and gather yourself. Close your eyes and take several deep, slow belly breaths and calm the mind.
- Find spirituality in music, art, dance, laughter and singing.
- Make time for relaxation.
- Make time for meditation and/or prayer.
- Give gratitude in viewing and knowing that we’re a part of nature and the universe.
- Accept that others may have different views then yours.
- Tai Chi and meditation can also help you develop spiritual wellness.
- These are all important aspects towards achieving a high state or optimal level of physical wellness.

Article from: livelifewell.com