“There is no exercise better for the heart than reaching down and lifting people up.”

— John Holmes

Resource Room Gets A Lift

Many hands and lots of heart went into creating the newly remodeled Resource Room. A very heartfelt THANK YOU to ALL OF YOU for your ideas, encouragement, kind words, and patience. A huge THANK YOU to Mavy Moreno and Madera Custom Cabinets & Furniture and to Valley Remnants and Rolls.

A VERY special thank you to the Maintenance department, Carol Chavez, Vanessa Cervantes, and Xaris Bautista for the countless hours of hard work you all devoted into creating such a beautiful space.

Our hope is that you feel welcomed at any time to come in and be your most creative self.

This space is a space for community. A space for unity.

We look forward to working with you on your future projects!

-Cristal Sanchez
CATCHING PEOPLE... DOING THE RIGHT THING
SAFE PRACTICES...
LISA MORA not only makes delicious healthy meals for our kids but also takes the time provide her lending arms. Lisa takes time to step out of the kitchen to help our toddler teachers nap the children. Thank you Lisa, we appreciate you!
ANA IBANEZ for her help with bus tickets and transportation information for families attending the Strengthening Families Program.
FISCAL STAFF ADRIANA POMPA, KERRI WILLIAMS, TINA GOMEZ, YESSENIA CASILLAS, JESSE PEREZ, JAMES CHANDLER, BELINDA JAVIUS, & SANDRA RAMIREZ for getting disparity retros calculated and reviewed on time for the September 18th payroll check.
KARINA GARCIA for making time to assist Britney Erigio with a purchasing issue. Karina made sure everything went through without a problem. Thanks to her help Britney was able to order something Fiscal department had been needing!
CECILIA SANCHEZ & EVA ROMERO for being such hardworking individuals. Everyday they give it their 100% in everything they do and make sure that every child in the Regional Head Start program get their food. Furthermore, they are dedicated and respectful.

MARK YOUR CALENDAR
September: Safety Awareness Month
September 22: Autumn Begins
October 9: Columbus Day
October 16: National Bosses Day
October 24: United Nations Day
October 31: Halloween

Are you participating in CAPMC’s Safety Awareness activities for September?
There are still chances to participate and chances to win!
Week 3: (Sept. 18 - 22)
“Prepare for Active Shooters”
Wear RED / Western Cowboy Theme on Friday
Earn 1 Safety Buck!
Week 4: (Sept. 25 - 29)
“Don’t Just Sit There”
Wear RED/WHITE/BLUE + Cap /
Personal Protective Equipment theme on Friday
Earn 1 Safety Buck

Join the fun!
1st Prize: Novaform queen size mattress topper
2nd Prize: Bissell vacuum
3rd Prize: Shark steam
Weekly prize packs may include:
First Aid Kits
Beach Towels
Kitchen Items
Lanterns
Flashlights
Yoga Mats
Exercise Tools
Weekly drawings will occur, meaning there are weekly chances to WIN! Turn in your game pieces everyone!

SAFETY GAME PIECE
Due to the H/R Department—Monday 09/25/17 at 3:00pm.

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

Suicide is often preventable, how do address risk factors when you encounter them?
CAPMC is proud to announce that we have officially begun our journey to becoming an **Agency of Excellence** through the **Pathways to Excellence Open Enrollment**.

**What this means:** CAPMC will undergo a self-assessment evaluation where 35 Standards of Excellence are evaluated to assess where in the spectrum of Excellence the agency is. The 35 standards look at issues of leadership, strategic planning, customer focus, human resources, organizational wide systems, measurement analysis and performance management, and agency-wide results.

**When:** Over the next twelve months, a committee will work to understand the standards, evaluate documentation, and assess the agency’s practices, as well as compile a report of all information gathered.

**Why:** CAPMC strives to serve all customers, stakeholders, employees, and the community through excellent programs and services. We strive to address issues of poverty, as well as be advocates in the community through the work that we do. This self-assessment will help guide us in what needs to be improved, changed, and/or what new practices need to be created to achieve better results.

