“Thank you to Maintenance, IT, Gabby, & HR STAFF for all of their help with the set-up and clean-up of the Health Fair.”

-Charmaine Pickens

Thank you to everyone that came out to participate and be a part of the Annual Health Fair. This year’s event drew over 280 employees, multiple vendors, and several opportunities to win prizes! Have you tried any of the recipes from the CAPMC Cookbook yet?
CATCHING PEOPLE…
  DOING THE RIGHT THING
SAFE PRACTICES…

XAI VANG for working his magic and helping Resource & Referral with updating logos on several booklets.
VANESSA CERVANTEZ, JISSEL RODRIGUEZ, CARLOS REYES, BRITTNEY ERIGIO, for helping with the Trick-Or-Treat tours for the children and families. Thank you to everyone who participated as well. Couldn’t have done it without you all.

JOE ARIAS & ENTIRE MAINTENANCE CREW for engaging with the children of Valley West and talking to them about safety.
MARIA CASTELLANOS for using her creative talent to help put together the photo booth at the Health Fair.
For making the Soup Bowl a success:
BERYL RAVISCIONI for securing the Methodist Church to host the event.
JESSICA HAMMOND for securing the speaker in a timely manner.
XAI VANG for assisting with additional audio and video support.
GABBY SALAZAR for supporting victim services with marketing Domestic Violence Awareness Month.
MARY ARIZ for adding the new feature of the candy booth.
MARIBEL SALAZAR for gathering very generous raffle items.

MARK YOUR CALENDAR
November 23/24—CAPMC Closed
December 7—Pearl Harbor Remembrance Day
December 14—Board Meeting at 5:30pm
December 21—Winter Begins
December 25—Christmas (CAPMC Closed)
December 31—New Years Eve

Reminder Vacation Payout forms due December 1st by 5pm to Sandra Ramirez in Fiscal Department.

Messages from Human Resources
1. Participate in the Health Insurance Open Enrollment.
2. Remember to elect your 2018 spending credit benefits on retirement/childcare.
3. Remember to update your address and contact phone numbers if you moved or changed recently.
4. Thanks to employee input, 2018 health benefits include having 3 Kaiser plans to choose from; a telemedicine plan allowing you to call in for medical services without traveling, increasing annual dental allowance to $1500, having orthodontia service, and switching Employee Assistance Program provider.

SAFETY GAME PIECE
What will you do when your co-worker tells you about a workplace violence?

Due to the H/R Department—
Monday 12/04/17 at 3:00pm.

NAME:________________________
I.D.#:_____________________
WORKSITE:__________________
Homelessness has become a major focus point by local officials due in part by constituent comments and concerns. CAPMC is honored to be at the table planning for solutions and working to help end homelessness.

THE STRENGTHENING FAMILIES PROGRAM
by Carlos Reyes

Congratulations to the graduating families from the Strengthening Families Program (SFP).

The Strengthening Families Program assists parents and families in improving parenting skills and family relationships at home. The curriculum aims to enhance confidence in parenting and deliver effective ways to strengthen family relationships. Parents are given an opportunity to build their parenting skills and develop strategies that help to prevent and/or reduce behavioral, emotional and social problems in youth and children.

There were a total of 4 graduating classes in the month of November. These classes included families from the Mis Angelitos Head Start center, the Sierra Vista Head Start center, as well as general community classes held at CAPMC.

A total of 17 families graduated from the community classes, 9 families graduated from the Sierra Vista center, and 8 families graduated from the Mis Angelitos center. Congratulations to all!
The Parent Project

By: Leticia Hernandez

On October 22—October 27, 2017 Carlos Reyes and Leticia Hernandez attended the Parent Project training in Mission Viejo, California. What is The Parent Project you ask? The Parent Project is a parent training program for parents with difficult or out of control children. This program is designed to provide parents with the tools necessary to improve their relationship with their children. The program goals are to reduce family conflict, reduce juvenile crime, reduce recidivism, and improve school attendance and performance.

Along with Carlos and Leticia, other members from different agencies within Madera County attended as well. Those agencies included the Madera Police Department, Madera County Probation, Madera Unified School District, and the Madera Ministerial Association.

During the training Leticia and Carlos got the chance to interact and work with other members from different agencies throughout the state and even agencies out of state. Carlos and Leticia had the opportunity to work in groups and had the chance to practice teaching the material.

Both Carlos and Leticia, along with the other facilitators, will work as a team to provide classes within the City of Madera for parents with strong willed children.

“Carlos and Leticia, I can’t thank you enough for accepting the request to attend this training. Your strengths and knowledge will improve our Strengthening Families classes, as well as the community of Madera. You continue to help families, change their lives, and make their homes a better place to live.” -Mattie Mendez, Executive Director

Pictured to the left: The graduating class from the New Employee Orientation that took place Nov. 15-16, 2017.
Messages from the Safety Committee

- Get your flu shot if you have not already done so.
- Clean your house gutters.
- Get ready for the weather changes and check your car tires.
- Check your vehicle’s windshield wipers.

