

# Successful Life Stories

a bimonthly COMPASS publication

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3. **Retreats and More Retreats!** This month, the Team Leaders go away for a couple days for some refocus and retraining on how to coach and train their teams. In May, we will be taking 40 CSS staff away for our Dream Initiative—Dream Big and Out LOUD! This will be an exciting time to train and then follow up with CSS staff on what are their personal dreams and how to come up with some goals to make those dreams a reality. Lastly, I don't want to give all of the good stuff away, but our annual retreat is going to be amazing this year. Details will be released in the next newsletter, so stay tuned.

As many of you know, we do say a fond farewell to Donn Kropp as our Medical Systems Manager. In this edition, he will tell you how this is not merely an end of an era, but the beginning of a dream come true. We are so excited for Donn and his future with Cosine!

Sadie Hess -Director of SLS & ILS



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## Dream Big & Out Loud!

by Aaron Zint  
Compass Team Leader

Last year, I went to my first Compass Dream Retreat and had a life-changing experience. I have been asked about my dreams before, but this was the first time I'd spent two days diving into my deepest desires and talking about them with people. First of all, the encouragement I found from the other TLs who attended was amazing. I saw some of them stating dreams that seemed impossible, but they were going to go after them anyways. This truly challenged me to voice dreams I've had but have been afraid to pursue because they were so big. The leaders and trainers told us, "No dreams are too big." And after some insisting and some success stories, I believed them.

A few of the dreams I wrote down and later talked about with my fellow TLs were: recording my own music compositions, traveling to Europe and facilitating relationship trainings. Less than a month after this

retreat, I contacted one of my friends who is an aspiring music producer and asked if he could help me record one of the songs I'd written. He agreed and even offered to do it for free. We spent five hours one day recording and editing and came out with my first fine-tuned recording. Meanwhile, I'd been researching plane tickets to England hoping to find something my wife and I could afford.

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## Hero Stories

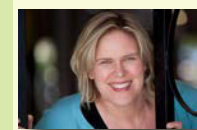
a new series about the amazing accomplishments of our clients



Scott Eckert moved from his family home to Supportive Living at 21 years old. Having Down Syndrome and Apraxia, which makes it difficult for the brain to communicate with his body, Scott had never lived away from home. The transition took much preparation. The day his parents left him with his supportive living staff, he was more than ready—he escorted his parents to the door and told them it was time for them to go home.

Through Supported Living, Scott has learned to communicate with his supportive staff to teach them his personality and needs. This is a special challenge for him because he has limited speech and relies on signs, gestures, and his incredible persistence to get his message across.

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### I absolutely love how this year is shaping up!

We have such an amazing team. Last month, I introduced you to all of our new folks. Now, I want to tell you what they are up to!

1. **New Case Facilitator Curriculum**—We have to give a shout out to Rhonda M. and Donn and Ray for investing time and talent into making sure this book not only represents what we do, but who we are—an agency of Excellence!
2. **Quick Solve Plus** - Our customized software is almost complete! We have spent hours and hours to make this software a reality. When it is complete, it will cut out about 20 hours of administrative time per month! We are all very excited about the possibility of having even more time to spend working with our clients and staff and less time on paperwork.



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# Client Corner

## Nancy



Nancy Keymoth is the newest consumer to join the COMPASS family in the South Bay. She is bilingual in Spanish and loves living in her own apartment close to all her favorite places to shop, some of which include Whole Foods, Bed Bath & Beyond, and Target. Nancy is strong in her faith, attends church on Sundays and has a close network of friends from church. She loves to wear her "Jesus" pin on her sweaters. She also tries to attend an Epilepsy Support Group monthly. She is very in tune with her healthcare needs and is a strong advocate for herself. During her downtime, Nancy enjoys hanging out with her longtime companion Ray. Ray reports that Nancy is like a family member to him, so he is willing to assist her with her Supported Living services any way he can. Nancy's goals for this year are to find a good team of support staff, to organize her apartment, and to work on techniques which will help her de-stress.

## Ashley



Ashley Krell has been with Compass since May 2006. Ashley is a funny and boisterous young woman who enjoys cooking, trying new recipes and hosting gatherings for friends at her apartment in Concord. Ashley hosted a Compass Community potluck on February 18th for Compass clients, their staff and some friends from RES. She is currently in the process of planning a St. Patrick's Day party on March 17th. When she is not busy planning parties, Ashley works on-call as a crossing guard at Bancroft Elementary School in Concord two to three days per week. Ashley deserves to be spotlighted because she obtained her job as a crossing guard almost entirely on her own-- from finding the job listing, filling out the application and making it all the way through the interview process! When she's not hard at work helping children across the street, Ashley attends RES Success in Hercules. Ashley has a very warm heart, and she tries hard to make the right choices even though it is sometimes hard for her. Ashley's goals for the future are to lose weight and to have a stable, healthy relationship with a caring man who values her and treats her the way she deserves to be treated.

