2018 Annual National Migrant Seasonal Head Start Conference in Costa Mesa, CA

CAPMC took over the 4th Annual National Migrant Seasonal Head Start Conference in Costa Mesa earlier this month. Staff from Madera Migrant Seasonal Head Start, Fresno Migrant Seasonal Head Start, Administration, Human Resources, and Fiscal were in attendance.

The Conference consisted of keynote speakers such as Dr. Mike Longoria who targeted talking about music and movement as an educational tool, as well as Sophie Cruz who shared her words of wisdom at the young age of eight years old.

The conference also offered different tracks relating to Health & Safety, Early Childhood Development, Education, and Administration/Management, among other educational and informative topics.

It was also an honor having a CAPMC nominee receive national recognition with the Plate of Bounty Award. CAPMC nominated Jim Maxwell, with Agriland Farming Co., for their efforts in ensuring the high quality of services to its employees and the community, inclusive of the farmworkers, migrant families.

Next year’s conference will celebrate the 50th anniversary of the Migrant Seasonal Head Start program in Washington D.C.!
**CATCHING PEOPLE DOING THE RIGHT THING, SAFE PRACTICES**

**BILL FRAME** in his assistance to upload the LIHEAP application onto the agency website. He spent many hours building the application and making sure it was perfect. He even made it a fillable form.

**JOE ARIAS AND VICTOR MARTINEZ** on the quick response to handle flooding in a Gill Avenue bathroom. **SUNSET STAFF** for demonstrating a positive attitude during the changes. **NORMA BLANCO & CROSHOUN AUSTIN** for allowing Sunset staff to stay in your office and **MARITZA GOMEZ-ZARAGOZA** for letting Sunset staff use the conference room. **JULIE DOLL & YARENKY PUMAREJO** for your time in helping with reporting for Sunset site.

**MAINTENANCE** for keeping Sunset updated about the classroom situation. **RICK RAMIREZ** for taking the time to go out to Sunset and help fix the situation with the printer. **MATTIE MENDEZ** for getting Fiscal manual calculators during the blackout that allowed for payroll to finish work associated with having employees paid on time. Thank you! **MATTIE MENDEZ** for riding the charter bus back from Costa Mesa, and lending the van to staff that needed to get back home earlier than the rest.

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**MARK YOUR CALENDAR**

- March 17—St. Patrick’s Day
- March 20—First Day of Spring
- March 30—Spring Holiday—Office Closed
- April 12—Board of Directors Meeting at 5:30pm
- April 22—Earth Day

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**Safety Game Piece**

What three items would you put in your emergency bag?

**Due to the H/R Department—**

**Monday, 03/26/18 at noon.**

**NAME:** _________________________

**I.D. #:** _______________________

**WORKSITE:** ____________________

Visit kp.org/foodsforhealth and follow us @kpthrive.
CAPMC is pleased to announce the launch of the Wellness Program!
The Agency’s most valuable asset is its staff. Therefore, CAPMC has committed to creating a culture of wellness at the workplace. A Wellness Committee has been formed to help guide the efforts in implementing new ways for all staff to engage in healthier behaviors and a more fulfilling life. We welcome your ideas and suggestions to create activities and programs that will become an exciting part of our culture here at CAPMC. Please see below the list of your Wellness Committee members to get to know them.

<table>
<thead>
<tr>
<th>Department</th>
<th>Wellness Committee Member</th>
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</thead>
<tbody>
<tr>
<td>Administration</td>
<td>Gabriela Salazar</td>
</tr>
<tr>
<td>APP/R&amp;R</td>
<td>Melisa Pacheco, Cristal Sanchez</td>
</tr>
<tr>
<td>Community Services</td>
<td>Ariana Gomez, Ana Ibanez</td>
</tr>
<tr>
<td>Fiscal</td>
<td>Yessenia Casillas, Tina Gomez</td>
</tr>
<tr>
<td>Fresno Head Start</td>
<td>Flora Chacon, Andrea Guerrero</td>
</tr>
<tr>
<td>Human Resources</td>
<td>Charmaine Pickens, Stefanie Sinks</td>
</tr>
<tr>
<td>Madera Head Start</td>
<td>Raya Fitzgerald, Karina Garcia, Jissel Rodriguez, Rosalva Romero, Silvia Sandoval</td>
</tr>
<tr>
<td>Victim Services</td>
<td>Alejandra McBrearty, Melvis Mendoza-Mentle</td>
</tr>
</tbody>
</table>

Be on the lookout for the Wellness Committee video launch!