Congratulations to our Quarterly Safety Winner: Sonia Trujillo

Sonia received a certificate and $5 Safety Bucks for her proactive approach to helping keep children left in cars safe. Sonia informs parents that children may not be left alone inside a vehicle, even if parents are only dropping off items in our office. Thank you Sonia for your safety practices.
This time of year can be eventful and exciting. It can also be socially and financially stressful. To help you manage it all, call or log on for free confidential resources and support to keep things rolling smoothly.

- Professional counseling to help you stay emotionally healthy
- Consultation on holiday financial matters such as budgeting strategies or making tax-deductible charitable donations

Information on topics and issues including:
- Setting personal limits
- Respectful communication
- Relaxation techniques
- Helping children have realistic expectations
- Getting adequate sleep

Always available. Always confidential.
**Recognizing Workplace Violence**

Workplace violence means any threatening, disruptive behavior that occurs in the work setting, such as physical assault, harassment, threats, or intimidation.

Work setting is the location where an employee performs a work-related duty, such as:
- The building
- The building’s perimeter
- Field locations
- Client’s homes
- Travel to and from work assignments
- Conferences
- Trade shows
- Work-related social events
- Other off-site, business-related functions

Workplace violence can take many forms.
- Verbal, written, or physical harassment (vague or explicit)
- Threats
- Malicious statements
- Abusive or offensive language or gestures
- Intimidation
- Bullying
- Unwelcome conduct

Threatening behavior:
- Shaking fists
- Throwing or pushing objects
- Punching walls
- Slamming doors

Physical attacks:
- Hitting
- Shoving or pushing
- Other aggressive behaviors

Workplace violence is not limited to one group. It can be perpetrated by the following:
- Strangers
- Customers
- Clients
- Co-workers
- Personal acquaintances

☑ Report all workplace violence to your supervisor.
☑ Whatever the type or degree of the behavior, report all workplace violence to your supervisor.
☑ No matter who is involved, report all workplace violence to your supervisor.
COMMUNITY ACTION PARTNERSHIP OF MADERA COUNTY

PROGRAMS & PEOPLE . . . Making a Difference

Name: Justa Angelina Ortiz
Job Title: Teacher
How long have you worked for CAPMC? 21 years
What do you like most about your job? I love helping families and their children. I love making a positive change in their lives.

What do you do in your spare time? I love traveling and relaxing in my backyard.
Family: Four children and an amazing, adorable husband (Octavio).
Travels: Hawaii, Cancun, Huatulco, and Mexico City.
Pets: Poodle named Princess
Favorite Junk food: Pichirillo seeds and a Coke.
Favorite saying: Treat others the way you want to be treated.
Greatest achievement: AS in Child Development
Of all people who would you like to have dinner with and why? I would like to have dinner with my father who passed away.
Best advice ever given: “Listen to your elder’s advice.”
Favorite color: Black and purple
Favorite movie: Cantinflas
Favorite song: Grupo Yndio “Dame un Beso y Dime Adios”
Favorite holiday: Thanksgiving
Favorite sports teams/individuals: Selección Mexicana
Favorite vacation spot: My “backyard” eating Pichirillo seeds, drinking Coke and hearing Chilenas.
If you were stuck on a desert island and could only have three things, what would they be: Matches, machete, and warm blanket
A random or fun fact about you: I know how to speak the dialect Mixteco Alto from Oaxaca, MX.
Please include some thoughts about your job, coworkers or the families you work with: I appreciate all the families, my coworkers, and my job.
Where do you see yourself in 2 years? Helping and serving Head Start families.

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: Octavio Ortiz Pineda
Job Title: Teacher
How long have you worked for CAPMC? 21 years
What do you like most about your job? I love helping children so they could become successful in the future.

What do you do in your spare time? I love working on my backyard with music.
Family: I have four children and the best, hard-working, beautiful wife (Justa).
Travels: Hawaii, Cancun, Huatulco, and Mexico City.
Pets: A poodle named Princess
Favorite Junk food: Pichirillo pumpkin seeds, Doritos Nacho Cheese with Pepsi.
Favorite saying: “No te metas en camisa de once varas”
Greatest achievement: AS in Child Development
Of all people who would you like to have dinner with and why? I would love to have dinner with my father-in-law
Best advice ever given: “Preparate para un major futuro.”
Favorite color: Gray
Favorite movie: Western movies
Favorite song: “Mi Linda Esposa”
Favorite TV show: Tengo Talento, Mucho Talento
Favorite holiday: Thanksgiving
Favorite sports teams/individuals: Selección Mexicana during the World Cup
Favorite vacation spot: At the ranch with my father.
If you were stuck on a desert island and could only have three things, what would they be: Ax, sombrero, and Bible
A random or fun fact about you: Good chess player
Please include some thoughts about your job, coworkers or the families you work with: I respect all families and my job.
Where do you see yourself in 2 years? Working hard and helping families.
How do you carry out the agency mission? I do the best I can to support families and children every day.