

COMPASS EVENTS



St. Patrick's Day! Siskiyou Team



St. Patrick's Day!
Cassandra, ILS



Redding Color Run April 2012
Jennifer, Jenelle, Amanda



Easter Celebration!
Dorothy & Easter Bunny



Francis & Easter Bunny

For info about our community events call Compass

UPCOMING EVENTS

- EAST BAY POOL PARTY MAY 31
- SHASTA COUNTY FAIR JUNE 14
- BAY AREA BRAVO BUCK JUNE 19
- FAR NORTH BRAVO BUCK JUNE 21
- REDDING: CLUB HEALTH JUNE 25
- SAN FRANCISCO GIANTS GAME JULY 7
- COMMUNITY RETREAT AUGUST 31



April Dreams
Joe, The Dream Manager with Eric & Sadie

Goodbye Brooke!

In our last newsletter we featured an article about Brooke Patmor. She had a dream to help children in Thailand. We are so happy to announce her dream came true and she leaves for Thailand this May. Congrats Brooke!



April 2013

Successful Life Stories

a bimonthly COMPASS publication

In this issue >>>

- Living Independently
- Talking to yourself
- "With a little help..."
- Client Corner...and more!!!



DIRECTOR'S NOTE With help from friends

During the last campaign cycle, there was a presidential speech that got a lot of attention and publicity. The most famous lines were: "...If you've been successful, you didn't get there on your own.If you were successful, somebody along the line gave you some help.....The point is, is that when we succeed, we succeed because of our individual initiative, but also because we do things together."

This statement bothered a lot of entrepreneurs, who felt it was a bit of a slap in the face, and I guess I can understand that. We all like to think we are independent—but that isn't the lens through which I choose to view the world. I couldn't do what I do without my team. I couldn't lead the way I lead without Eric. I wouldn't be who I am without my family.

Recently, my son wanted a "Darth Vader" cake. As we were walking through Michaels, (which is a proverbial "black hole" for me because I can go in there for hours and come out with a lot of nothing I planned to buy) my son saw a Darth Vader pan and fell instantly, madly in love. He is a huge Star Wars fan, and this was the cake of his destiny. He proceeded to beg me to make him a Darth Vader cake for his 8th birthday. Now, I am not particularly "crafty", but I like the "idea of being crafty", if you know what I mean. :) I told him no, but he and his sisters prevailed.

GET READY FOR AN ADVENTURE

by Zeb Gill

When I say "Neverland" we probably all imagine something similar. Perhaps it's Peter Pan soaring through the air, Wendy and the Lost Boys fighting pirates, or even Tinkerbell leaving a trail of pixie dust. Whatever the imagery, Neverland resonates within each one of us as that place where you don't grow up -- you stay young. When you're young, the world, and all of its infinite possibilities, seems so attainable. In the movie "Hook" Robin Williams played Peter Banning, a grown up Peter Pan who had forgotten his childhood. He's forced to return to Neverland, of which he has no recollection, to rescue his children who have been kidnapped by Hook. While there, Peter relearns the magic of Neverland, and his youthful spirit is restored. The invigorated Pan fights Hook and rescues his children. Upon returning to London, Peter is a changed

man, transformed, once again, by the magic of Neverland. Do you believe in Neverland?

While traveling to a place located "second star on the right and straight on 'til morning" may not be possible without some pixie dust, a similar place still exists! This place emphatically seeks to engage that youthful spirit in each one of us and provide an opportunity to become the Peter Pan you once knew. It's no wonder that this special place is operated by an organization with the name Young Life, emphasizing our young identity and what's possible when fully apprehended. It's location can be found in a Neverland-like environment, near the Sierra Nevada Mountains and the Plumas National Forest. I'm talking about a place called WOODLEAF!!

>>> con't pg 3

Living Independently

by Alicia Barrington

Chris Solovskoy is an energetic young man who enjoys being an ILS client in the East Bay. Chris has been in the Compass family since June 2012. When he began his journey with Compass, Chris was living in a group home in Livermore, California. He has an



adventurous spirit and always had big dreams, which included: transitioning into an independent living situation, enrolling in an educational program, and obtaining employment. Within the first few months of working with his ILS instructor, Chris moved into a house with a fellow Compass client and has been living independently since then.