“Hello, I am Mayra. I work with the Victim Services Transitional Housing Program as a Case Worker. The program helps victims of domestic violence find a new home away from their abuser. The program is the next step after emergency shelter, offering families more time to find permanent housing. During this time clients attend different life skill workshops so that they can become empowered and able to live independently. We’ve had clients in our program as young as two months.

My favorite part of what I do is seeing how happy families get when they find a permanent home. No matter the situation, seeing them be able to be on their own makes me feel great. I want clients to be able to experience a life free from violence and our agency is helping them get there. Being part of CAPMC is something I am very proud of, and I wouldn’t be able to do half of what I do without help from other programs in the agency, for that I am very thankful.”

“Dear Mayra,
Thanks for all your help and for giving us a home. Also, for buying us things for the house. Thanks a lot, you are my hero, because you understood our situation. Also, for letting us ride the bus and thanks to the bus driver for taking us to school safe. You really are my Hero Mayra.”
- Victim Services Client
Carpal tunnel syndrome (CTS) occurs when the median nerve, which runs from the forearm into the hand, becomes pressed or squeezed as it passes through the carpal tunnel in the wrist. In severe cases, it can result in nerve damage, but if cared for early it is very treatable and will not create long-term problems.

Symptoms include the following:
- Pain
- Tingling
- Weakness
- Numbness
- Restricted wrist movements

Factors

CTS can occur from repeated tasks that involve:
- Highly repetitive motions.
- Constant exertion.
- Awkward wrist positioning.
- Vibrating tools.

Even typing or using a mouse can be highly repetitive, if doing so for many uninterrupted hours. Other factors in the development of CTS include genetic predisposition, normal aging, excess weight, arthritis, hypothyroidism, fluid retention, or injury to the hand or wrist.

Prevention

- As much as possible, keep your wrists straight without bending horizontally or vertically.
- If working at a computer:
  - Adjust the heights of the keyboard, desk, and chair so that your forearms and wrists form straight lines (while remaining in neutral posture in general).
  - Use an ergonomically designed keyboard to maintain wrists in a neutral position.
- Keep your mouse close to the keyboard to limit reaching.
- Organize your environment to minimize reaching for items you regularly use.
- Break up periods of data entry work by alternating with other activities.
- Stretch your hands and wrists throughout the day.
- As needed, wear supports or splints to keep wrists straight.
- If using vibrating tools, be sure to use vibration-dampening measures, which are available on equipment and on personal protective equipment (PPE).

Review tasks that present stress factors both at home and work. As needed, talk to your supervisor about making changes you need and minimizing awkward postures in your job.

If you detect symptoms of CTS, consult with your supervisor and, if needed, a medical professional as soon as possible.

### CAPMC:

- **Offices**: 43 DAYS
- **Madera/Mariposa Regional HS**: 11 DAYS
- **Madera Migrant/Seasonal HS**: 81 DAYS
- **Fresno Migrant/Seasonal HS**: 130 DAYS

