

# COMPASS

2022 Fall Edition

Volume 28



Supported Living and Independent Living

# DO YOU WANT TO COME ALONG?

By Sadie Hess, Founder & CEO



"Hey, I have a dream and I want to know if you want to come along," my sister-in-law casually asked me while we watched my niece play the Oboe at a

dream.

I am not Catholic, nor am I a hiker, nor do I backpack. I am not a member of REI, nor spend a lot of time outdoors. I fully admit both my concern and trepidation about this journey was a rational one! But as I meditated on this adventure, I found different questions. Why not? What do I have to lose? When will I have another chance to partner on an adventure like this? Will I regret not taking this risk?

So, I said yes! I said yes to a dream that is not my own, but in partnership, am finding both the opportunity to learn and seek adventure. I have taken the

Davis football game. Curious, I asked for more information. "We are going to go do the Camino De Santiago for my 50th birthday." I hadn't heard of this, much less ever considered what it would entail. It is a pilgrimage in Spain. We will walk approximately 100 kilometers over five days to the Santiago de Compostela Cathedral. My initial response was instinct: No. I didn't think I had the time, money, or even desire to take on such an endeavor. "No" almost flew out of my mouth but I caught it just in time and took a moment to breathe in someone else's





opportunity to learn about backpacks, hiking shoes and the best clothes to wear on a pilgrimage. I remain nervous—I still have lots of questions about my stamina, the climate, the adventure, the food. With all my questions, I am still grateful I said yes.



on our website. See what taking on someone else's dream can feel like and be like. If you are curious about this pilgrimage, you can check out the posts on the Compass Facebook page ([facebook.com/compass](https://facebook.com/compass))

Do you have a dream? Do you have someone who would benefit to saying yes to your dream? Sharing your dreams gives others the opportunity to step out of their own comfort zone and partner with you.

So I encourage to you share your dreams—you never know who will say YES and what that yes can mean for their own life.

If you would like to follow part of my trek, we will be posting on our social media and blogging



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# INSPIRATUS

By Cassandra Sales, ILS Supervisor

## Why retreats?

Community is not only one of our core values, but it is the make up of DNA as a culture. Once a year, we are afforded the opportunity to be in community on a grander scale through retreats. The word retreat comes from the Latin word meaning to pull back. Retreats offer the benefit of pulling back from everyday life, harnessing our energy in one direction for a few days, and is the only place where you unplug in order to recharge.

So many people live the same week over and over and that is their life. They get up and go to work or program. They shop on the same day in the same store or have a support person do it for them. Retreats are an opportunity to put down the mundane and pick up the exhilarating. Whether you are seeking adventure, peace, encouragement, kinship, or just a little something new, retreats are a way to make all those dreams a reality.

Why Carrville? It is one place in a busy, di-



verse world where we are all equals, and we FEEL it. It's a place where, whether you came from El Dorado Hills, Pleasanton, Fort Bragg or just over the bend in Siskiyou County, we all belong. We all come to the campfire with Goliaths we face in our world, and we release them because we finally believe that we have the power to overcome them. It's the place where we create art and keepsakes that we can take home and share with our family and friends. It's the place we learn which came first, the chicken or the





egg, or maybe we don't but we have a fun story about them anyways. It's the place where we can sit on a porch swing and hear stories from people we otherwise would have never met and now can't imagine a world without them. The word inspiration comes from the Latin word inspiratus which means to breathe into. Retreats at Carrville breathe into our spirits that we aren't all so different after all, but the ways we are different make us beautiful and oh so needed in this world.

So, whether you are an artist, a karaoke master, a train enthusiast, a Marvel movie junkie, an athlete, a musician, or just a good friend, there is always a seat for you at the Carrville Inn fire pit. Pull up a marshmallow and share your tale of courage, triumph, and breakthrough.

If you are struggling with any of those three things, all the more reason to come. Many hands make light work. Let us carry some of the weight of this heavy world with you. Let Carrville be the mirror, mirror on the wall that shows you all the ways you are loved this Fall.



*There is always a seat for you at the Carrville Inn fire pit.*



# Meet Brian

By Anna Levine-Beard, ILS Manager

Brian loves sports. He loves baseball, basketball, hockey and football. His favorite sports teams are the A's and the Giants and he keeps up with all of the news and the schedules. He also really likes the Warriors, the Sharks and the 49ers. He has a lot of sports accessories such as towels, shirts, baseball hats and flags that he hangs proudly outside his home.

