Every 98 seconds, an American is sexually assaulted. Every 8 minutes, that victim is a child. Meanwhile, only 6 out of 1,000 perpetrators will end up in prison.

-Statistics from RAINN. org

WALK A MILE IN HER SHOES

For one afternoon, brave men put on high heels they would never even think about wearing, all for a good cause. They put on these high heels to help bring awareness to sexual assault and sexual violence. They put themselves in the shoes of those that have been a victim of sexual assault or violence, which many times tend to be women and girls. Stats show that 1 out of 6 women and girls experience sexual violence at high rates according to the Rape, Abuse & Incest National Network. Tina Rodriguez, Victim Services Program Manager, stated that the main purpose of the Walk-a-Mile in Her Shoes event is to engage men in being a part of the solution to ending sexual violence by taking a stand against it. The event raised over $3,639 to benefit the Child Forensic Interview Team. Thank you to everyone that came out to support, raised donations, and helped make this year’s event possible!
CATCHING PEOPLE...  
DOING THE RIGHT THING  
SAFE PRACTICES...  

JAMES CHANDLER, from Fiscal, for picking up nails, nuts, and bolts while walking around the Gill Ave. building parking lots and surrounding areas, to help minimize employee’s vehicles’ tires from unforeseeable damage.  

CATALINA RODRIGUEZ, from Madera Head Start, for bringing out the caution sign from indoor to outdoor entrances to remind visitors to be safe when the ground is wet.  

XAI VANG, IT/Fiscal, has been wearing his personal protective equipment (PPE), such as mask, gloves and goggles when working, and he used ladders properly when installing cameras.  

STEFANIE SINKS, from Admin/HR, has been helpful in safety store activities ranging from merchandise purchases, restocking, creating a catalog, and processing orders.  

BIG SHOUT OUT TO EVERYONE who participated in the Child Abuse Prevention Office Decorating at CAPMC. Especially, Carol, Vanessa, Susy, Sandra, Jessica, Melissa, Vianey, Karen, Idelisa, Leti, Gabby, Mattie, Jissel, and our child care providers. Thank you ALL for your participation, ideas, and hands-on assistance! You are all everyday superheroes for children!

MARK YOUR CALENDAR
April 28, 2017— NACHO SALE  
May 5, 2017—CINCO DE MAYO  
May 6-7, 2017—RELAY FOR LIFE  
May 10, 2017—DIA DE LAS MADRES  
May 14, 2017—MOTHER’S DAY  
May 20, 2017—ARMED FORCES DAY  
May 29, 2017—MEMORIAL DAY  
June 18, 2017—FATHER’S DAY

Message from The Human Resources Office

DID YOU KNOW THERE WERE CHANGES TO THE PERSONNEL POLICIES AND PROCEDURE MANUAL?  
Attend a Personnel Policies and Procedures information session presented by HR staff members to learn what the main changes are.  
Sessions will take place at Gill Ave Conference 1/1A:  

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>5/4 (Thursday)</td>
<td>10-11am</td>
</tr>
<tr>
<td>5/10 (Wednesday)</td>
<td>9-10 am</td>
</tr>
<tr>
<td>5/23 (Tuesday)</td>
<td>2:30 – 3:30 pm</td>
</tr>
</tbody>
</table>

Safety Trivia:  
Can an employee ask for a workplace violence restraining order?  

Due to the H/R Department—Friday 05/05/17 at noon.

NAME:________________________
I.D.#:__________________
WORKSITE:_________________
The Senior Nutrition Program (SNP) has been under CAPMC since February of 2014 when the agency acquired 4 sites, Coarsegold, North Fork, Oakhurst and Rancho Hills. In 2016 the agency took over the Home Bound Meal program for Madera County which feeds on the average 48 seniors who are home bound, meals are delivered each week. In July of 2016 the agency acquired the Chowchilla City Senior Nutrition Program as well as 8 home bound seniors in the City of Chowchilla receiving meals. The SNP now serves 5 sites in Madera County.

In 2016, 12,566 meals were served to seniors at the sites. As of March 31, 2017 there have been 3,683 meals served.

Several seniors on the program have shared that the meal at the senior center is the only meal they receive each day. A couple of seniors on the Home Bound Meal program shared that their health has improved since they have been receiving the meals. Without this program, many seniors would go hungry. Recently, a couple from the Coarsegold site shared their amazing story with staff. This is what they shared:

Meet Todd and Jean Bowman, they have been married 69 years. Todd just turned 96 on March 31, 2017 and Jean will be 90 in October. When asked how Jean and Todd stay so young, Jean said she stays busy doing volunteer work.