### Community Action Partnership of Madera County, Inc.

**The Safety Committee Presents:**

**Office Workstation Ergonomics – Carpal Tunnel Syndrome**

<table>
<thead>
<tr>
<th>Safety Committee Members</th>
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</thead>
<tbody>
<tr>
<td><strong>Administration</strong></td>
</tr>
<tr>
<td>Gabriela Salazar</td>
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<tr>
<td>675-5748</td>
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<tr>
<td>Mattie Mendez</td>
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<tr>
<td>675-5749</td>
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<tr>
<td><strong>Community Services</strong></td>
</tr>
<tr>
<td>Sandra Garcia</td>
</tr>
<tr>
<td>675-5801</td>
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<tr>
<td><strong>APP/R &amp; R</strong></td>
</tr>
<tr>
<td>Idelisa Duran</td>
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<tr>
<td>675-5776</td>
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<tr>
<td>Karen Sanchez</td>
</tr>
<tr>
<td>675-5754</td>
</tr>
<tr>
<td><strong>Fiscal</strong></td>
</tr>
<tr>
<td>Adriana Pompa</td>
</tr>
<tr>
<td>675-5735</td>
</tr>
<tr>
<td>Britney Erigo</td>
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<tr>
<td>675-5736</td>
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<tr>
<td><strong>Fresno Migrant Head Start</strong></td>
</tr>
<tr>
<td>Araceli Anaya</td>
</tr>
<tr>
<td>276-5833</td>
</tr>
<tr>
<td><strong>Madera Head Start</strong></td>
</tr>
<tr>
<td>Nicole Revis</td>
</tr>
<tr>
<td>675-5731</td>
</tr>
<tr>
<td>Tammy McDougald</td>
</tr>
<tr>
<td>675-5730</td>
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<tr>
<td>Karina Garcia</td>
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<tr>
<td>675-5720</td>
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<tr>
<td>Yareny Pumarejo</td>
</tr>
<tr>
<td>665-0291</td>
</tr>
<tr>
<td>Joe Arias</td>
</tr>
<tr>
<td>675-5272</td>
</tr>
<tr>
<td>Silvia Sandoval</td>
</tr>
<tr>
<td>662-1788</td>
</tr>
<tr>
<td><strong>Human Resources:</strong></td>
</tr>
<tr>
<td>Kelly Hanna</td>
</tr>
<tr>
<td>675-5767</td>
</tr>
<tr>
<td><strong>Victim Services:</strong></td>
</tr>
<tr>
<td>Jennifer Coronado</td>
</tr>
<tr>
<td>675-5706</td>
</tr>
<tr>
<td>Mayra Campos</td>
</tr>
<tr>
<td>675-5709</td>
</tr>
</tbody>
</table>

**DAYS without INJURY**

**As of 03/09/18**
Don’t Forget Your Pets in a Disaster
If a disaster strikes, will you be ready to care for your pet?

✓ Sturdy leashes, harnesses and/or carriers to transport pets safely and ensure that they can’t escape.
✓ Food, drinking water, bowls, cat litter/pan and a manual can opener if you pet eats canned food.
✓ Medications and copies of medical records stored in a waterproof container.
✓ A first aid kit for pets.
✓ Your pet link or microchip ID number
✓ Current photos of you with your pet(s) in case they get lost. Since many pets look alike, this will help to
  eliminate mistaken identity and confusion.
✓ Information on feeding schedules, medical conditions, behavior problems, and the name
  and number of your veterinarian in case you have
  to foster or board your pets.
✓ Pet beds and toys, if easily transportable.

Messages from the Safety Committee:
♦ Read the CalOSHA 300A information posted at your worksite.
♦ Safety store catalog and the order form will be updated. Stay tuned!
♦ Ask safety committee members for additional ergonomics materials.
♦ Ask safety committee members about the Building Security & Access Policy.
♦ Know your emergency drills at your worksites.
♦ Know your nearby building exits regardless of where you are.
♦ Remember: Run, Hide and Fight in an active shooter situation.
♦ Speak up on any unusual activities.
COMMUNITY ACTION PARTNERSHIP OF MADERA COUNTY, INC.
BOARD DISCUSSION ITEMS...Board of Directors
The following is a synopsis of the Action Items from the Board of Director’s Meeting on March 08, 2018. If you are interested in seeing any items in more detail, please contact Gabriela Salazar.