Brian has some health issues but he doesn't let them get him down. He's one of the most easy-going people I've ever met. If he doesn't want to do something, he'll say "I'll think about it". If you suggest something that he likes, he will say "Sure why not?"

Brian has a great memory for numbers and dates. He loves maps and atlases. If he hears about a country on the news, he will look up the country on his globe or his wall map.

Brian loves word games, puzzles and watching game shows on tv. His favorite game show is Wheel of Fortune but he enjoys a wide variety of current and nostalgia shows on the Game Show Network channel. He also likes Family Feud a lot.

For his ILS goals, he works with his coaches on some chores

such as laundry, meal preparation and grocery shopping. Brian loves chocolate and peanut butter ice cream. Sometimes he goes and gets that after he works on an ILS goal with his coach. Brian has exercises that his doctor gave him that he does with his coach to stay healthy and fit



Brian loves music and has 375 CDs! He loves to go for long drives and listen to music. He also has 397 dvds. He finds it comforting to count them.

Brian has lived at his home in Santa Clara for over 35 years. Recently we've been working to get his home adapted to make it safer for him, such as installing grab bars.

He likes to travel and has gone on trips to Hawaii and Florida with his mom. He also likes to go to Reno and Las Vegas!

Brian is a cancer survivor and is fully in remission. He maintains

a positive attitude no matter what life throws at him. We always enjoy interacting with him and look forward to continuing to work with him on reaching his personal goals.



# Meet Matty

By Emma Norton, Case Facilitator



Meet Matty! Matty is our youngest SLS client in the San Jose region. He just turned nineteen and has been with Compass for exactly one year. Although Matty does not have any prior experience living with SLS assistance, he has

transitioned wonderfully with support from his family and life guide staff. In just a brief period, Matty has immensely increased his independence by learning new household chores, developing routines around his lifestyle, and taking time to explore new hobbies and interests with his staff. There are so many reasons that Matty enjoys living on his own, but his favorite part of his home is having a game room all to himself. Matty is a hard-core gamer and a talented multitasker when technology is involved. It is not uncommon for Matty to watch piano lessons, learn Japanese, and surf the web on three different devices, all at the same time! However, Matty takes his video games very seriously and is enthusiastic about winning. Sometimes he will play video games against himself for a guaranteed win! Although he prefers

to beat his own personal records, he won't shy away from a challenge. Matty loves to play table tennis, basketball, and Wii games with his staff, and will most likely still win every game even when playing against another person!

Aside from being a talented multitasker and gamer, Matty is also a dedicated scholar. He spends his weekdays pursuing his post-secondary education and makes frequent visits to his local Barnes and Noble store to explore new books. He is well-versed in both the piano and the cello and continues to learn more about these instruments through videos. Matty loves music and dreams of becoming a musician when he grows up. Matty has the talent, skill, and passion to make



his dream a reality and Compass will support him every step of the way! We are so proud of Matty and everything that he has already accomplished at Compass in just one year. There is nothing that Matty cannot do when he sets his mind to something, and we can't wait to see what his bright future holds!

# Meet Autumn and Heidi

By Tracy Bramlett, ILS Manager

“Let me tell you about my best friend”

Heidi is an ILS client that came to Compass upon opening in Ukiah. She has lived in many places and in other states, but promises she will never leave the Ukiah/ Willits area. She has two daughters that are grown and are her world. Heidi has a part time job and is also attending college classes in child development and adaptive physical education. She will earn her certificate this coming fall. Autumn is also an ILS client in Ukiah, who is very close with her family and can be somewhat anti-social on her own. She works hard on her independence goals and has a very contagious smile.