Todd was born in Nebraska and was drafted into the army during World War II. Todd did his tour of duty in Africa, Italy, Casa Blanca and Angelo Beach Head. When the war ended he got out, he said he had enough of that. Todd’s folks moved to California and he went to go visit his granddad in Fort Morgan, Colorado. Jean was born in Kansas and her folks moved to Fort Morgan, Colorado.

Jean and Todd met at a “Box Social” in Fort Morgan, Colorado. Women would decorate a cardboard box and fill it with a lunch or dinner for two. Generally, the boxes were anonymous, so the men did not know which woman decorated which box or what it contained. Todd bid on the box made by Jean and that is how they met. When they got married, they rented a farm just outside Fort Morgan, Colorado. Jean was born in Kansas and her folks moved to Fort Morgan, Colorado.

When Todd and Jean retired in 1985, they traveled to 48 states with their RV ending up in Coarsegold. They found a mobile home park as it was just brand new, they picked out their site in 1991 and have been there ever since. Jean has been a volunteer at the Coarsegold Senior Center since 2008.
Restraining Orders

Restraining order (also called a “protective order”) is a court order that can protect someone from being physically or sexually abused, threatened, stalked, or harassed. The person getting the restraining order is called the “protected person.” The person the restraining order is against is the “restrained person.” Sometimes, restraining orders include other “protected persons” like family or household members of the protected person.

What does a restraining order do?
In general, restraining orders can include:

1. **Personal conduct orders**
   These are orders to stop specific acts against everyone named in the restraining order as a “protected person.” Some of the things that the restrained person can be ordered to stop are:
   - Contacting, calling, or sending any messages (including e-mail)
   - Threatening
   - Attacking, striking, or battering
   - Stalking
   - Sexually assaulting
   - Destroying personal property
   - Disturbing the peace of the protected people
   - Harassing

2. **Stay-away orders**
   These are orders to keep the restrained person a certain distance away (like 50 or 100 yards) from:
   - The protected person or persons
   - Where the protected person lives
   - His or her children’s schools or places of child care
   - His or her place of work
   - Other important places where he or she goes
   - His or her vehicle

3. **Residence exclusion (“kick-out” or “move-out”) orders**
   These are orders telling the restrained person to move out from where the protected person lives and to take only clothing and personal belongings until the court hearing. These orders can only be asked for in domestic violence or elder or dependent adult abuse restraining order cases.

   For the person to be restrained, having a restraining order against him or her can have very serious consequences:
   - He or she will not be able to go to certain places or to do certain things.
   - He or she might have to move out of his or her home.
   - It may affect his or her ability to see his or her children.
   - He or she will generally not be able to own a gun. (And he or she will have to turn in, sell or store any guns they have now and not be able to buy a gun while the restraining order is in effect.)
   - It may affect his or her immigration status if he or she is trying to get a green card or a visa.
   - If the restrained person violates (breaks) the restraining order, he or she may go to jail, or pay a fine, or both.

Types of restraining orders. There are 4 kinds of orders you can ask for:
- Domestic Violence Restraining Order
- Elder or Dependent Adult Abuse Restraining Order
- Civil Harassment Restraining Order
- Workplace Violence Restraining Order
Messages from the Safety Committee

Stay hydrated; don’t forget to drink water!
Mow your yard to avoid a fire.
Wear your sunblock, and make sure you reapply as needed.
Wear your mosquito repellent, and make sure to reapply as needed.
Slow down while driving around parking lots.

The Safety Suggestion participation winner is Julie Doll of Madera Head Start.

Thank you to all those that submitted suggestions. Read on to see what decisions were made for each suggestion.

SAFETY SPOTLIGHT

Safety Spotlight for the 1st Quarter is James Chandler of Fiscal Dept.

JAMES was nominated for the Spotlight after it was noticed he was picking up nails, nuts, and bolts while walking around the Gill Ave. building parking lots and surrounding areas, to help minimize employee’s vehicles’ tires from unforeseeable damage. James was awarded a Safety Certificate, as well as $5 Safety Bucks. Thank you James!
CHECK OUT THE SUGGESTIONS SUBMITTED TO THE SAFETY COMMITTEE AND THE DECISIONS MADE FOR EACH ONE.