- **RECOMMENDATION: F-1**
  Review and consider approving the Child Care Alternative Payment Program Parent and Provider Handbook for FY18-19.
  **SUMMARY:**
  Parents and Child Care Providers who participate in the subsidized child care program administered by CAPMC – Alternative Payment Program are issued a handbook so they may understand and comply with program policies and procedures.
  **FINANCING:**
  Included in the budget
  **BOARD ACTION:** Approved

- **RECOMMENDATION: F-2**
  Review the agency’s Annual CSBG IS Survey Report.
  **SUMMARY:**
  The CSBG contract requires the National Performance Indicators, Client Characteristics and CSBG Program Accomplishments and Coordination of Funds be reported annually to the Department of Community Services and Development.
  **FINANCING:**
  Not Applicable.

- **RECOMMENDATION: F-3**
  Review the status of the CalOES Emergency Water Tank Continuation Program (Bulk Water) and State Resources Control Board (Drinking Water) Contracts.
  **SUMMARY:**
  Emergency Water Tank Program funding ended June 30, 2017.
  Although Governor Brown declared that California was no longer in a drought, there were Madera County residents were still impacted by the California drought that began in 2014. The Emergency Water Tank Program was replaced by two separate contracts: the Emergency Water Tank continuation Program (Bulk Water) Contract and the State Resources Control Board (Drinking Water) Contract. These are both a one-time continuation of funding that will end June 30, 2018.
  **FINANCING:**
  Not Applicable.

- **RECOMMENDATION: F-4**
  Review and consider approving Fresno Migrant & Seasonal Head Start’s 2017 Annual Monitoring Report & Program Improvement Plans conducted by Grantee, CAPSLO
  **SUMMARY:**
  An annual monitoring was conducted to determine if the program has effective management systems and if the program complies with the Head Start Performance Standards.
  **FINANCING:**
  Included in budget
  **BOARD ACTION:** Approved

- **RECOMMENDATION: F-5**
  Review and consider approving Fresno Migrant/Seasonal Head Start’s 2015-2020 Program Goals & Objectives Year Three Update
  **SUMMARY:**
  The Goals and Objectives are derived from the data gathered from the Community Needs Assessment, Program Information Report, CLASS, and DRDP reports.
  **FINANCING:**
  Included in FY Budget 17-18.
  **BOARD ACTION:** Approved

- **RECOMMENDATION: F-6**
  Review and consider approving Fresno Migrant & Seasonal Head Start’s Parent, Family, & Community Engagement (PFCE) Year Three Update
  **SUMMARY:**
  The Parent, Family, & Community Engagement goals were developed to build strong and effective partnerships with families that can help children and families thrive.
  The program reviewed and analyzed data from the Self-Assessment, PIR, monitor reports; and considered data from parent’s surveys and the Family Partnership Agreements. Goals were developed from the trends noted in the data collected.
  **FINANCING:**
  Included in FY Budget 17-18.
  **BOARD ACTION:** Approved

- **RECOMMENDATION: F-7**
  Review & consider approving the submission of CAPMC Fresno Migrant & Seasonal Head Starts grant application (September 1, 2018-August 31, 2019).
  **SUMMARY:**
  1. CAPMC is applying to serve migrant children and families in Fresno County.
  2. The 2018-2019 Grant application with all budget items is due Community Action Partnership of San Luis Obispo, Inc. by April 2018.
  3. CAPMC Board of Directors Resolution is required by CAPSLO
  **FINANCING:**
  Total funding is $4,441,805; Basic is $4,359,115 Training and Technical Assistance is $82,690. This grant does require a 10% in-kind match of $526,586.
  **BOARD ACTION:** Approved
## RECOMMENDATION: F-8
Review & consider approving the submission of CAPMC Fresno Migrant & Seasonal Head Starts Early Head Start Grant application (September 1, 2018-August 31, 2019).

**SUMMARY:**
1. CAPMC is applying to serve migrant children and families in Fresno County.
2. The 2018-2019 Grant application with all budget items is due CAPSLO by April 2018.
3. CAPMC Board of Directors Resolution is required by CAPSLO.

