Resource & Referral Glitters On

By: Cristal Sanchez

During the month of May Resource & Referral held two workshops; one in English and one in Spanish that focused on Big Emotions, The Brain, and How to Settle Your Glitter. The workshops discussed the importance of emotional development for the developing child and ways to teach emotional regulation to young children. There were raffles that included books and the movie Inside Out. R&R was even able to send the providers home with a Hedbandz game. At the end of the workshop, providers were able to “DIY” their own calming glitter jar to take home to use as a calming tool in their daycare.

Think of it this way...the jar is our brain, the glitter is our thoughts. When we become super overwhelmed by big emotions our glitter shakes all over the place and our brain becomes a whirlwind; we are not able to see or think clearly. When we learn to manage our emotions and use our handy dandy tools (like breathing techniques and counting) our glitter settles to the bottom of our jar, bringing peace and clarity for our brains.

“Children are our most valuable natural resource.”
-Herbert Hoover
COMMUNITY ACTION PARTNERSHIP OF MADERA COUNTY

AGENCY INFORMATION . . . Here’s the Scoop

CATCHING PEOPLE...
DOING THE RIGHT THING

SAFE PRACTICES...
RICK RAMIREZ, for going above and beyond in assisting Resource & Referral with setting up laptops for both of the Child Care Provider Workforce Registry Clinics. Couldn’t have done it without you!

MENDOTA MIGRANT HEAD START for being reliable and great team players!

MIRIAM ORTEGA, MELVIS MENDOZA, & LOURDES CEDILLO for making the jean pins for this year’s Denim Day.

MADERA MIGRANT/SEASONAL HEAD START for putting on a great pre-service.

VICTIM SERVICES STAFF for being compassionate, ethical, and displaying the CAPMC Standards to Live By with all stakeholders and customers served.

MARU SANCHEZ-GASCA for connecting CAPMC to the Blue Dot Project that brings awareness to maternal health and perinatal depression. Always great to support local partners and agencies.

ALL CAPMC STAFF for helping people, changing lives, and making our community a better place to live everyday through the work we do.

MARK YOUR CALENDAR
May 29, 2017—MEMORIAL DAY
May 30, 2017—MATTIE’S BIRTHDAY
June 8, 2017—BOARD OF DIRECTORS MEETING
June 14, 2017—FLAG DAY
June 18, 2017—FATHER’S DAY
June 21, 2017—SUMMER BEGINS

MAY IS COMMUNITY ACTION MONTH!

“There are no problems we cannot solve together and very few that we can solve by ourselves.”—President Lyndon B. Johnson

#BeCommunityAction  #CommunityAction

SAFETY GAME PIECE

Due to the H/R Department—
Friday 06/09/17 at noon.

Safety Trivia:
Which restraining order can only be filed by an immediate family member or law enforcement officer?

NAME:________________________
I.D.#:__________________
WORKSITE:____________________

Due to the H/R Department—
Friday 06/09/17 at noon.
My name is **Alma Cuevas**; I am a Data Entry Technician for the Migrant Head Start Program. I am currently working on my Masters of Science in School Counseling and Pupil Personnel Services Credential. I will be graduating this May 2017. Working on my masters has been a challenge, but it has also been a great experience. I have been able to manage being married, having a six-year-old boy and working full-time. My son has been my motivation in pursuing a higher education. I want my son to have the confidence to pursue a higher education by my example despite all my obstacles. My goal is to work as an elementary or high school counselor. I chose this career path because I want to be able to help children who are going through difficult times, by giving them support and encouraging them to trust their own abilities. The advice that I can give to others who wish to pursue a higher education, is to go for it! The journey can be difficult, but in the end, everything will be worth it. Money comes and goes, but knowledge is something that no one can ever take away from you. I would like to thank my Head Start family for all their support throughout this journey, with special recognition to Socorro Hadeen for encouraging me to continue with my dream of becoming a counselor despite my obstacles.

**Krizia Gonzalez** and **Kenia Cardona** graduated from Fresno State with degrees in Nutrition & Dietetics. Both have been volunteering with Fresno Migrant/Seasonal Head Start, assisting in the area of nutrition. Krizia was recently accepted into the Fresno State Dietetic Internship Program that will begin this fall. Kenia accepted a job with Clinica Sierra Vista in Bakersfield as a Nutrition Assistant. Both volunteers have brought great talent and creativity to the nutrition program at FMSHS and will be missed! We wish them the best. Congratulations!

"My name is **Rosa Huerta** and I am a proud Fresno State, Social Work graduate. I am a wife and a mother of two little girls. Pursuing my journey was not easy but giving up was never an option. I’m excited for a new beginning.”

Rosa is currently working in Victim Services as an Advocate III.

**Walter Perez** received his Bachelor's Degree in Victimology, at California State University, Fresno. He says his advice to others pursuing higher education is to “never give up on your goals. No matter how hard some circumstances could get, achieving accomplishments is the greatest feeling.” Walter has been hired on by CAPMC and will be working in Victim Services. Way to go!