<table>
<thead>
<tr>
<th>Description</th>
<th>Decision</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Create a drainage by the Gill Ave Head Start entrance to absorb water.</td>
<td>Yes; a job order will be placed.</td>
</tr>
<tr>
<td>2. Have following seasonal items at safety store: umbrellas, ice scrapers.</td>
<td>Yes; suggested items will be in the store for Fall and Winter seasons.</td>
</tr>
<tr>
<td>3. Fix the drainage problem by the Gill Ave Head Start entrance.</td>
<td>Yes; a job order will be placed.</td>
</tr>
<tr>
<td>4. Gill Ave conference room 2 carpet was uneven that leading into tripping</td>
<td>Carpet was replaced 04/21/17.</td>
</tr>
<tr>
<td>5. Have instructions available at white fleets in case of a demand for</td>
<td>Will look into; training provided during NEO might be an option to explain to new-hired; ideas on a vehicle walk-</td>
</tr>
<tr>
<td>registration and proof of insurance occurred.</td>
<td>through or obtaining basic information from Fiscal dept. on gas card accessibility and general information from per-</td>
</tr>
<tr>
<td>6. Have air purifiers at worksites.</td>
<td>sonnel in charge of white fleets were discussed.</td>
</tr>
<tr>
<td>7. Install a door by the Gill Ave front intake offices.</td>
<td>No; the suggestion was not viable due to the cost of the structural change and inaccessibility to restrooms.</td>
</tr>
<tr>
<td>8. Move the bookmobile (RV) from the back parking lot as it blocks sighting</td>
<td>Yes; the bookmobile would be moved and parked at the MSUD bus depot.</td>
</tr>
<tr>
<td>9. Better lighting for an entrance door entering through the Gill Ave</td>
<td>Yes; in fact a job order has been in place.</td>
</tr>
<tr>
<td>back parking lot.</td>
<td></td>
</tr>
<tr>
<td>10. Safety comments on safety practices.</td>
<td>No; no concrete suggestion to be considered.</td>
</tr>
<tr>
<td>11. Install speakers in restrooms.</td>
<td>No; it was deemed inappropriate locations to interrupt EEs.</td>
</tr>
<tr>
<td>12. Power wash the area before entering the Gill Ave Head Start entrance</td>
<td>Yes; the suggestion would be treated as the same response as the drainage concern.</td>
</tr>
<tr>
<td>13. Put a gate by the Gill Ave front bathrooms.</td>
<td>No; the suggestion was not viable due to the cost of the structural change.</td>
</tr>
<tr>
<td>14. Have speed bumps at the Gill Ave parking lots.</td>
<td>Will look into; it was suggested to install signs to have drivers to slow down.</td>
</tr>
<tr>
<td>15. Install air purifiers.</td>
<td>No; the suggestion was a more preference-based.</td>
</tr>
<tr>
<td>16. Fix the drainage problem by the Gill Ave Head Start entrance.</td>
<td>Yes; a job order will be placed.</td>
</tr>
<tr>
<td>17. Install speed limit sign or speed bumps to slow down drivers around the</td>
<td>Will look into to installing signs as the first measure to curb the speeding concern.</td>
</tr>
<tr>
<td>Gill Ave back parking lot.</td>
<td></td>
</tr>
</tbody>
</table>

Have a safety suggestion? Submit to your Safety Representative for a chance to be winner!
I arrived at the Shunammite Place with no hopes and no dreams. I was very much broken and down on my luck. I had been so use to not having a place to be, that it took me time to adjust to having safety and security. But adjust I did, thanks to the support I received while being at the Shunammite Place. Suddenly, I realized I had hopes, and dreams again, and I was no longer so broken. Thanks to the women at the Shunammite Place, they helped me get some goals in my life. I started AA meetings because I had an alcohol and drug problem. I went to meetings every day. Then after 13 years, I worked on getting my driver’s license back. Then I was fortunate enough to have my sister sell me her car. Shortly after that I got a call from a low income apartment building offering me an apartment. I accepted, and now I live in my very own apartment. I have come so far just in 10 months. It helps to have support and people on your side. I have been clean and sober for almost a year now. Thank you to the Shunammite and the women working there for helping me find my way back to the living.

Thank you for all of your support in helping me find my hopes and my dreams.

P.S. I am broken no more!

Sincerely,

Betty Gillespie

The Shunammite Place is a permanent supportive housing program that is able to house 15 chronically homeless women with disabilities.