**How this impacts you:** Becoming an Agency of Excellence means that there is agency-wide engagement, participation, awareness, and knowledge. This through the areas of system-wide processes, practices, and performance management. We need all staff to be informed that CAPMC is embarking on this journey and understand the impact it will have. An invitation is being extended to participate in this committee. If you are interested please contact Gabby Salazar at (559) 675-5748 or via gsalazar@maderacap.org by the end of the month.

**It’s time, let’s become an Agency of Excellence!**
CAPMC was represented at the 2017 National Community Action Partnership Convention in Philadelphia, Pennsylvania the week of Aug. 28–Sept. 1, 2017. In attendance were Board Members David Hernandez and Donald Holley, Executive Director Mattie Mendez, Human Resources Director Irene Yang, Network Administrator Xai Vang, and Strategic Plan Coordinator/Assistant to the Executive Director Gabby Salazar. Needless to say, having Board Members attend with staff opened the doors to educational as well as eye-opening experiences. Training and sessions were offered regarding the CSBG Annual Report, board governance, addressing community needs, branding, leadership, among many other topics. For a complete list of presentation offered visit communityactionpartnership.com.

Irene Yang also received her Certified Community Action Professional certification during the CAP Gala Awards Night. Irene was one of 79 candidates but the sole representative from California. Way to go Irene!

**Messages from Human Resources Office:**

1) Update your information to meet Policy 819 regarding the Driver’s License Monitoring requirement.
2) Plan to attend the Community Action Partnership Professionals information sessions hosted by Irene Yang. More information to come.
3) Please ask Ms. Charmaine Pickens about the Employee Discount Program.
Messages from Safety Committee

1) Stay hydrated! Stay cool.
2) Clean your gutters.
3) Stay inside on bad air days.
4) Engage in the Safety Awareness Month Activities through the weekly game pieces and weekly themes. Weekly chances to win!
5) Get your flu shot as an ounce of prevention.

Addressing the Needs of our Community Since 1966

Be Proud to be a Part of a Community Action Agency!

1000+ Agencies | 44 State Associations | 50+ State CSBG Offices | National Partners

More than 15 Million Served

Community Action changes people’s lives, embodies the spirit of hope, improves communities and makes America a better place to live. We care about the entire community and we are dedicated to helping people help themselves and each other.
Managing health risks

YOU’VE GOT THE POWER TO

KNOW YOUR NUMBERS

From vital signs to warning signs, knowing your biometric numbers provides insight into your health. Be proactive in managing health risks by participating in routine screenings, talking to your doctor, and making use of the free, confidential information and resources available by phone or web.

- Professional counseling to support your emotional health and total wellbeing
- Consultation to address the legal and financial aspects of your health care
- Information on topics and issues including:
  - Understanding biometric data
  - Disease prevention
  - Healthy aging
  - Chronic conditions
  - Caring for someone who is ill

Always available. Always confidential.

844-763-8543 | www.metlifeeap.com
Not sure what your username and password is? Email us today! eap@e4healthcare.com
Suicide is a major public health concern. Over 41,000 people die by suicide each year in the United States. More than twice as many people die by suicide each year than by homicide. Suicide is tragic; it is often preventable. Knowing the risk factors for suicide and who is at risk can help reduce the suicide rate. The main risk factors for suicide are:

- Depression, other mental disorders, or substance abuse disorder
- A prior suicide attempt
- Family history of a mental disorder or substance abuse, or history of suicide
- Family violence, including physical or sexual abuse
- Having guns or other firearms in the home
- Incarceration, being in prison or jail
- Being exposed to others’ suicidal behavior, such as that of family members, peers, or media figures.

