“Live so that when your children think of fairness, caring, and integrity, they think of you”
- H. Jackson Brown

**Weekly Topics**

- **Slips, Trips and Falls:** Be on the lookout
- **Prescription opioid painkillers:** A public health crisis
- **Ergonomics:** Combining comfort and safety
- **Emergency preparedness:** Taking control before disaster
- **Car crashes:** A leading cause of preventable death

**Activities**

- Safety Poster Competition for each site or department (Rules, poster board and entry form will be distributed to all worksites and available on CAPnet)
- Engage in weekly topics
- Complete game pieces weekly to be entered into prize drawings
- Grand prize drawings at the end of safety month
- Wear designated color as a group to earn safety bucks
- WHAT I LIVE FOR video
**MARK YOUR CALENDAR...**
SEPTEMBER 7, 2015: Labor Day Holiday
OCTOBER 9, 2015: Victim Service Annual Soup Bowl Luncheon
NOVEMBER 9, 2015: Community Action Partnership of Madera County—Wellness Day/50th Anniversary Celebration

**SA.F.E**
Standing Accident Free Everyday

When you take preventive measures like wearing the right protective gear, for your sport, buckling your seat belt, and wearing sunscreen— you worry less when you set out on your next adventure.

**Celebrate prevention**
This month, arm yourself for good health by staying up-to-date with your immunizations and other preventative care, like eating right, staying active, and getting enough rest.

**Get a flu shot.**
Protect yourself from the flu with a flu shot.

**Defense up.**
Regular exercise (150 minutes a week) can help lower your risk of developing Alzheimer’s disease, diabetes, and stroke.

**Take a chance on garlic.**
Garlic contains more than 100 sulfuric compounds that work to fight bacteria and infection. Add garlic to your diet for an extra immunity boost.

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**SAFETY GAME PIECE**
Due: 8/28/2015 — 12 noon

**Pair up the items below:**

**NAME:** ________________________

**I.D. #:** ________________________

**WORKSITE:** ________________________

<table>
<thead>
<tr>
<th>Staphylococcus aureus</th>
<th>produce toxins below 40˚F</th>
</tr>
</thead>
<tbody>
<tr>
<td>Clostridium perfringens</td>
<td>found in poultry and raw milk products</td>
</tr>
<tr>
<td>Listeria monocytogenes</td>
<td>cafeteria germs</td>
</tr>
<tr>
<td>Salmonella</td>
<td>cross contamination from raw meat and produce</td>
</tr>
<tr>
<td>Escherichia coli (E. coli)</td>
<td>found on human skin</td>
</tr>
<tr>
<td>Danger Zone</td>
<td>between 40˚ and 140˚F</td>
</tr>
</tbody>
</table>
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.

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

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

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

HEALTH INSURANCE OPEN ENROLLMENT

- HR Dept. staff and Gallagher Benefits Service representatives will be assisting employees to enroll or make changes on their health insurance plans.
- Coverage period changes to calendar months; the term covers 9/1/15 through 12/31/2016 with an open enrollment for making changes.
- Medical coverage is extended to employees and their children.
- Vision insurance carrier changes to Ameritas / VSP.
- Life insurance carrier changes to MetLife. All eligible employees will enroll.

SEE RATE PLAN COVERAGE INSERT

MESSAGES FROM THE SAFETY COMMITTEE:

- Drink Water
- Use water wisely in the drought
- Be prepared in case of an emergency or natural disaster
- Turn in your safety store orders
- Submit your safety suggestions to your safety committee member
- Participate in Safety Awareness Month activities in September
EMPLOYEE SPOTLIGHT

Name: Donna Tooley
Job Title: Chief Financial Officer
How long have you worked for CAPMC? 22 years
Where were you born and raised? Wichita Falls, Texas
Family: Husband-David, Daughter & Son-In-Law—Kathleen & Trevin, 6 month old granddaughter—Adeline
Pets: Raider, our 14 year old lab
Favorite Saying: “Believe you can and you are halfway there” Theodore Roosevelt
Favorite Holiday: Christmas
Favorite Color: Burgundy
Favorite Movie: The Sound of Music
Favorite junk food: Chocolate Lava Cake
Favorite Vacation Spot: Italian Riviera
Favorite TV Show: NCIS/Good Wife
Favorite Board Game: Clue
Of all people, who would you like to have dinner with and why? My maternal great grandparents. They were German living in Russia and emigrated to U.S. in the early 1900’s.
Greatest Achievement: CPA license
Best Advice Ever Given: “You can be whatever you want” My Dad.
Thoughts about your job: I love working at CAPMC. It’s my extended family. Staff are so compassionate and dedicated. The services we provide impact lives and truly make a difference.

