

>>>continued from front.

Hang—Hang will be the Case Facilitator Assistant to Jennifer. Hang just finished her BA in Criminology, Law & Society and is excited to start the work of helping people. I always tell Eric that I would like to put Hang in my pocket. It's a funny phrase, I know, but what it means is that Hang is one of those people you just want to be with because she has such a sweet and kind persona.

Nicole—One more time—she is not a new person, but she's certainly new to the office. Nicole has been a team leader in the field and joins an elite group of people (Yes, I am talking to you Mary and Bethany.) who have come from the front lines of care giving into the office. I love this added perspective and knowledge, and we are thrilled that Nicole is willing to put up with us in the office on a daily basis. Nicole will be the CFA for Brooke.

Evelyn—I personally think I saved the best for last! Evelyn has worked for Compass for almost nine years. She has recently completed her BA in Nursing and has become our new Nursing Consultant in the Dublin office. We are thrilled to have Ev back in the office (she is still in the field as well working nights with Daniel). Evelyn has such a grace and a love about her—I can actually feel her in the office before I see her. We love her wisdom about the clients too, as she has walked with many of them for such a long time.

So, as you can see, we are investing in the future of Compass, and the future looks bright! Look for all of these new and "old" people and make sure you let them know how glad we are to have them on the team or in a new place on the team. ■

Sadie Hess Director of SLS & ILS



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328
"Likes" and
counting!!!



I lub
it!!

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February 2012

Successful Life Stories

a seasonal Compass publication

In this issue >>>

Client Corner
Living Independently
"Why Manhole Covers Are
Round" and more...



Director's Note >>>

2012—Can you believe another year is upon us?! I understand this might be the end of the world because the ancient Mayans couldn't count any higher? Well, at

Compass we are clearly betting AGAINST this being the end of the world! We have hired/promoted over eight new admin positions in just the last three months. That is a lot of time and money to invest if you don't plan on sticking around. On the contrary—we are heading into 2012 believing it is a new day full of new opportunities! Let me introduce you to the new team members.

South Bay:

Ramon—Ok, not really a new person, but a new job for an old person—er I mean—for a mature person—er I mean—a person who has been at Compass a while! Ramon is going to step in as the Interim Director in San Jose, as Sadie is going to step down from that role to focus on leadership training and duties as the agency Director. We are super duper excited about seeing Ray grow and be all that he can be in this new position.

Shery—Shery is going to be the new Case Facilitator in San Jose. As an MSW, she comes with years of education and experience in our field. She has worked for the area board, Golden Gate Regional Center and also for another SLS agency. We are excited to tap into her knowledge, but we are also grateful for her generous heart towards all people.

Heather—Heather will be the Case Facilitator Assistant to Shery and will be helping with scheduling and administration of IHSS. Heather comes with her BS in Social Work and a great Indiana work ethic. Welcome to California, Heather! If the weather doesn't keep you here, maybe we will!



POST CARD

East Bay:

Jennifer—Again, she's not a new person, but she is someone we all know and love (just like Ray, if you missed that is what I meant above....). Jennifer accepted the position of Case Facilitator, and we are so excited to see her grow and thrive in her new role. She also has her BA in Psychology and already has such a wonderful relationship with the clients from her role as the CFA.

Brooke—Brooke has only been with our agency two months, but it feels like she has always been here. Brooke is the new Case Facilitator in the Dublin office and has her BA in Psychology. We are already impressed with her ability to connect with the clients and the staff in a positive, meaningful way. Can you imagine all the good stuff I will have to say in two years?! (Yes, this is pressure, Brooke...)

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Client Corner

The client spotlight is shining bright on Ryan Gallagher. Ryan has been with Compass for about 5 years and shares, "My favorite thing about Compass is that they help me live independently and make smarter decisions about spending my money. They are also supportive, and they respect my beliefs and thoughts. This is very important to me." Ryan shares an apartment with a roommate in Walnut Creek. He works at PF Changs, where he has worked for over five years. In his free time, Ryan likes to hang out with his family and friends and see a good movie as often as possible. He has a passion for movies and refers to himself as a 'film buff'. He further describes this as a piece of himself which drives his goal of working in the movie industry. His family and friends have always told him he should be in show business. With this goal in mind, Ryan recently enrolled in a drama class at Diablo Valley College and is very excited for the start of this spring class. In addition, he is doing some consulting work with a friend who is making an independent film, titled Firewall. Ryan explained that he is excited to help put this information together for the newsletter and feels honored to share his accomplishments and goals for this New Year.



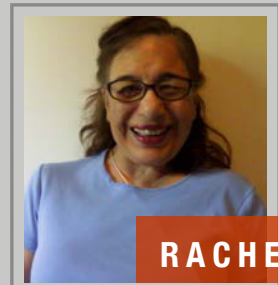
RYAN



JIMMY

Jimmy Stigall has been with Compass since 2008. Jimmy is a delightful addition to our Compass Community. As a young teenager, Jimmy was in a bicycle accident, which left him permanently disabled. Because of this, Jimmy has a dream of becoming an advocate for children and bicycle helmet safety awareness. Jimmy has been participating in an In-Home day program, and it has been a dynamic experience for him. He has been moving steadily towards his goal to become a "bike safety helmet" advocate. Recently Jimmy received a Dynavox device. This is an assisted technology device that will enable Jimmy to use the machine to communicate with children about his accident and the importance of wearing your helmet when riding your bicycle. Jimmy has a wonderful sense of humor and enjoys having conversations about history. Jimmy is an amazing person and has much to offer our Compass family and the community.