The risk for suicidal behavior is complex. Research suggests that people who attempt suicide differ from others in many aspects of how they think, react to events, and make decisions. There are differences in aspects of memory, attention, planning, and emotion, for example. These differences often occur along with disorders like depression, substance use, anxiety, and psychosis. Sometimes suicidal behavior is triggered by events such as personal loss or violence. In order to be able to detect those at risk and prevent suicide, it is crucial that we understand the role of both long-term factors—such as experiences in childhood—and more, immediate factors like mental health and recent life events. Researchers are also looking at how genes can either increase risk or make someone more resilient to loss and hardships.

Suicide is not a normal response to stress. It is a sign of extreme distress, not a harmful bid for attention. Men are more likely to die by suicide than women are, but women are more likely to attempt suicide. Suicide is the second leading cause of death for young people ages 15 to 34. Older adults are at risk for suicide; suicide rates for middle-aged adults have increased to comparable levels (ages 24-62). Among racial and ethnic groups, American Indians and Alaska Natives tend to have the highest rate of suicides, followed by non-Hispanic Whites.

Effective suicide prevention is based on sound research. Programs that work take into account people’s risk factors and promote interventions that are appropriate to specific groups of people. Psychotherapy, or "talk therapy," can effectively reduce suicide risk. One type is called cognitive behavioral therapy (CBT). CBT can help people learn new ways of dealing with stressful experiences by training them to consider alternative actions when thoughts of suicide arise. Medications may also help; promising medications and psychosocial treatments for suicidal people are being tested.

If you know someone who may be considering suicide, do not leave him or her alone. Try to get your loved one to seek immediate help from a doctor or the nearest hospital emergency room, or call 911. Remove access to firearms or other potential tools for suicide, including medications. If you are in crisis, call the toll-free National Suicide Prevention Lifeline at 1-800-273-TALK (8255), available 24 hours a day, 7 days a week. The service is available to anyone. All calls are confidential.
As a CAPMC employee, you are eligible for all of these great benefits. Make sure you visit the link, register, enter the code and start taking advantage of these benefits!

Questions? Contact Charmaine Pickens at ext.5771.

Savings on Electronics Groceries Hotels Car Rentals Restaurants Tickets Child Care Senior Care Local Coupons Education and More.

LifeMart

Not a member? Sign up!
Because you work here, it’s free.
Visit [discountmember.lifecare.com](http://discountmember.lifecare.com) to join and enter registration code: **heffbenefits** when prompted or call 1-800-873-4636 (800-873-1322 TTY)
Meet Jim Adams, who is a resident of Coarsegold CA, he is 94 years young. Jim utilizes the Senior Nutrition Program services through CAPMC.

Jim and his wife were the Site Coordinators for the Senior Nutrition Program in Coarsegold from 1994 until 2000. 

Jim eats at the Coarsegold Senior Center on Mondays only. Why Monday only? That is BINGO day. Jim shared that he plays BINGO every other day for the first three weeks of the month at various locations. Jim also eats lunch at the Oakhurst Senior Center so he can play BINGO there on Thursday. Sometimes he plays BINGO at McDonalds and if he wins, it is usually in the way of food. By the sounds of it, Jim is a huge BINGO fan.

During WWII Jim was an Air Corp Flight Engineer so his job was to ensure that the plane was flyable. He flew around the world five times, and his tour of duty took him to North Africa, South Africa, India, China, and Burma, just to name a few places. He even flew the “Hump”, which would be flying from New Deli to Calcutta over the Himalayas, a 261,000 square mile mountainous area the size of Texas. The plane would have to fly 30,000 feet in the air to get over the “Hump”. Jim’s tour of duty was from January 22, 1942 to February 22, 1946.

Jim met his wife in 1948 at a banana split eating contest; Jim said his wife won the contest. They soon married in 1949. Jim became a grandfather at 30; his daughter had a child when she was 15 and he was the youngest grandfather in the country for a short time. Jim is now a great-great-great grandfather. He says he has too many grandchildren to remember the total count.

During WWII, Jim’s brother was in General Patton’s army and one week after the invasion of France by the Germans, the army deployed the brother to Berlin where there was an attack on his unit; his brother wrote home saying only two men in his platoon had survived the attack. Jim shared that there was a second letter sent home with the same scenario. He believes God was truly watching over his brother at that time.