>>> con't pg 2

"The Greatness of Community..."



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Living Independently

>>> con't from pg 1

He really enjoys the freedom that comes with having his own home, and he also enjoys the sense of responsibility that comes with having his own home, and he also enjoys the sense of responsibility that comes with it as well. Chris attended classes at

"He really enjoys the freedom of having his own home."

Las Positas College, and he continued to put forth all of his effort to gain employment. He now works in a position that he very much enjoys. When Chris isn't at his job or working on other skills, he loves going out with friends to various social and community events around the Bay Area. Chris' warm personality, dedication to attaining his goals, and enthusiasm for moving toward his dreams are just some of the reasons why Compass is acknowledging Chris.

Client Corner



It is pretty clear that in life things rarely work out the way you planned them. When that happens, some people get angry, some get discouraged, and some give up all together. Mike Woodworth does none of the above. When faced with difficult changes or tasks, Mike does not run away from the challenge. He tackles it head-on with a smile on his face. Because he is a very hard working, goal-orientated, and fun man, he has taken on every challenge he has faced in his life and continues to strive for success. He is an ILS client in the South Bay who has been working with Compass for several years now. Currently, Mike's biggest challenge is getting his driver's license. After many months and long hours of studying, Mike is finally ready to take his test with the confidence that he is going to pass. Getting a driver's license is Mike's biggest goal, and he is very excited to see it through. When Mike isn't busy studying for his driver's test, working at his day program, or keeping up with life, you can find him walking around the mall with his newlywed wife

Norma, fixing up bikes for his community, or watching on his movies from his extensive collection.



This month Compass would like to shine the spotlight on East Bay SLS client Jeanna Eason. Jeanna has been a Compass client for almost two-and-a-half years. During that time, we have watched Jeanna grow and mature into a wonderful lady who has an infectious laugh and smile!

This past year Jeanna set goals for herself, and we are proud to share that she has accomplished them one by one! With the help of her CF and Team Leader, Jeanna has started attending RES/SUCCESS day program five days a week. Her goal at RES is to get her GED, which she practices for every day and even brings study guides home to work on after program.

She enjoys learning about computers and how to type, which she is also learning at RES. She takes her dog, Randall, to program two days a week, and he has been able to help other clients overcome their fear of dogs. Adopting Randall was another one of Jeanna's goals that she has accomplished since being in SLS.

Jeanna enjoys being out in the community and loves attending the Compass events like our annual Christmas party. We at Compass acknowledge Jeanna for her hard work and dedication, and we can't wait to see her accomplish more goals over the years!



Our featured staff writer Jenelle Copenhaver interviewed BJ Christenson, and here is what BJ wants to share with the Compass family:

BJ says it makes her happiest living on her own in her home when she has all of her friends there. Everyone is her friend, and she hangs out with her friends and loves all. Because she got the privilege of being one of the earlier people served when the business began, she especially loves Compass, her supportive living service.

What makes BJ happiest is making decisions and doing what she wants in her life. One of the things she loves to do is to paint in colors, and that is what inspired her to start her art business. BJ thinks her house looks good because hanging on her walls are original art pieces she created on her own. This year, BJ has now started painting on ties and scarves. So many of her goals in her business have been reached this year-- good

job, BJ!

Included in her future goals are to own a home with an art studio and to be a millionaire. She'd like to have a million more customers to come buy her art work. Another of BJ's goals this year is to lose a little weight--you can do it, BJ!

BJ is very happy with her life and all the success she has accomplished over the years. She will be accomplishing many more goals in the future because BJ is an amazing woman who has a desire to live life to the fullest. She is a caring, giving, loving, funny, smart, talented, person who is a joy to be around. She is gifted with her talents, and she is thankful for what she has in her life. She is a wonderful friend to all of us--we love you, BJ!

