I have been working with Jennifer Dutra, a foster parent in Madera, for the last six months. Jennifer has gone above and beyond with our foster parents and children. Ms. Dutra helps foster parents with support groups, offers resources, respite care and playdates for the children. She has also created a Clothing Closet for all foster youth especially for those who have been removed from their homes with no belongings. The closet takes clothing for newborns up to teen sizes. If you have any gently used clothing you would like to donate to the closet you can contact me, Kareli Preciado in APP/R&R, at (559) 675-5777 or Ms. Dutra directly at (559) 824-7077. Thank you all in advance!
COMMUNITY ACTION PARTNERSHIP OF MADERA COUNTY, INC.
AGENCY NEWS... Here’s the Scoop

Catching People Doing The Right Thing...

Vanessa Gudino and Yolanda Shepard, for being willing to assist a coworker during a tight deadline.

The Maintenance Team, for not only getting the job done, but for also demonstrating courtesy, respect, and a positive attitude while doing it!

Messages from Human Resources:
1) When reporting work-related injuries, please complete the 2019-2020 Worker’s Compensation Packet
2) Next New Employee/Volunteer Orientation (NE/VO) is scheduled for July 24, 2019
3) See the enclosed flyer for details on how to participate in the Benefit Survey
4) New ID badges will be issued to update the Professionalism definition under the Standards to Live By (located on the back of all badges)

Upcoming Holidays and Agency Events
July 24th: New Employee and Volunteer Orientation (NE/VO)
August 8th: Board of Directors Meeting
September 2nd: Labor Day (Office Closed)

Joe Arias, Maintenance Worker II, would like to recognize the Maintenance Team for their outstanding work and on-going positive attitude. The Maintenance Team has been working tirelessly after hours and on weekends to ensure the Madera Head Start centers and the Gill Office are in top-notch shape. Joe Arias, Robert Cervantez, Victor Martinez, and Luis Joaquin, you always find a way to get it done — and done well! Way to go Dream Team!

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Due to the H/R Department—
Monday, 07/29/2019 at 12:00

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

Safety Game Piece

What are three symptoms of heat exhaustion?

1.____________________________
2.____________________________
3.____________________________
Have You Completed Your Benefits Survey? Submit it by September 15th to be Entered into a Drawing for a $25 Gift Card.

Questions? Contact Charmaine at 559-675-5771
Survey can be found at www.surveymonkey.com/r/6NG9V6W
COMMUNITY ACTION PARTNERSHIP OF MADERA COUNTY, INC.
THE SAFETY COMMITTEE PRESENTS:

DON’T DRIVE AGgressively

Driving on busy, crowded roadways can be stressful. Aggressive driving is never the answer. The California Department of Motor Vehicles (CDMV) defines aggressive driving as “the act of operating a motor vehicle in a selfish, bold or pushy manner, without regard for the rights or safety of others.”

Here, CDMV offers tips on how to avoid it:

- If you are feeling stressed or irritated before heading out, try to relax first. “Easy listening” music may help you calm down.
- Give the roadway your full attention, and do not let yourself be distracted by eating or grooming. Never talk on a cellphone while driving.
- Try to give other motorists the benefit of the doubt.
- Refrain from driving slowly in the left lane.
- Remember that how another person is driving has nothing to do with you. Do not take other people’s behaviors personally.
- Give yourself plenty of time for traveling and factor in delays, such as bad weather, traffic or road construction.
- Know that you may be delayed. Take a deep breath and accept it.
- Slow down as conditions warrant, and keep a safe following distance.
- Never make gestures with your hands – keep them on the wheel. “Avoid making any gestures that might anger another driver, even seemingly harmless expressions of irritation like shaking your head,” CDMV states.
- If another driver is determined to get in front of you, let him or her. This response soon will become easy for you and you will not be as offended by the actions of others.

If an aggressive driver confronts you, make every reasonable attempt to get out of the person’s way. Never challenge the other driver by speeding up or attempting to block the person’s vehicle. Refrain from making eye contact and ignore any gestures the driver may make.
COMMUNITY ACTION PARTNERSHIP OF MADERA COUNTY, INC.
THE SAFETY COMMITTEE PRESENTS:

MESSAGES FROM THE SAFETY COMMITTEE

1) Use proper tools and techniques to handle lifting duties

2) Use your earned Safety Bucks to purchase items from the Safety Store

3) Note: earned Safety Bucks are non-transferrable

4) Wear insect repellant to avoid insects or pests bites

5) Wear sunscreen to protect against the sun’s ultraviolet rays and sunburn

6) Safety Month activities are coming in September!