**FINANCING:**
Total funding is $297,463; Basic is $277,963 Training and Technical Assistance is $19,500. This grant does require a 10% in-kind match of $33,051.

**BOARD ACTION:** Approved

## RECOMMENDATION: F-9
Review and consider authorizing the application for Visa credit cards for CAPMC Program Managers, Head Start Directors, Human Resources Director, Executive Director and the Chief Financial Officer from West America Bank to replace the Costco Credit Card Program.

**SUMMARY:**
Costco eliminated its in-house credit card program through Capital One effective January 9, 2018. The new Visa credit cards will provide an option for programs to purchase items from Costco.

**FINANCING:**
Any charges on the Visa credit card must be budgeted within the applicable funds.

**BOARD ACTION:** Approved

### Meet our Board of Directors

#### Public Officials
- Deborah Martinez/Miguel Gonzalez
  Social Services
- David Hernandez
  Madera Unified School District
- Robert Poythress/Max Rodriguez
  Madera County Board of Supervisors
- Fiscal Management/Accounting
- Ceci Foley Gallegos/
  Jose Rodriguez
  Madera City Council
- Dennis Haworth/ Mary Gaumnitz,
  Chairman
  City of Chowchilla

#### Private Sector
- Dennis Smith, Vice Chairman
  Madera Chamber of Commerce
- Amelia Medrano, Cynthia Cantu
  Policy Council for Regional Head Start
- Donald Holley,
  Community Affairs Expertise
- Eric LiCalsi,
  Legal Expertise
- Kathy Lopes,
  Early Childhood Education and Development

#### Target Areas
- Angela Andeola / David Hench
  Central Madera/Alpha
- Tyson Pogue
  Eastern Madera County
- Ruth Carral/Maxine Barnett,
  Secretary/ Treasurer
  Eastside/Parksdale
- Griselda A. Martinez /Theresa Van Tassel
  Fairmead/Chowchilla
- Aurora Flores/Octavio Pineda
  Monroe/Washington

### Leaders Within CAPMC
Recently, Joaquin Hernandez and Andrea Guerrero led a session titled “Focusing the Lenses on Shared Governance” at the National Migrant Seasonal Head Start Conference in Costa Mesa. Joaquin and Andrea discussed effective ways to help keep boards and committees engaged and active.

Thank you for highlighting CAPMC with your extraordinary session!

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On behalf of the McDougald family,

Thank you to those that attended the funeral services and supported in one way or another during this difficult time of loss. Please continue to keep the family in your thoughts.

-Tammy, Steven, Kari
CAPMC is beyond excited about the continued StrengthsFinders training that have been occurring throughout the agency. Most recently, Madera Migrant Head Start Center Directors, Advocates, and Head Start office staff held a StrengthsFinders training. Training was conducted by the infamous Yammi Rodriguez and Renee Cromer. Both Yammi and Renee do a fabulous job of teaching us about the individual strengths that each one of us has and how we can build on each others’ individual strengths to make the workplace and our lives more effective.

Have you been bitten by the StrengthsFinders bug yet?

**Do you know your Strengths?**

<table>
<thead>
<tr>
<th>EXECUTING</th>
<th>INFLUENCING</th>
<th>RELATIONSHIP BUILDING</th>
<th>STRATEGIC THINKING</th>
</tr>
</thead>
<tbody>
<tr>
<td>People with dominant Executing themes know how to make things happen.</td>
<td>People with dominant Influencing themes know how to take charge, speak up, and make sure the team is heard.</td>
<td>People with dominant Relationship Building themes have the ability to build strong relationships that can hold a team together and make the team greater than the sum of its parts.</td>
<td>People with dominant Strategic Thinking themes help teams consider what could be. They absorb and analyze information that can inform better decisions.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Achiever</th>
<th>Arranger</th>
<th>Belief</th>
<th>Consistency</th>
<th>Deliberative</th>
<th>Discipline</th>
<th>Focus</th>
<th>Responsibility</th>
<th>Restorative</th>
</tr>
</thead>
<tbody>
<tr>
<td>Activator</td>
<td>Command</td>
<td>Communication</td>
<td>Competition</td>
<td>Maximizer</td>
<td>Self-Assurance</td>
<td>Significance</td>
<td>Woo</td>
<td>Analytical</td>
</tr>
</tbody>
</table>
“March Against Sexual Assault”
Your Voice has Power!

