On September 19, 2014, Governor Brown issued Executive Order (EO) B-26-14 authorizing the California Governor’s Office of Emergency Service (Cal OES) to provide California Disaster Assistance Act (CDA) funding for local government assistance to provide emergency water supplies to households without water for drinking and/or sanitation purposes.

In early February CAPMC began collaborating with Madera County to apply and receive funding for this much needed purpose. In May, 2015 after complying with all the necessary regulations, we were ready to begin serving those desperate customers in need. As of the middle of July, 197 homes have been identified with dry wells.

The agency has a lot of work ahead of us. With the collaboration, cooperation, and cohesion of all parties involved, a true Esprit de corps has been cemented by and between CAPMC, Madera County Sheriff’s Office of Emergency Services, and Madera County Community and Economic Development Department.

Drinking water is being delivered to those identified homeowners on a monthly basis and the installation of 2,500 gallon water tanks for bathing and sanitation purposes has begun.

Thank you to Elizabeth Wisener, Pearl Erigio and Community Services for stepping up in this time of need and following the mission of Helping People, Changing Lives. If you need further information contact the Community Services Department at (559)673-9173.

“There is no exercise better for the heart than reaching down and lifting people up”
- John Holmes
CATCHING PEOPLE... 
DOING THE RIGHT THING

INEZ ZUNIGA for always helping anyone and everyone. She never has idle time. Always keeping busy and following the mission of “Helping People, Changing Lives”.

TINA RODRIGUEZ, for assisting an APP/R & R client with a sensitive issue.

MELISA DASILVA, for helping out Community Services with the Community Needs Assessment and the Community Action Plan.

MATTIE MENDEZ, for going into the warehouse and getting rid of some unused items.

PEARL, LUIS, AND ANA, for hauling bottled water from the warehouse to the office for customers in need of drinking water.

MAINTENANCE STAFF, for delivering items to Great Beginnings and assisting them with some safety concerns at their site.

FLORA CHACON, for the implementation of the NO Peanuts, NO Fish signs at the centers.

MARIA ARELLANO, for always helping out around the center. Thank you for all your hard work!

JENNIFER GARCIA, for her outreach efforts in recruitment for Head Start children and families.

MARK YOUR CALENDAR...
SEPTEMBER 7, 2015: Labor Day Holiday
OCTOBER 9, 2015: Victim Service Annual Soup Bowl Luncheon
NOVEMBER 2, 2015: Community Action Partnership of Madera County—50th Anniversary Celebration

S.A.F.E
Staying Accident Free Everyday

All children develop at their own pace, both physically and emotionally. But you can help give your children all they need to be their healthy best— including lots of playtime and plenty of affection.

Celebrate childhood
It’s never too soon to get started on a path to wellness. Introduce your kids to healthy habits early on, when they are more likely to stick

Take a tech break.
Too much tech time for children is linked to struggles at school, attention problems, sleeping disorders, and obesity— so keep it in check.

Build them up.
Help boost your child’s self-esteem by focusing on his or her individual strengths. Stay flexible about your idea of success— not every child excels in the same way.

Explore.
Encourage exercise by doing it as a family. Take walks, ride bikes, or head to the beach, a lake, or a local swimming pool for a swim.

SAFETY GAME PIECE

Due: 7/31/2015 — 12 noon

Pair up the items below:

NAME: __________________________
I.D. #: __________________________
WORKSITE: ______________________

Daily Duties Use Personal Protective Equipment (PPE)
Report Unsafe Conditions Try to improve
Practical Jokes When you see one
Follow Instructions Plan ahead and clean up
Suggestions for improvement Caring attitude towards your co-workers
Work Area Neat & Orderly Conduct business, not unsafe acts
Dress for the Job Follow your supervisor’s plan
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 households 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.

COMMUNITY SERVICES OFFERS DROUGHT WATER ASSISTANCE

Welcome to CAPMC!
New Employees & New Positions

BRENDA AGABO
Food Service Cook—Fresno Migrant Head Start

ASHLEY ZUNIGA
Instructional Aide II/Janitor—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:

- 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

- FAMILY SERVICE ASSOCIATE
  Alternative Payment and Resource and Referral

- FOOD SERVICE WORKER I
  Madera Regional Head Start

MESSAGES FROM THE SAFETY COMMITTEE:

- Stay cool
- Use water wisely in the drought
- Emergency Preparedness Guide is available at your worksite for your reference
- Safety Data Binder is available at your site to use
- Participate in the Safety Awareness Month activities coming in September
- Submit your safety suggestions to your safety committee member

~ SAVE THE DATE ~

Community Action Partnership of Madera County will celebrate its 50 year anniversary in December, 2015. In order to include as many staff members as possible, an agency wide celebration is slated for Monday, November 2, 2015. Look for more information to follow in the coming months and be ready to celebrate the many successes the agency has seen over the years!
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
Accident Prevention

Oftentimes, following a safety meeting, a staff member will ask: "What can I do about accident prevention? I just work here". Answering that question is not very difficult.