After the war was over, Jim and his brother built racecars back in 1959 to 1965 in San Diego, and Oldsmobile sponsored them. Famous racecar driver Jim Clark was the first to win in a rear engine car.

Jim retired from Pac Bell after 45 years performing various jobs. He also worked for the Madera County Sheriff’s office for 7 or 8 years and even arrested several drunks.

Jim lost his wife in 2002 and about that time his neighbor, Jennie’s husband passed away so Jim became very good friends with Jennie and they really hit it off.......Jennie passed away in 2009.

When asked how he stays so young, his response was he eats healthy and plays BINGO a lot.
VICTIM SERVICES PRESENTS THE 2017 SOUP BOWL EVENT

CAPMC-Victim Services presents:

Mighty Ruthie Bolton

Ruthie Bolton is one of the most accomplished female athletes in the world. She is a 2-time Olympic Gold Medalist, a USA Basketball Female of the Year, the Sports Illustrated Best Women Athlete by home state, and one of only 4 players to be named to the Women’s Basketball Hall of Fame Class of 2011.

Friday, October 6, 2017
12:00 pm – 1:00 pm

United Methodist Church
500 Sunset Avenue, Madera

Tickets available at:
Victim Services
(559) 661-1000

Ticket includes soup bowl, soup buffet, salad, and drink.

October is Domestic Violence Awareness Month

2017 Soup Bowl Event

What can you do to cause awareness?

- Donate or volunteer
- Wear purple
- Speak out
- Read a book
- Join the conversation online through social media
- Educate yourself and others about the effects of domestic violence
- Take a stand against domestic violence
Family Festival

Celebrating A Happy Healthy Community

Music
Prizes
Games
FREE Food

OCT. 7, 2017 @ 11am - 4pm
Pan-American Community Center
703 Sherwood Way, Madera 93638

This event is brought to you by a collaboration of Madera County agencies. For more information call (559) 673-3508.

Madera County Behavioral Health Services
S4 Program
California Health Collaborative
Name: Jissel Rodriguez  
Job Title: Migrant Data Entry Technician  

How long have you worked for CAPMC?  
Seven months  

What do you like most about your job?  
The interaction with my co-workers; it always feels like a big family.  

What do you do in your spare time?  
I like to read books and watch a lot of Hallmark holiday movies.  

Family:  
I am the youngest of two and I have a fur child.  

Travels:  
I travel mostly to Mexico but I would love to visit Greece one day.  

Pets:  
I have a dog. He is a Chihuahua and his name is Chiko.  

Favorite junk food:  
Anything that has almonds, preferably chocolate covered almonds.  

Favorite saying:  
A smile goes a long way  

Of all people who would you like to have dinner with and why?  
Diane Von Furstenberg, to talk about how she made it in such a challenging world of fashion and entrepreneurship.  

Best advice ever given:  
You can do anything you set your mind to.  

Favorite movie: Cinderella Story  

Favorite holiday: Halloween  

Favorite sports teams/individuals: Soccer – Mexico & Football – Broncos  

If you were stuck on a desert island and could only have three things, what would they be:  
A book, music, and a coconut so I have something to eat and drink.  

A random or fun fact about you:  
I love baking and seeing the smile it puts on everyone’s face.  

How do you carry out the agency mission?  
By helping and trying to make at least a little change. Which will hopefully continue and grow into a big change.  

Have you been using the updated CAPMC logo?  
Contact Gabriela Salazar if you need the logo.  
The CAPMC logo should be updated on all agency and program brochures, flyers, printed items, publications, and even could be used in your email signature! Be proud to work for a Community Action Agency and show it! Let others know what CAPMC does by using the logo in all agency publications.  

CAPMC Staff at Work  
Pictured to the Left: Cristal Sanchez incorporating healthy eating habits into workshops hosted for providers of the Resource & Referral program.