VICTIM SERVICES

LETTER OF APPRECIATION
BY: TINA RODRIGUEZ, PROGRAM MANAGER

Below is a copy of a letter that was sent to us by a grandparent of two child abuse victims. I also want to thank Melissa for her dedication to servicing child abuse victims here at CAPMC. Her caseload has doubled and she never lowers the standard of quality that is expected of her. These past few weeks she has worked overtime just to make certain that all of her client’s needs are met. Melissa is an example of an employee that demonstrates leadership by taking the initiative to serve and advocate with care and passion. Thank you Melissa for all that you do in victim services.

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From: Victim Services Client

Dear Mrs. Rodriguez:

This letter is on behalf of your Victim Advocate, Melissa Del Toro. Mrs. Del Toro is a wonderful advocate. She was our advocate concerning a case for my daughter. My daughter has an anxiety disorder which was acerbated by her assault. Melissa held her hand while she testified on the stand. She was there supporting her at every court date and throughout the trial. Mrs. Del Toro helped to calm her and just went above and beyond to make an already difficult situation and process much easier. We will always be extremely grateful to Melissa.

Melissa’s compassion and sincere concern towards my daughter, me, and my grandson was so very much appreciated. My grandson just adored Melissa and opened up to her. Our family will always remember Melissa and hold her in such fond regard. I want to thank your office for having such an amazing and beautiful woman like Mrs. Del Toro. She is beautiful inside and out. Her kindness will never be forgotten. Thank you again from the bottom of our hearts. Thank you for the resources your office also provided.

Sincerely,

Victim Services has scheduled the annual Soup Bowl Luncheon for Friday, October 9, 2015. This year the theme will be “Teen Violence No More”. If you are interested in donating soup for the event, please contact Beryl Raviscioni at (559)675-5708. Tickets for the event will be $10 and can be purchased from any Victim Services staff member. Come out and support this worthwhile effort!

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
Potlucks and buffets carry a high risk for foodborne illness because bacteria thrive in food that is left out for long periods of time at room temperature. The danger zone for bacterial growth is between 40˚ and 140˚ F. The maximum amount of time that food can stay in this range before becoming dangerous is two hours, and potlucks and buffets easily last longer. Sanitary practices, avoidance of cross-contamination, and temperature control guard against bacteria. Take care while preparing, storing, and serving food.

Types of bacteria:
- Staphylococcus aureus: Commonly called “staph”, these bacteria are found on human skin and inside noses, throats, and infected cuts and pimples. They can contaminate food during preparation, and they thrive when food is left out at room temperature. This type of bacteria produces a toxin that cannot be destroyed by heat.
- Clostridium perfringens: Also called “cafeteria germs,” these are often found in large servings of food that are allowed to reach danger zone temperatures.
- Listeria monocytogenes: If food has been contaminated by these bacteria, they can multiply and produce toxins even in temperatures below 40˚ F. This type of bacteria is commonly found in dairy products, such as un-pasteurized milk and cheese.
- Salmonella: These bacteria are found in poultry, eggs, raw milk, and raw milk products. It can be introduced into food during food preparation or from consuming raw or unpasteurized products.
- Escherichia coli (E. coli): E. coli exposure may be the result of cross contamination from raw meat and produce. There are various strains of E. coli that result in a range of health symptoms including diarrhea and other intestinal problems.

Avoiding contamination:
- Always wash hands before handling or preparing food.
- Keep areas, utensils, and platters used for food preparation and serving clean.
- To protect against staph bacteria, do not prepare food if you have an infection.
- Do not reuse serving platters without first cleaning them.
- To guard against Listeria monocytogenes, observe sell-by and use-by dates.

Temperature control:
- Food preparation:
  - Food must reach the proper internal temperatures while cooking.
  - Cool food quickly and evenly when storing. Put the cooked food into a shallow container and place in the refrigerator or freezer.
  - Reheat foods to 165˚ F.
- Serving practices:
  - Keep hot foods at 140˚ F or above by using chafing dishes, slow cookers, or warming plates.
  - Keep cold foods cold by putting the serving bowl or platter in an ice bath, and replace the ice as needed.
  - To limit the time food is at room temperature, put out small serving sizes of the food, and keep the rest in either the oven or refrigerator until it is ready to serve.
  - Track the time that foods have been on the buffet table at room temperature, and discard any food that has sat out longer than two hours.