Because safe or unsafe conditions and practices occur at the staff level, there is a great deal a staff member can do to prevent accidents. In fact, just by being committed to always working in a safe manner, staff can control the safety record of their organization.

Accept Accident Prevention as part of your daily duties and as a personal challenge.

- Don’t “pass-the-buck” and leave the problem for someone else.
- Maintain a cooperative and caring attitude toward your co-workers.

Report Unsafe Working Conditions Immediately.

- If you see an unsafe working condition, promptly report it to your supervisor and try to offer suggestions for a solution.

Avoid Horseplay and Discourage Others from Playing Practical Jokes.

- Workplace is to conduct business, not personal risky and unsafe acts.

Follow Instructions.

- Stick to safe, approved methods and do every job the right way.
- Follow your supervisor’s plan for safe work practices.
- Don’t create unsafe working conditions for your fellow workers.

Make Suggestions for Improvement.

- Develop an interest in your job and think about your duties.
- Find out how your tasks tie in with the work of others.
- Try to improve methods and quality while keeping an eye on safety.
- Discuss your ideas openly with your supervisor.

Keep Your Work Area Neat and Orderly.

- Don’t let unnecessary trash, materials, and tools accumulate.
- Maintain an uncluttered place to work.
- Plan ahead and clean up as you work.

Dress for the Job.

- Make sure you know what gear is needed, and use all needed Personal Protective Equipment.
- Dress appropriately for the tasks your job includes.
- Don’t wear jewelry, or have loose hair or clothing around machinery.
- Wear appropriate shoes.
- Dress cool in summer and warm in winter.

Days without Injury: 07/17/15

CAPMC: 0 days
Madera/Mariposa Regional HS: 28 days
Madera Migrant/Seasonal HS: 0 days
Fresno Migrant/Seasonal HS: 0 days
Social Wellness is very important to our overall health. A person who is socially healthy has the skills to socialize, be confident and function in all situations that involve other people. A person lacking social wellness tends to lack the ability to adjust to social situations. One of the greatest things that you can do for yourself and others is to become a contributing member of your community. This means getting out and joining in many different activities including volunteering. Madera County has many non-profits that can use your assistance. A good place to look for volunteer work would be through your church, by asking friends, reading your local newspaper and searching on the internet. [http://community.volunteermatch.org/volunteer](http://community.volunteermatch.org/volunteer) is a great place to look when trying to find the right volunteer opportunity. Going through the day having positive interactions with other people will provide you with a great deal of social wellness. So go out into your community and make a difference!

Nobody attains perfection in his life, mainly because life is a process and will continue to evolve. However, people can perceive perfection in terms of satisfaction and happiness. To create social wellness, here are some of the most important steps you can take:

- **Know your needs**—we all have unique needs. What someone might find important may seem irrelevant to you and vice versa. Learn to identify what your needs are so you don't feel the pressure to perform in an environment you don't enjoy or care about.
- **Reach out**—offering friendship to people is a first step to social wellness. Without this initiative, it will be difficult for you to take advantage of potentially productive relationships. Consider joining groups and clubs that focus on your interests. Explore other avenues that may present certain possibilities for you, such as volunteer work and travel.
- **Choose your relationships**—some relationships take a toll on people. Sometimes, it could come from experiences with an abusive partner, an overbearing relative or an insincere friend. The problem here is that all of these can cause unnecessary strain on your emotional state and affect your ability to function socially.
- **Learn to build and stay in healthy relationships**—these relationships involve people you care about and who care about you and your well-being. Generally, these are people whom you feel can nurture and support your needs and whose needs you yourself can offer support for. Since there is trust and compassion, you feel safe and satisfied, two vital ingredients for social wellness.
- **Don't feel the pressure to conform**—this is a rather tricky step because often, conformity is required in the society we live in. However, cooperating with standards and mores doesn't necessarily mean changing yourself and becoming a person you are not. Everybody's different and it's our job to accept that. If you try to conform, you'll find that the pressure to change yourself will affect you in many ways, all of them negative.
- **Learn to communicate effectively**—you can only do so much about hiding your feeling and thoughts. Being able to communicate well is a vital component of social wellness because this is generally how you initiate relationships in the first place.

Make it a practice to constantly work on your social connections and soon you will have an abundance of what we call "social wellness."

**Social Wellness Challenge Ideas**

- Become active in a club, group, or organization.
- Call or write to far-away friends or family.
- Cultivate new friendships outside of your family.
- Turn off the TV/computer and interact with people.
- Maintain regular contact with a lonely person.
- Choose your own healthy habit in this category.