**Mai Thao** completed a year long internship at the Shunammite Place. She graduated with her Social Work B.A. and was accepted into the Social Work Master’s Program at Fresno State.

**Lourdes Cedillo**, who also graduated from Fresno State with her Psychology degree. Lourdes works in the Martha Diaz Shelter.
Strengthening Families Program

By Miriam Rodriguez and Carlos Reyes

The Strengthening Families Program is a fourteen-week evidenced-based enrichment program that aims at improving parenting skills, family life skills, and children's social skills. The program is available to families inclusive of parents and children ages 6-17. Each session is an hour and a half long. Classes are offered in both English and Spanish. SFP touches on a variety of topics such as: learning positive interactions, how to manage common child behavior problems, effective communication skills, effective discipline, and overall improving parents/child relationships.

Strengthening Families Program is proud to present the latest graduating classes that completed the program in May 2017. There were a total of 23 English-speaking parents, and 31 Spanish-speaking parents with a total of 84 children serviced!

“I have changed by the ways I approach situations and always trying to be as clear as possible with [my daughter]. She is a lot more calm and has a lot more patience as well. Always thanking her for certain behaviors or explaining certain problems to her as detailed as I can makes her act different.” - Parent

“Although our family did not want to attend the class at the beginning, towards the end we liked it. We met people and we learned a lot, not only from the instructor, but also from listening to the other parents, and their different situations.” - Parent

Our Executive Director, Mattie Mendez, will be celebrating her birthday soon! Her birthday is Tuesday May 30th. Don’t forget to wish her a Happy Birthday!
Relay for Life 2017

This year’s CAPMC team was able to raise over $10,270 towards the American Cancer Society’s Relay for Life.

Team members included:
- Donna Tooley
- Tina Gomez
- Gabby Salazar
- Angela Avila
- Brittney Erigio
- Pedro Gonzalez - Brittney’s Grandpa
- Miriam Rodriguez
- Yessenia Casillas
- Adriana Pompa
- Mattie Mendez
- Tammy McDougald
- Ed Armbruster - Tammy's Dad
- Linda Chandler

Thank you to everyone that attended and supported the event!

Messages from the Safety Committee

1) Remember to drink plenty of water.
2) Always wear sunblock, especially if you will be outside for an extended period of time.
3) Carry sunblock when you go out.
4) Try to stay under shaded areas to help keep cool.
5) Have your vehicle checked for the summer months.
6) Don’t forget to turn in your safety orders.
Steps to a Stress-free Summer

All too often, the summer slips away before we’ve had a chance to enjoy the warmer weather and longer days. The following tips are designed to help you maximize your summer fun—while also avoiding some common hazards:

- **Stock up on sunscreen**, as well as other summer necessities, in advance.
- **Outsmart the outdoors.** Sun burns, heat stroke, and insects aren’t fun to think about—but we must in order to protect ourselves and our loved ones. Check out the CDC’s website for helpful tips and info on all of the above.
- **Watch out for the water.** From pools to swimming at the beach, practicing water safety is vital for both children and adults.
- **Factor in fun.** If we don’t plan, things usually don’t happen. Think about some things you definitely want to do this summer and slot in potential dates. Be sure to consider what’s manageable as well as what will be most meaningful.
- **Make the most of more daylight.** Take a walk after dinner, eat outside, get into gardening…spending time outdoors is good for both emotional and physical health.
- **Pick a project.** Summer often affords us the luxury of extra time to get to those things we are usually too busy for. Whether it’s doing some cleaning or minor home renovations, volunteering for a worthy cause, learning a new skill, or creating something, take advantage of this time to do it.

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**POMONA MIGRANT HEAD START**

Staff from the Pomona Migrant Head Start were awarded a $200.00 Visa gift card sponsored by Heffernan Insurance Brokers for being the 1st Quarter drawing winners of best-safety practices. Thank you for being safe, carrying out safety practices, and inspiring those around you to do the same!

Keep up the great safety work everyone! Your site could be the next quarterly winner!
COMMUNITY ACTION PARTNERSHIP OF MADERA COUNTY
THE SAFETY COMMITTEE PRESENTS

S.A.F.E
Staying Accident Free Everyday

MAY 2017

Safety Committee Members

Administration
Gabriela Salazar
675-5748

Community Services
Perla Erigio
675-5740
Sandra Garcia
675-5801

APP/R & R
Melissa Pacheco
675-5745
Idelisa Duran
675-5776

Fiscal
Adriana Pompa
675-5735
Brittney Erigio
675-5736

Fresno Migrant Head Start
Michael Carroll
276-5831
Conrad Palacios
276-5842

Madera Head Start
Nicole Revis
675-5731
Tammy McDougal
675-0291
Karina Garcia
675-5720
Yaren Pumarejo
665-0291
Joe Arias
675-5272
Yesenia Garcia
ygarcia@maderacap.org
Silvia Sandoval
662-1788

Madera Mariposa Regional HS: 43 DAYS
Madera Migrant /Seasonal HS: 139 DAYS
Fresno Migrant/Seasonal HS: 0 DAYS

Quarterly Training Theme—Restraining Order

Types of restraining orders
• Domestic Violence Restraining Order
• Elder or Dependent Adult Abuse Restraining Order
• Civil Harassment Restraining Order
• Workplace Violence Restraining Order
• Gun Violence Restraining Order

Domestic Violence Restraining Order
Court order that helps protect you from someone who has abused you and that you have close relationship with (married or registered domestic partners, divorced, separated, dating or that you have dated in the past, living together or lived with), or you are related to (parent, child, brother, sister, grandmother, grandfather, mother-in-law, or son-in-law). You have to be more involved than just roommates are.