DAYS WITHOUT INJURY AS OF 07/05/19
CAPMC: 41 DAYS
Gill: 41 DAYS
Madera/Mariposa Regional HS: 63 DAYS
Madera Migrant/Seasonal HS: 50 DAYS
Fresno Migrant/Seasonal HS: 63 DAYS
Tips for Staying Hydrated 24/7

How Do You Know If You're Hydrated?

You've probably heard the golden rule that we should drink eight 8-ounce glasses of water per day, and while that's generally good advice, it doesn't hold true for everyone. A good way to tell if you're properly hydrated is to check your urine. If it's colorless or light yellow, you're likely in good shape. If it's amber or dark yellow, you're likely at risk for dehydration and should consider changing your habits.

What Are the Best Beverages for Staying Hydrated While Managing Diabetes?

The best thing you can do to stay hydrated is to sip water all day long. Water has zero calories or added sugars and, according to WebMD, it also plumps up your skin and hydrates your muscles. However, water can be a little boring and, well, low on taste. Here are some other options that are low in sugar but a little more exciting:

- Sparkling water
- Low-calorie drink mixes like Crystal Light
- Low-sugar sports drinks
- Flavored waters
- Water infused with cucumbers, oranges, lemons, limes, or berries (or all of them!)

Unsweetened coffee and tea in moderation can hydrate you, too. Mayo Clinic notes that, although caffeine is a mild diuretic (i.e., it increases urine production), a cup or two per day of a caffeinated beverage won't increase your risk of dehydration.

More Tips for Staying Hydrated

It's one thing to know you need to drink enough, but it's another thing to make sure you're consistently consuming enough liquids. Here are some simple suggestions to help you stay hydrated every day:

- **Don't wait until you're thirsty.** As the American Heart Association notes, feeling thirsty indicates that you're already dehydrated. Try to sip something regularly throughout the day or, at least, drink a glass of water before and in between meals.
- **Eat fruits and vegetables.** Many fruits and non-starchy vegetables, such as grapes, watermelons, tomatoes, and lettuce, contain a lot of water and can help keep you hydrated. Remember, fruit contains carbohydrates. Be sure to count it as part of your meal plan.
- **Carry a reusable water bottle with you.** Choose a sturdy, portable water bottle that you can carry with you everywhere, or keep different ones at the office, by the couch, and on your nightstand so all you have to do is reach for a sip.
- **When you're feeling hungry, drink water.** Thirst is often confused with hunger, and "snacking" on water can help you figure out what you're really feeling. Drinking water can also help fill you up so you don't overeat later.
- **Drink water at a restaurant before you order.** It can keep you from over ordering and overeating (plus, it's free!).

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**Wellness Committee Members**

**Administration**
Cristal Sanchez 675-5748

**Community Services**
Ariana Gomez 664-8212
Ana Ibanez 675-5747

**APP/R & R**
Jessica Mendoza 675-5734
Melissa Mendoza 675-5741

**Fiscal**
Yessenia Casillas 675-5757
Tina Gomez 675-5761

**Fresno Migrant Head Start**
Eva Lorona 276-5843
Naomi Guerrero 276-5834

**Madera Head Start**
Jissel Rodriguez 673-0012
Rosalva Romero 675-5600
Silvia Sandoval 662-1788

**Human Resources:**
Charmaine Pickens 675-5771
Stefanie Sinks 675-5774

**Victim Services:**
Alejandra McBrearty 675-5702
Beatriz Salazar 675-5804
**RECOMMENDATION: F-1**
Review and consider approving the submission of a Supplemental Funding Request to address health & safety needs for the Madera/Mariposa Regional Head Start Program.

**SUMMARY:**
On May 1, 2019 the Head Start Director was informed by the Region IX Specialist assigned to oversee the program, that supplemental funds would be available for agencies to apply and address health & safety needs. The funds are available on a first come, first serve basis.