## Amanda



Amanda Harp is a new member to the Compass family. She recently joined the Redding Compass on March 1st 2012. She currently lives independently in the City of Red Bluff. She has part time staff that assists her throughout the week. Amanda has a cat named "Lucy" who is very affectionate and a great friend. Amanda is very friendly and social. She spends her weeks attending day program, going to the gym, and participating in community activities. Amanda has a dream of someday living in a home with a fenced yard so she would be able to have another service dog. Amanda is very excited to be a part of the Compass family. She is looking forward to meeting new friends and taking new adventures.

## Living Independently

by Luci Belcher



In May 2011, Compass started serving our first ILS consumer in the Bay area. Since that time, the Bay area ILS program has rapidly grown and expanded. As the ILS Manager in the Bay area, I have had the joy of watching our consumers start to reach the goals reflected in their ISP. This month, I would like to recognize Kelly Shuey, the first Compass ILS consumer in the Bay area, on her ISP goal achievements thus far. Since starting ILS with Compass, Kelly's life has noticeably improved. When you see her, her beautiful, curly hair is washed and she is always wearing a fashionable, clean outfit. Kelly feels like she is eating more healthy, home cooked foods, and eating out less. She is saving more money than ever and is currently saving for a trip to Reno later this year. Her ILSI Instructor, Stephanie, has helped Kelly learn new techniques on how to keep her house clean, which is Kelly's current favorite goal to work on. One of Kelly's major goals for 2012 is to improve her personal health by losing weight and exercising more. She lives by a beautiful lake and enjoys walking around it. She appreciates that her ILS Instructors challenge her to work out when she does not feel

motivated. Kelly continues to work hard on her ISP goals each day and can't wait to look back on this year to see how much more independent she has become!

## Heavy Heart

by Donn Kropp, RN, BSN



A "Heavy Heart" is not a medical diagnosis, it is rather a feeling someone has when there is something that causes sadness. The heart that I am referring to is my own. April sixteenth will be my last day as the Medical Systems Manager at Compass. When I joined the Compass team three and a half years ago

**"WE ALL GO THROUGH DIFFERENT SEASONS IN LIFE"**

I never imagined that I would meet so many amazing people and make so many monumental memories. It has been a great privilege to be a part of Compass.

We all go through different seasons in life. Sometimes we sow seeds, sometimes we till the land or harvest the crop. I believe my season now is one of plowing. I have a real heart and passion to build systems and products that make the planet a better place. So with that mindset I have embarked on a journey to start a medical consulting and education company. I recently launched a division of my company called, CLiCKPLAY Continuing Education University. Our website offers continuing education for healthcare workers in a video format. I have a real passion for education, film and videography. If you ever miss me you can see my face at [www.clickplayceu.com](http://www.clickplayceu.com).

Again, I want to say that it has been a great pleasure and honor to have known you all. Blessings!

## Hero Stories cont'd from pg 1 >>>



Scott has also been able to develop and apply his humor and his empathy in life. He loves to tease, and he is very sensitive to the moods of others. If someone is feeling bad, Scoot can sense it immediately and take appropriate action to help them. He loves to help and to make people feel better.

Scott is close with his father Max, and he is inspired by his friend Merlin and their special connection. Merlin is a firefighter who takes him out for pizza and orange soda on occasion. They have a birthday tradition where they have a huge party together.

His life in supportive living has also included many community and social experiences. He has been involved in camps, COMPASS trips (like Disneyland and an ocean cruise), and visits to the State Capitol to express his point of view. COMPASS helps provide a bigger and better community for Scott to thrive.

Scott's future holds many possibilities. He is a loving and helpful person who enjoys having fun. He is the kind of person everyone likes to be around. With COMPASS supporting him, he will continue growing as a person and contributing to his expanding community.

## Dream Big cont'd from pg 1 >>>

After three weeks of no luck, I got onto the internet one night and found two non-stop, round-trip tickets to England for only \$440 each! Needless to say, we found ourselves exploring the English countryside, walking the London Bridge and playing pick-up games of soccer (or football as they call it) with students of Oxford University.

And last but not least (by any means), my third dream was fulfilled. My wife, Jenna, and I are passionate about relationships and even more specifically communication within relationships. We had been able to conduct one training a couple of years ago for some local Redding students but had not had another opportunity since then. When I realized this dream was really important to me, I approached Sadie. We talked about what a Communication training at Compass would look like, worked out the details and a couple of months later, Jenna and I were fulfilling our dream

**"...my dream was fulfilled..."**

of training people to improve their relationships.

I highly recommend going to the dream retreat if you are at all able. In order to not just survive this life, but to thrive in it, we must know what our dreams are and take steps to accomplish them. This retreat was just the boost I needed to start the process, and today I'm still going strong accomplishing more and more of my dreams.

**Dates to Remember>>>**  
**May 23 & 24: CSS Dream Initiative**