Elder or Dependent Adult Abuse Restraining Order
Applies to a person seeking a protective order who falls within the definition of an elder or dependent adult. A victim of physical or financial abuse, neglect, abandonment, or isolation, treatment that has been physically or mentally harmful to the elder or dependent adult, or deprived by a caregiver of goods or services needed to avoid harm or suffering, or emotional abuse by a caregiver.

Civil Harassment Restraining Order
Helps protect people from harassment. You may seek protection if you are worried about your safety because you are being stalked, harassed, sexually assaulted, and/or threatened. It applies when there have been acts of violence against you by someone with whom you do not have intimate or familiar relationship with (neighbor, roommates, great-grandparents/children, nieces/nephews, aunts/uncles, classmates).

Workplace Violence Restraining Order
An employer whose employee has suffered unlawful violence or threat of violence from any individual that can be construed to be, or to have been, carried out at the workplace, may seek a restraining order through the court. An employee may not seek the order on his/her own behalf.

Gun Violence Restraining Order
Prohibits a person subject to this restraining order from having in his or her custody or control, own, possess, or receive any firearms or ammunition while the order is in effect. The petitioner must convince the Judge that the person restrained poses a significant danger in the near future of causing personal injury to himself/herself, or another person by having in his/her custody, controlling, owning, purchasing, or receiving a firearm. The petitioner also must convince the Judge the order is needed to prevent personal injury to the person or to another person because less restrictive alternatives have been tried and failed or are inadequate/inappropriate for the situations. Only an immediate family member or law enforcement officer can make the request to the Court for the issuance of a Gun Violence Restraining Order.
Name: Stefanie Sinks  
Job Title: Program Assistant/ Typist Clerk II  
How long have you worked for CAPMC? June 25th marks three years  
Family: My Husband Nicholas, Stepson Landen, and my daughter Maci  
Pets: Two Dogs, Griffin and Jax, and two bunnies Dempsey and Tootsie  
Favorite junk food: Sour gummies and gummy bears  
Favorite saying: You never have a second chance to make a first impression.  
Greatest achievement: Receiving my bachelor’s degree in 2011  
Of all people who would you like to have dinner with and why? My husband, he works crazy hours and with my schedule, we rarely see one another and when we do, it is crazy and hectic, so a dinner with him ALONE would be awesome!  
Best advice ever given: Given to me by my dad. “If you are going to follow your heart, make sure you take your brain with you.”  
Favorite color: Blue/Teal  
Favorite movie: Bridesmaids  
Favorite song: Goodbye in her eyes, by Zac Brown Band  
Favorite holiday: Halloween  
Favorite sports teams/individuals: The San Francisco Giants  
Favorite vacation spot: Gray’s Mountain above Bass Lake, it is beautiful there.  
If you were stuck on a desert island and could only have three things, what would they be: Sunblock, deck of cards, and my favorite book.  
A random or fun fact about you: I have an irrational fear of large objects: skyscrapers, cruise ships, planes, they make me nervous and creep me out.  
Please include some thoughts about your job, co-workers or the families you work with: CAPMC is a wonderful place to work, it is amazing to see each individual’s compassion and dedication to their work, and the community they serve.

Left to Right: Mayra Campos, Beatriz Salazar, Mary Ariz, Genoveva Figueroa, Janie Lee, Martha Benitez, Sayra Silva, Jessica Antuna, Victor Martinez, and Anthony Martinez. Help us in welcoming these new employees, and also those employees who have changed positions within CAPMC! Best of luck in your new positions!

3rd Annual Providers Conference  
By Cristal Sanchez  
A SUPER EXCITING event this month was the 3rd Annual Provider Conference held at Madera County Office of Ed! It was a phenomenal collaborative effort between CAPMC R&R, Madera County Office of Ed, First 5, MUSD, Lakeshore, and many other amazing individuals. There were about 40 providers who got to enjoy educational and inspiring guest speakers, unlimited tacos, and TONS of free goodies they can use in their day care. It was so much fun for everyone that attended.

COMMUNITY ACTION PARTNERSHIP OF MADERA COUNTY  
PROGRAMS & PEOPLE . . . Making a Difference  
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: Gabriela Salazar, Assistant to the Executive Director at:  
gsalazar@maderacap.org    Phone: (559) 675-5748    Fax: (559) 673-2859