Every year, Victim Services Center coordinates, the Walk a Mile in Her Shoes Awareness and Fundraiser Event. In the past events, close to 100 men and young boys have adorned and worn women’s shoes to walk around Courthouse Park. The purpose of this event is to bring awareness of sexual assault in our community by having others put themselves in shoes of victims, who are primarily women. Research states that 1 in 3 women and 1 in 6 men will experience an unwanted sexual assault or abuse. The 11th annual Walk a Mile in Her Shoes Event will be held Friday, April 13, 2018.

One of the programs to benefit from this year’s proceeds is the Child Forensic Interview Team (CFIT). This program allows children that are victims of crimes, sexual abuse, or witnesses to be interviewed in a friendly child-focused way. In 2017, 126 children were interviewed at our site. This year, the goal is to raise $10,000. Please come out and support our event!

This year we are switching things up! Everyone and anyone can walk; men, women, and children! Register, collect donations, and literally walk the walk! Register by March 30, 2018 and pay a $10 registration fee to guarantee your shirt size. You can register in person at the Victim Services Department or online at www.maderacap.org.
This Deadly Flu Season is the Worst in Nearly a Decade

According to the Centers for Disease Control and Prevention (CDC), the 2017-18 flu season is more intense than any other since the 2009 swine flu pandemic. Unfortunately, the CDC says this flu season is going to get worse.

In addition to the increasing number of individuals falling ill with the flu, the hospitalization rate for the flu has jumped. This year’s dominant virus, H3N2, has been around for 50 years, but it is usually the most lethal of the seasonal strains.

As a result, the CDC urges those who haven’t yet gotten the flu vaccine to do so, as it is the best way to prevent the flu.

Eating Healthy Doesn’t Have to Be Expensive

Eating a well-balanced diet is a key component in living a long, healthy life. Many Americans think that eating healthy means they have to empty their wallets, which isn’t necessarily the truth. Keep the following money-saving tips in mind next time you’re grocery shopping:

1. **Make a weekly meal plan.** Before you go to the store, think about what meals and snacks you want for the week. Read recipes thoroughly so you can make an accurate list of everything you need, reducing the risk that you’ll have to run back to the store later in the week.

2. **Create a list—and stick to it.** Make a detailed list of what you need to buy before you go to the store. When you get to the store, don’t buy anything besides what’s on the list.

3. **Plan where you’re going to shop.** Many grocery stores run sales or offer coupons on various healthy foods. Check out the ads and plan your grocery list around what’s on sale.

4. **Shop seasonally.** Fresh fruits and vegetables that are in season are usually easier to get and may be a lot less expensive.

5. **Cook at home as often as possible.** Many foods prepared at home are cheaper and more nutritious. Go back to the basics and find a few simple and healthy recipes that your family enjoys.
One Pan Potatoes & Chicken

- 4 potatoes (medium, cut into 3/4 in cubes, microwaved 8-10 minutes until tender, or cooked on the top of the stove about 15 minutes until tender)
- 16 ounces chicken breasts, boned and skinned (cut into 3/4 inch cubes)
- 2 tablespoons oil
- 1 cup salsa
- 1 can whole kernel corn (15 ounce, drained)

PREPARATIONS
1. Cook potatoes as directed.
2. In a large skillet, brown chicken in oil on high for about 5 minutes.
3. Add potatotes; cook until potatoes are lightly browned.
4. Add salsa and corn. Cook until heated through.

Serve warm.