Madera/Mariposa Regional Head Start: Chowchilla

By: Martha G. Bravo

The Chowchilla Regional Head Start center had their End of The Year event on April 21, 2017 at the Sports & Leisure Park in Chowchilla. The event began at 9:00 am and ended at 2:00 pm. This year’s theme was “Under the Sea.” Staff prepared activities with the children that included doing picture frames, bracelets, bubbles and dancing with the Banda la Nueva Arrazadora del Valle. There was great turn out from community partners and the families really seemed to enjoy the event.
April is Child Abuse Prevention Month

The Madera County Child Abuse Prevention Council challenged local community agencies to participate in bringing awareness to Child Abuse Prevention Month by having an office decorating contest. There were 18 agencies that accepted the challenge and created creative displays. CAPMC had two departments that participated in the challenge: Victim Services and APP/R&R. Both created spectacular displays that promoted being a superhero for children and no excuses for child abuse. In the end the our local Probation Department won the challenge.

Madera/Mariposa Regional Head Start: Mis Tesoros

Mis Tesoros would like to give a huge thanks to David and Joe, from the Maintenance Department, for participating in the Mis Tesoros Car Project during the school year. The children and staff, had an idea to build a life size car in the classroom and the guys were more than willing to help us put the body together. Also, during the certificate ceremony David and Joe built picture prop cars so that the children would be able to take pictures during the event. We are truly grateful for their involvement and for all of their help. Also I want to thank staff Nallely, Selene, Maria A. and Maridel for all their help.
Do you know the CA Department of Corrections & Rehabilitation provides resources to help victims and survivors of crime?

During the week of April 2-8 2017, California will observe National Crime Victims’ Rights Week. The California Department of Corrections & Rehabilitation (CDCR), Office of Victim and Survivor Rights and Services (OVSRS) would like to take this opportunity to remind victims and survivors of crime the importance of registering with our office to receive valuable services provided by CDCR. Registering with CDCR will allow you access to a menu of resources including advanced notification of release, escape or death of an offender, assist you with collection of court ordered victim restitution, assistance with information regarding the parole hearing process and the ability to request certain special conditions of parole. With California’s evolution of sentencing laws, registration for services is extremely important so victims are ensured to receive up-to-date information.

It is your right to be informed and have a voice in the criminal justice system

There are several options to register for services with CDCR:
Contact our toll free line (1-877-256-6877) or email the office (victimservices@cdcr.ca.gov) to request a CDCR Request for Victim Services 1707 form
Register for services online at https://e1707.cdcr.ca.gov
Download the form via our website (http://www.cdcr.ca.gov/victims) - submit the completed form to P.O. Box 942883, Sacramento, CA 94283

If you or someone you know has been a victim of a crime and the offender was sentenced to CDCR please call us at 1-877-256-6877.
Resources for Caregivers

The number of services for aging and impaired adults, their families and caregivers is growing. As a caregiver, you need resource information to help you with critical issues that will affect you, your family and your loved one.

According to the Family Caregiver Alliance Clearinghouse, nearly one out of every four U.S. households (23% or 22.4 million families) is involved in caregiving to persons aged 50 or over. However, contrary to popular belief, only an estimated 10% to 20% of family caregivers use formal services through public or private agencies.

Although time spent caregiving varies by type of impairment, on average, caregivers provide personal care assistance and household maintenance chores for 12 hours per week, with 80 percent providing unpaid assistance 7 days a week. The duration of caregiving can last from less than a year to over 40 years. The majority of caregivers provide unpaid assistance for one to 4 years, with an additional 20 percent providing care for 5 years or longer.

Resources for caregivers are therefore critical and can include senior centers, independent living centers, Area Agencies on Aging, local chapters of national organizations and foundations such as the Alzheimer’s Association, Brain Injury Association, Multiple Sclerosis Society and other specialized assistance programs, depending on need. In addition, there are nursing home programs, community mental centers, social service or case management agencies, nursing schools and church groups that can be sources of assistance for communities with fewer resources.

Who Are the Caregivers?

Family members and friends provide eight-five percent of all home care, with 71 percent of all long-term care being provided by the community. Paid providers render only 14 percent of home care. One-third of primary caregivers assume the role because they live closer to the care recipient than other family members.

The average age of a caregiver is 57 years old, with 25 percent between 65 and 75 years of age, and another ten percent are 75 and older. Approximately 72 percent of caregivers are female. Research suggests that caregiving may be more prevalent in non-white families, ranging from 32 percent of Asian families to 29 percent for African Americans and 27 percent for Latinos compared to 24 percent for white families.

