



It is now unclear when we will have a budget or what that budget will mean to our system. We are facing cuts, but we don't know how much or where. The 4.25% cut remains in place for sure, even without the budget signed. Now, it is a question of what else they will cut and when. We are holding forums in each region at least once this summer to keep everyone informed and activated. It is a pretty crazy world we live in right now. We need to stay on top of it and make sure our voices are heard.

But in the meantime, let's enjoy our summer! So, get out there, enjoy your life and savor each moment—and post pictures, so we can all share in the experience on Facebook! We are an active, vibrant community with a lot to say and do. I am proud to be part of the COMPASS family, and enjoy our summer days together.

Sadie Hess -Director of SLS & ILS



Late Summer 2011

# Successful Life Stories

a bimonthly COMPASS publication

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 Client Corner...and more!!!



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## Director's Note >>>



I often get called crazy. I am actually kinda used to the term. I don't know, over the years, I might have even

grown attached to the concept..I think that there needs to be a little crazy in anyone that wants to actually do something in this world. I think it takes a little bit of crazy to make a difference. You can't always think inside the box if you want to get out of the box results.

My latest and greatest crazy moment is when I told the core leadership team that we were going to go on a houseboat for our annual strategic planning. We would invite our families and we would spend three days on the lake to think about 2012 and make plans for the betterment of Compass. Yep, this means over twenty people on two houseboats for three days. There would be eleven kids with us. My team scoffed at this concept—how would we get anything done? Would we get sick of each other? How would our families do? But as many of you know, I really feel strongly that we can't just talk about our values, but we have to live them and two of our values that this houseboat trip would exemplify would be COMMUNITY and EXCELLENCE.

>>>cont'd on pg 4



## "GUYS" CAMPING TRIP Dreams Fulfilled Through Camping

On August 26th-28th a few of our COMPASS clients and staff from Redding took an exciting camping trip to the beautiful California redwood coast. The guys set up camp at Mackarricher State park in Fort Bragg, CA. It was a first and a dream come true for many to see the Pacific Ocean with the magnificent redwood trees of California. During their stay they were able to take a day trip on the famous Skunk Steam Train that took them deep into the heart of the redwoods. Other adventures were

Glass beach for some beachcombing and a picnic at the ocean. Everyone had an amazing time. There were lots of memories made with fun pictures and videos. Many are hoping that the "Guys" camping trip will become an annual event!



**Hello Compass Community!!!!**

The East Bay Office just had a picnic in the park. We **mingled, laughed, played**, took pictures and ate together. All East Bay clients, families and staff came together at the Dublin Heritage park to enjoy sandwiches, fruits, veggies, and cake-yum! The weather was **perfect** to take a walk around the park, to sit with **friends** and catch up, and a few of us played freebie in the park. What a way to **celebrate** our friendships, and the summer-it was a **fun** time!

# Client Corner



**GORDON**

Hi Compass friends. I am Gordon and I live in the East Bay. For a whole year my dream has been to go to the Casino and spend a fun night there. Last year my wheel chair was just not functioning and it was keeping me unsafe. I had to order a new wheelchair so I could go into the community. I love spending time in the community, seeing new places and meeting new people. This year my dream came true. Compass let me borrow their van and I went to a Casino for the weekend with my Compass staff. I had a blast. We played on the slot machines, I had their weekend buffet-it was a SUPER DUPER FUN TIME. I hope to do it again soon. I really liked it when my wishes and dreams came true with the support of my team.

Enthusiastic, driven, and funny are three words you could use to describe Matt Lerma. Though fairly new to Compass, Matt has settled right in and is known for bantering and joking with staff.

Matt is a very inspiring young man as well as accomplished. Matt loves reading books and has even been inspired to write a few of his own. He currently in the process of getting his books published so that others can read them. Mr. Lerma is also a talented poet/songwriter. When he's not writing, he enjoys listening to rock music and meeting new people. He is also a big fan of the movie Braveheart which he watches religiously and loves dragons. Matt recently moved out of his home in Yreka and came to Redding. This is his first time in his own home. He made the move so he could go to school and meet new friends. Matt is currently enrolled at Shasta College and is loving it! He has a big heart and wants to become an advocate for children with disabilities.



**MATT**



**RABERT**

Rabert Ghazarians-Belaneji is of Assyrian descent and is an immigrant from Iran. Rabert is fluent in Farsi, Turkish and Assyrian. He knows very little English, but is increasing his vocabulary and usage with instruction and encouragement at home and at his day program. He joined the Compass family in July 2010. Rabert has always lived with family and is excited about having a living situation that affords him more independence. Both he and his family are grateful that, in Supported Living, staff are present with him to help him take care of his home, tend to his physical health and safety needs and to help him integrate into the community and explore new life experiences as well as maintain his current interests. Rabert is a pleasant and friendly guy and enjoys a variety of activities: fishing, bicycling, fishing, bowling, soccer, drawing, fishing, listening to and singing songs in Farsi. Oh, and he also likes fishing. He is a very skilled fisherman. He fishes every weekend and always catches fish.