Sleep and Your Health

The National Sleep Foundation sponsors Sleep Awareness Week every March to educate Americans on the importance of sleep to their overall health and well-being. The CDC has linked insufficient sleep to the development of chronic diseases and conditions, including diabetes, heart disease, obesity and depression. In honor of Sleep Awareness Week occurring this March 11-17, try adopting the following five healthy sleep habits:

1. Keep a regular schedule—try to go to bed and wake up at the same time each day, including weekends.
2. Create a good sleep environment, including comfortable room temperature, minimal noise and sufficient darkness.
3. Keep track of habits that help you fall asleep, like relaxing music or reading before bed. Repeat those activities each night.
4. Avoid caffeine and nicotine three to four hours before going to bed.
5. Limit alcohol before bed, as it can reduce sleep quality.

Get a Good Night’s Sleep with Food

These sleep-inducing foods will help your muscles relax, quiet your mind and produce sleep-inducing hormones to get you right off to bed.

- Bananas
- Warm milk
- Chamomile tea
- Almonds
- Whole-wheat bread

Source: USDA
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

COMMUNITY ACTION PARTNERSHIP OF MADERA COUNTY, INC.
GET TO KNOW THE TEAM... Making a Difference

Name: Araceli Santos  
Job Title: Data Entry Technician  
How long have you worked for CAPMC: 9 months  
What do you like most about your job: I get to help our migrant families. I get to interact with all Head Start staff.  
What do you do in your spare time: Listen to music, spend time with all my family  
Family: Husband and two girls ages 8 and 3 years old  
Travels: Oregon, Washington  
Pets: Two dogs  
Favorite saying: “No digas todo lo que piensas, pero si piensa todo lo que dices” (Don’t say everything you think, but think everything you say)  
Greatest achievement: Completing college  
Of all people who would you like to have dinner with and why: My dad, so I can spend more time with him  
Best advice ever given: “Say ‘yes’ to every opportunity that comes your way and do whatever is necessary to get it done”  
Favorite color: Purple  
Favorite movie: Voces Inocentes (Innocent Voices)  
Favorite TV show: CSI  
Favorite vacation spot: The beach to relax and enjoy the sun.
If you were stuck on a desert island and could only have three things, what would they be: Bible, Blanket and waterproof matches.  
A random or fun fact about you: Drawing, painting  
Please include some thoughts about your job, co-workers or the families you work with: Great people to work with and families are nice also.  
Where do you see yourself in 2 years: Working on trying to go back to school to for my B.A. degree.  
How do you carry out the agency mission: By making a safe environment for the children and advocating for the parents if needed by researching information on appropriate areas of child development for their children.  
Best thing about your position: Developing the minds of young children.  
Advice to new employees on how to be successful in the agency: Stay positive and care about the children unconditionally.

Name: Denise Carranco  
Job Title: Associate Teacher  
How long have you worked for CAPMC: Going on 11 years  
What do you like most about your job: Developing the minds of young children.  
What do you do in your spare time: Spend time with my grandkids and go to the gym.  
Family: Husband Jess, daughter Danielle, son Christopher, grandkids Carson and Ciara  
Travels: Hawaii, New York, Canada, and other states in between  
Pets: Two dogs Oreo and Pepper, and one cat Simba  
Favorite junk food: Cheetos  
Greatest achievement: Graduating from college with A.S. Degree  
Best advice ever given: Always smile, stay positive, don’t look back.  
Favorite color: Earth tone, torques  
Favorite TV show: Survivor  
Favorite holiday: Christmas  
Favorite sports teams/individuals: S.F. Giants / 49ers  
Favorite vacation spot: Beach  
If you were stuck on a desert island and could only have three things, what would they be: Flint to make fire, fresh water, and my husband  
A random or fun fact about you: I have a twin sister  
Please include some thoughts about your job, co-workers or the families you work with: Great people to work with and families are nice also.  
Where do you see yourself in 2 years: Working on trying to go back to school to for my B.A. degree.  
How do you carry out the agency mission: By making a safe environment for the children and advocating for the parents if needed by researching information on appropriate areas of child development for their children.  
Best thing about your position: Developing the minds of young children.  
Advice to new employees on how to be successful in the agency: Stay positive and care about the children unconditionally.