**FINANCING:**
Supplemental Funding Application Request Total $214,012  
Non-Federal Share $53,503

**ACTION:** Approved

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**Meet our Board of Directors!**

**Public Officials**
Deborah Martinez/Miguel Gonzalez  
Social Services  
David Hernandez, Secretary/ Treasurer  
Madera Unified School District  
Robert Pouthress  
Madera County Board of Supervisors  
Fiscal Management/Accounting  
Jose Rodriguez  
Madera City Council  
Dennis Haworth  
City of Chowchilla

**Private Sector**
Dennis Smith  
Madera Chamber of Commerce  
Adriana Olivarri-Perez and Paula Xenos  
Policy Council for Regional Head Start  
Donald Holley  
Community Affairs Expertise  
Eric LiCalsi, Vice Chairperson  
Legal Expertise  
Kathy Lopes  
Early Childhood Education and Development

**Target Areas**
VACANT  
Central Madera/Alpha  
Tyson Pogue, Chairperson  
Eastern Madera County  
VACANT  
Eastside/Parksdale  
Molly Hernandez  
Fairmead/Chowchilla  
Aurora Flores/Octavio Pineda  
Monroe/Washington

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**Congratulations and a warm welcome-back to CAPMC’s Board Chairperson, Undersheriff Tyson Pogue!**

Undersheriff Pogue recently graduated from the 276th Session of the FBI National Academy-Quantico in Quantico, Virginia. According to the Madera Sheriff’s Office, “the FBI National academy is internationally known for its academic excellence and offers ten weeks of advanced, executive-level leadership training for officers who have been selected through their proven records as professionals within their agencies. Only 1% of law enforcement executives are given the honor of attending one of the four National Academy sessions each year. The National Academy consists of collegiate-level course work, coupled with a rigorous physical training program and several leadership/law enforcement presentations.” CAPMC would like to thank Board Vice-Chair, Eric LiCalsi, for his time as acting Chairperson during Tyson's time away. Tyson, we celebrate the dedication you’ve shown on the way to this achievement!
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 Cristal Sanchez at:
Email: c.sanchez@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:** Diane Arellano  
**Department:** APP/R&R  
**Job Title:** Family Services Associate I  
**How long have you worked for CAPMC:** 7 months  
**Where were you born and raised:** Born in Los Angeles and raised mostly in Selma  
**What do you like most about your job:** Helping families, being part of a team, and attendance sheets

**What do you do in your spare time:** Clean, babysit the grandkids, and spend time with my family  
**Family:** me, my husband, and 7 children  
**Travels:** Monterey and Pismo are my favorite places to visit  
**Favorite junk food:** Hot Cheetos  
**Favorite saying:** Everything happens for a reason  
**Greatest achievement:** Raising my kids and steps kids to be successful adults

**Of all people who would you like to have dinner with and why:** My husband because we both have busy schedules and it is nice to sometimes have dinner when it is just the two of us

**Best advice ever given:** Never go to bed angry  
**Favorite color:** Grey  
**Favorite movie:** 80’s movies  
**Favorite song:** I like all types  
**Favorite TV show:** 90-Day Fiancé  
**Favorite holiday:** New Years and Easter  
**Favorite vacation spot:** Disneyland

**If you were stuck on a desert island and could only have three things, what would they be:** Water, food, and a blanket  

**A random or fun fact about you:** I always think positive no matter how negative a situation seems. Please include some thoughts about your job, co-workers or the families you work with: I work with a great team. Everyone is positive and helps one another

**Where do you see yourself in 2 years:** helping families and making a difference in their lives

**Best thing about your position:** Advice to new employees on how to be successful in the agency: If you don’t know something, ask someone who does. That is how I learn and grow.

**A must-know fact about you:** I like things to be organized. Everything should have a place.

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**Celebrating Accomplishments**

Congratulations to the following Regional Head Start Advocates for completing the Family Development Credential after attending a 90-hour course:

- Patricia Almanza
- Jessica Gallegos
- Jennifer Mendez
- Krube Alshaif
- Elizabeth Moreno
- Araceli Rodriguez

The Family Development Credential Program is a professional development and credentialing program that provides frontline family workers with the knowledge and skills they need to coach families to set and reach their own goals for healthy self-reliance in their communities. The program focuses on a strength-based partnership approach that develops workers both professionally and personally.