An estimated 14.4 million full- and part-time workers are balancing care-giving and job responsibilities. In California, more than half (53 percent) of family caregivers under the age of 65—those most likely to be in the labor force—juggle work and caregiving responsibilities. Within this, it is important to also note that between 20 percent and 40 percent of caregivers have children under age 18 to care for in addition to their disabled relative.

The average woman can expect to spend 17 years caring for a child and 18 years caring for an elderly parent.
THE FOLLOWING LISTINGS OFFER INFORMATION

Family Caregiver Alliance
180 Montgomery Street, Suite 1100
San Francisco, CA 94104
(415) 434-3388
(800) 445-8106 (in CA)
www.caregiver.org
E-mail: info@caregiver.org

American Association of Retired Persons
(AARP)
601 “E” Street NW Washington, DC 20049
(202) 434-2277
(888) OUR-AARP
(publications on caregiving)
www.aarp.org/caregiving

Children of Aging Parents
Post Office Box 167
Richboro, PA 18954
(215) 945-6900
(800) 227-7294
www.caps4caregivers.org

Well Spouse Association
63 West Main Street, Suite H Freehold, NJ 07728
(800) 338-0879
www.wellspouse.org

The American Institute of Stress
124 Park Ave.
Yonkers, New York 10703 (914) 963-1200
www.stress.org

Caregiver Network Inc.
2 Oaklawn Gardens, Unit C Toronto, ON M4V 2C6 Canada
(416) 323-1090

National Alliance for Caregiving
4720 Montgomery Lane, Suite 642
Bethesda, MD 20814
www.caregiving.org

National Association of Area Agencies on Aging
927 15th St. NW, 6th Fl. Washington, DC 20005
(202) 872-0888
(800) 677-1116
www.eldercare.gov

Alzheimer’s Association
(800) 272-3900
www.alz.org

American Cancer Society
(800) 227-2345
www.cancer.org

Brain Injury Association of America
(800) 444-6443
www.biausa.org

Huntington’s Disease Society of America
(800) 345-HDSA
www.hdsa.org

National Parkinson Foundation
(800) 327-4545
www.parkinson.org

American Stroke Association
(888) 478-7653
www.strokeassociation.org
OUTREACH TIME!

Thank you to all the CAPMC Staff that attended outreaches this past month to help spread awareness of all the services that CAPMC has to offer!

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

Name: Idelisa Agustin Duran
Job Title: Family Service Associate I
Family: 2 (Husband and Me)
Travels: Love to going the Beach
Pets: Lucy and the other bird we are still looking for a name (2 Cocktails)
Favorite junk food: Chocolate
Favorite saying: “Write it on your heart that every day is the best day of the year.” ~ Ralph Waldo Emerson
Greatest achievement: One of my greatest achievements is buying my own house
Of all people who would you like to have dinner with and why? My uncle, so that I can give him a hug and listen to his advice.
Best advice ever given: Always Be Yourself
Favorite Color: Purple
Favorite movie: Finding Nemo
Favorite song: Ocean by Hillsong
Favorite sports teams/individuals: Soccer (Mexico) and Football (Raiders)
If you were stuck on a desert island and could only have three things, what would they be: Pillow, Bible, and Umbrella
A random or fun fact about you: I used to dance Ballet Folklorico.
Please include some thoughts about your job, co-workers or the families you work with: Really enjoy helping

Name: Karen Sanchez
Job Title: Family Services Associate II
How long have you worked for CAPMC? One year and ten months :)
Family: My family consist of my two parents, my brother, my sister, my sister-in-law, and my three little monsters...opps I mean nieces :)
Travels: I love to travel. I have been to a few places in Mexico, California, and Washington. I love seeing new places.
Favorite junk food: Funyuns and Hot Cheetos! Yumm!
Favorite saying: “Work as if it’s all up to you; Pray as if it’s all up to God.”
Greatest achievement: graduating from Fresno State and receiving my Bachelor’s degree.
Best advice ever given: If it is not going to matter in five years, don’t stress about it.
Favorite Color: Purple
Favorite movie: The Guardian
Favorite song: Closer by The Chainsmokers
Favorite TV show: Friends
Favorite sports teams/individuals: San Francisco 49ers!
Favorite vacation spot: Anywhere in Mexico, but preferably by a beach!
A random or fun fact about you: I don’t like odd numbers.