Hi everyone, I'm Rachel. I've always wanted my own house, but since 2003 have settled for an apartment in Santa Clara, CA and really like it here. I love puppies, but they are hard to keep up with and the landlord does not allow pets. In my free time I like to read. I enjoy doing word search books and watching television. My favorite TV show is Criminal Minds. I find it very interesting and the work that Garcia does is very intriguing to me. I like to go out shopping at the malls, and if there is enough time I like to go out to eat. My favorite restaurant is Coco's. I also like to go to the movies, especially comedies. The last movie I saw was Jack and Jill. That was funny! Sometimes during the weekend I visit my family. We celebrate birthdays and go out to restaurants. The last time I went home I got to see my mom's photo albums. It was so nice getting to see old family photos. I like to go to visit relatives that I have not seen in a long, just to catch up. At home I like to cook. I look over cookbooks and choose recopies to cook with Ana. Ana is doing great; she is really good I really enjoy her company. Someday I hope I can adopt a child because I feel I have the heart to be a parent.



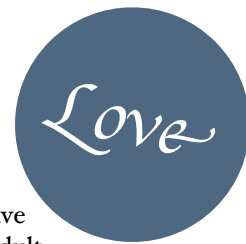
RACHEL

Living Independently

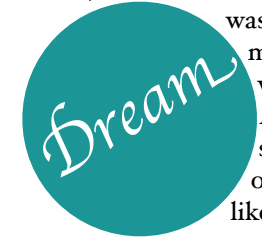
by Michele Gilbertson



Who would have thought that an adult with disabilities could fall in love and get married? Who would have thought that this same adult could become a great advocate while holding the office of President of People First in



Northern California? And who would have thought that an adult with disabilities would achieve something as difficult as obtaining a guard card? Arlen Lowery has achieved all these goals because he has a dream. In 2001, Arlen went to college and was introduced to the idea of law enforcement because he wanted to help protect people. In 2006, Arlen started dreaming about going through the necessary steps to obtain a security guard card. This year, in 2011, Arlen finished his schooling and graduated with a guard card, meeting one of his big dreams. In ILS, making goals and defining dreams is a natural part of living independently and inspires clients to be all they can be. Many clients find people to inspire them to dream, and for Arlen, it was his cousin. Arlen states, "I



was able to ride in my cousin's patrol car, and my cousin told me I could be whatever I wanted to be, and I believed him". Arlen's next dream is to become a security officer at the shopping mall or to obtain placement with a security company like Wolf Security or Northstate Security.

Some dreams, however, are not fulfilled without challenges or difficulties, and for Arlen, it was no different. While attending classes in Anderson, Arlen needed to rely on public transportation, but he was determined to never miss a class and to always arrive on time. Obtaining a security guard card was a long process, and the difficulty of staying motivated at times was challenging. However, Arlen was determined and continually reminded himself of his dream. Arlen has some advice for those who might be pursuing their dreams. He says, "Follow your dream and keep pressing forward, and you WILL reach your dream".



ARLEN

Why Manhole Covers Are Round

by Donn Kropp, RN, BSN



Have you ever wondered why manhole covers are round? They are round for a specific reason. Before you Google the answer, take a few minutes to think about why this might be. The shape of the cover provides a fail-proof safety mechanism.



In my job at Compass, I strive to institute safe and effective practices to prevent injury and illness. My wish is that these practices could be fail-proof much like the manhole cover. The problem is that no matter how good our policies, procedures and practices are, they will never meet up to the standards of our spherical friend, the manhole cover. You see, the roundness of the manhole cover makes it impossible for it to fall into the hole. If manhole covers were square or rectangular they could fall through and injure workers below.

Even though we can never be as safe as the proverbial manhole cover, we can take steps to be more "round" thus increasing our "Circle Potential" (FYI- You won't find Circle Potential on Google since I just made it up). Our "Circle Potential" can be increased by constantly improving our systems,

rededication, recommitment and strict adherence to health and safety standards. This year is going to be exciting because Compass has taken great steps to increase our Circle Potential. In the months to come Compass' very own computer software will be rolling out. Our medication policies and procedures are being updated and given a facelift. Also, Compass will soon publish a three hundred page curriculum for the Case Facilitators. I am excited about the year ahead and our pursuit toward greater levels of health, safety and happiness. ■

COMPASS CONNECT

Directions: Draw a line between the person and their correct trait, interests or hobbies! (Answers on Back Page)



Becky Harrison



Richard Boegner



Joshua Flom

a Loves growing plants!

b Loves To Swim & Laugh

c Loves Disney Stuff!

!!! IMPORTANT DATES

DUBLIN:

- Feb. 24 - SIR Training
- March 26- Client Rights Advocacy Training

REDDING:

- Feb. 24- Brave Communication Training
- March 9- Client Rights Advocacy Training

SAN JOSE:

- Feb. 29- SIR Training
- March 29- Client Rights Advocacy Training