Great Adventure

>>> con't from pg 1

Last year Compass experienced Woodleaf for the first time, and, if you were there, you know that it is well-worth experiencing again! This September 1-3 we will revisit Woodleaf and have another life-changing time. In fact, for one particular gentleman named Robert, a transformation was exactly what happened for him. Robert has just had surgery before deciding that going to Compass's Community Retreat at Woodleaf could be exactly that, a retreat. When Robert was asked what changed for him as a result of going to Woodleaf he said, "My outlook on life. Before, I was feeling down, but afterwards, I felt good about myself." Robert continued to say that being with everyone who attended the retreat, and even meeting new people from different Compass offices, was a big part of the change that happened in him. Robert said that his favorite thing about the retreat was when he and a small group produced a funny movie where they sang and put on a clever skit for everyone to see. Robert said that he enjoyed the campfire as well. Three things that he is looking forward to this year: meeting new



"I'm talking about a place called Woodleaf!"

people, the water slide, and the swing. Speaking of the swing, that was Amanda's most favorite part of last year! The infamous swing at Woodleaf takes you high into the trees and, without warning, lets you fall and swing out over a huge, clear lake. Amanda described this experience by saying she "felt free". Would she dare do it again? Yes, and she's excited about it. Amanda also said that she really enjoyed meeting new people, especially other Compass staff. She attended the retreat with her mom, who also wants to come back. When asked how many times a day she smiled while at the Compass Retreat, she responded, "A lot." The other things that Amanda liked were the basketball and volleyball courts and the coffee shop. This year she is looking forward to bringing her wheelchair (in order to walk less), and going on the water slide.

Amanda and Robert each had their own Neverland-type experience at Woodleaf. Whether it was feeling free or being transformed, each left the Compass Community Retreat with a strong desire to return and duplicate their adventure.

Are you ready to experience the Peter Pan inside of you?

Compass Community Retreat August 31 - September 2
Registration forms will be out soon!

With a little help from friends...

con't from pg 1

I bought all of the stuff to make this dark side cake. I instantly regretted it. The cache of newly purchased star wars cake supplies sat in my pantry mocking me. Was I thinking?! I can't draw a straight line, much less make a cake out of black frosting gooyness. Finally, I had the perfect solution! My mom! Yes, somehow the crafty gene skipped me, but belongs to my mom and she is excellent at this cake decorating stuff. I asked for her help and the pictures here really demonstrate that she's got some skills!



What is my point? Sometimes we all need a little help. We have a dream. We have an idea for greatness, but we just don't have all the skills necessary to pull it off. It is ok to ask for help. It is ok if we do things together. That is the greatness of a community. It is where we can help each other, and when the cake looks amazing, we can all take credit for the success.

So dare to dream and dare to ask for help to see those dreams become a reality...just don't go into Michael's unless you have time and money to spend! :)



Talking to yourself

by Aaron Zint

If I could get paid to talk to myself, I'd be the richest man alive. We like to believe that people who talk to themselves need treatment...and those who have no volume control probably do...but for the rest of us, positive self-talk could be just the treatment we need.

Talking to your self is natural. If you think about it, you silently do it all the time. Once you are able to admit that you do it, I have a question for you--what are you saying? Unfortunately, many people are living their lives constantly speaking negative messages to themselves: I can't believe I was so stupid! This is the worst day ever. I'm going to lose it!

Can you imagine how it would make you feel if someone else said those things to you? I can't believe you were so stupid! This is your worst day ever. You are going to lose it. That would call for some serious confrontation. You deserve respect, and the bottom line is that those messages aren't helpful.

I'm going to make a suggestion--confront your self on the negative self-talk. Remember that you deserve to be treated with respect. Remember that negative messages don't help anything. Instead, begin replacing them with: It's okay. Everyone makes mistakes. This day will get better. I'm going to make it.

Give yourself some grace. I'll be the first to admit that it's not easy changing those negative messages to positive ones, especially if you've gotten use to abuse. But take heart because with practice and time, it's possible.

You do talk to yourself, so what are you saying? Would you want someone else talking to you like that? If not, remember to be respectful and helpful to yourself and change those negative messages to positive ones.