## Living Independently

by Michele Gilbertson



COMPASS has been serving adults with disabilities in our ILS program for the past four years, and I have been privileged to work in the ILS program for over two of those years. It has been such a wonderful experience watching the growth of our ILS department since becoming ILS Manager in the Redding office. One of the most exciting aspects of being an ILS manager is watching our clients create and accomplish their goals reflected in their ISP. Like the coach who wins the first game, or a parent who celebrates a child's first step, we celebrate each step our client's take toward meeting their goals and living independently. There is never a goal too small that we would ignore it or too impossible that we would discourage it. Every goal is embraced, every goal is important, and every goal is celebrated. One great example is Arlene Taft. Arlene uses an electric scooter to meet her needs at home and in the community. Arlene's personal goal is that she will walk 5-10 minutes per day independently. At our Bravo Buck event in July, Arlene not only met that goal, but surpassed it by walking up stairs and into the bowling alley. Arlene walked, laughed, and enjoyed her day like never before. Her huge smile and the joy she expressed was contagious to all those around her.

Arlene has struggled with diabetes but since she has started walking, she has purposefully lost over 30 pounds. She no longer needs medication to control blood sugars since she is eating healthier meals and exercising every day. Since Arlene has met 100% of her objectives reflected on her current ISP, it has given her hope and courage that she can create and accomplish new personal goals. She is looking forward to identifying the next steps necessary for her new ISP that will enable her to one day reach her ultimate goal of living independently.



## A Deadly Syndrome Part II

by Donn Kropp, RN, BSN



If you read part one of this series you know that the *Deadly Syndrome* is Compassion Fatigue. Unfortunately I have succumbed to this disease more often than I would like to admit. Compassion Fatigue is not just a "fuzzy" word for burnout. This syndrome occurs commonly in those who are longterm caregivers and it depletes not just the mind and body but the very core of a human being. I found my own core values of care and compassion eroding after dealing constantly with sickness, disease and trauma in the emergency room environment.

How do you know if you are succumbing to the effects of compassion fatigue? This malady has many tentacles and it can infect your physical body, emotions, behaviors and interpersonal relationships. Common signs and symptoms include anger towards clients, sleep disturbances, mood swings, social withdrawal, enmeshment with clients and an array of other debilitating issues.

The biggest key to fighting off this foe is to take personal inventory and actually realize that you may be suffering from Compassion Fatigue. Unfortunately there isn't a pill for compassion fatigue, but there is something called "Take-A-Vacation" therapy. Recognize your own limitations and take proactive steps to remedy the situation.

The best thing I did to curb my own case of Compassion Fatigue was to get lost in the jungles of Costa Rica. When I returned to my job after two weeks I was refreshed and I and I started the process of recovery. Ten years later I am still in the health and human services profession. Unfortunately the key to staying out of the clutches of compassion fatigue is not a one time battle. The fight must be fought day-in and day-out. It is difficult and you may feel like quitting but the battle is worth fighting. There is no greater joy than helping someone else achieve their dreams and contributing to their health and safety. If you would like more information on Compassion Fatigue please feel free to e-mail me at: [dkropp@compasscares.com](mailto:dkropp@compasscares.com).

**"The fight must be fought..."**

STAFF SPOTLIGHT:	EDUCATION & EXPERIENCE	WHY DID YOU CHOOSE COMPASS	MOST MEMORABLE TIME AT COMPASS	HOBBIES
<b>LUCI BELCHER</b> SOUTH BAY, ILS MANAGER	<b>Bachelor's of Science in Psychology</b> -University of Maryland 2009. < Behavior Management Specialist for Autistic Children < <b>Crisis Counselor for Suicide Prevention Hotline</b> < Case Manager for Inmate Community Integration Program	<b>"I love helping others.</b> It is a <b>great opportunity</b> to see <b>people's dreams come true."</b>	<b>"The 2010 Christmas Party.</b> I had so much fun with with so many <b>awesome people</b> in one room. <b>I can't wait for more events!"</b>	<b>"Reading,</b> tennis, running, hiking. I <b>love</b> dancing & singing along to Broadway soundtracks. I also <b>lead</b> a Bible study at my church & <b>participate in activities</b> there with my husband."



**Date to Remember>>>**  
**October 15: Community Retreat @ Six Flags Discovery Kingdom**