These ladies have been close friends for years now and attend every Compass and Community event together. Last year they went on retreat together with Compass at the Carville Inn. Both of them had said they wouldn't have enjoyed it as much if they didn't have each other on that adventure. This year, I will get the pleasure of joining these awesome ladies on retreat in September! We are so excited. The friendship that they carry is genuine and beautiful. They talk and plan about everyday. The many opportunities for community and the ongoing encouragement of friendships and relationships from and with Compass have served as a

foundation for them to remain so close. In spite of various health concerns and life difficulties, Autumn and Heidi are a

pleasure to be around and always keep things positive and optimistic. Both ladies have shared that without Compass in their corners, that they likely would have lost touch, living so far from one another. They would like to thank Compass for that. Autumn and Heidi always keep in touch with each other no matter how busy they get. Heidi sends Autumn encouraging words and sticks up for her if there's ever an issue with other friends. And Autumn does the same. They enjoy crafting gifts and mailing greeting cards to one another as well. They also volunteer to help during events and clean up afterward. They aren't just there for each other but they share joy in the kindness and generosity that both of them have to offer to others as well.

Autumn and Heidi are one example of how in the Redwood Coast we don't just do community, we are community!





# Meet Frank

By Dan Brewer, Case Facilitator

Frank continues to amaze me with all the great things he's doing these days. First of all, I have to mention that while most of us put on the weight during the COVID shutdown, Frank lost over 100 lbs.! And he has been able to keep it off with a healthy diet plan and exercise. Frank is also a great support to his friends in the community. Frank is always willing to help out his roommate from encouraging him to do more things to helping his staff understand his needs. When another client was at her wits end with her weight struggles, Frank offered to meet with her and talk with her, though he was quite nervous about it. He empathized with her struggles and said he too still struggles to want to eat unhealthy things like pizza and couldn't even have it in the house. He also gave her some great tips on what she can do like portioning out her food and finding exercises she enjoys. But what probably amazes me most about Frank is his enthusiasm to try new things. A staple in Frank's life is



in creating art through his Art Explorers day program and he has sold many pieces throughout the years. Frank has even published two children's books! Frank has also been working with horses for a couple years now and was really excited to finally have the opportunity to ride one. He even volunteers at the local rodeos put on throughout the summer. He also recently joined a Special Olympics Soccer team with some of his friends. Frank loves coming to every Compass event and contributes with such enthusiasm when he attends, like when he went to the Easter Hunt party in Ukiah. Frank loves entering anything he can like art contests through his day program or Compass and our Food Lover's Event. Frank is also the President of our People's First chapter and just started picking up those duties again. And did I mention that he painted me an ocean mural and made me a card for my birthday?! It is my pleasure to work with an awesome person such as Frank who proves to everyone in his life what a great friend he truly is.



# Meet Susan

By Shannon Laird, ILS Manager

I would like to acknowledge Susan Griffin; she has been with Compass about a year now. She is in our ILS program and she works with Irene. Her and Irene have a wonderful relationship. Susan is married to another ILS client named Erick and they have a beautiful baby boy. Susan is a stay-at-home mother and loves spending her days playing with the baby and teaching him new things. Susan is a wonderful mother to baby Erick.

Susan's favorite color is purple and some of her favorite things to do is hangout with family and go on vacations with her husband and son. They go to Reno often just to get away. Susan stated right now she is just focused on her little one and making sure she is the best mother she can be. Susan will be going to school in the fall and she will be taking a lot of classes based on childhood development so she can teach her son while he is little and prepare him for preschool / kindergarten.





# Meet Debbie

By Emily Simino, Case Facilitator

Meet Debbie! An incredibly fun, intelligent, kind, and hilarious client here in the East Bay! Debbie has been with Compass for three years now and has grown a lot in that time. Debbie is a lifelong resident



of San Leandro and loves getting out in her community. Debbie makes friends anywhere she goes and is well known by neighbors and businesses in the area. Don't be surprised if you get stopped for conversations and old friends saying hello to her when you go out.

One of Debbie's most favorite activities in the world is playing Bingo! You can find her at her local bingo hall most weekends with the hopes of winning big. Bingo is also an East Bay favorite amongst our clients, and we play at most of our office parties. Debbie is always excited to be the Bingo caller for the day and gets a lot of enjoyment out of seeing other Compass clients take part in one of her favorite games as well. Debbie is a regular at most Compass events and is always the life of the party!



When Debbie is not out in her community, spending time with loved ones or at the Bingo Hall, you can find her at home tending to her garden! Debbie has started growing various fruits, vegetables and flowers in her front yard and has developed quite a talent for agriculture. She is especially proud of how her tomatoes are coming in this season and



is excited to share with her friends and staff. It brings Debbie a lot of joy to see her hard work come to fruition and be able to enjoy it with those she cares about. This has also helped Debbie to stay healthy as she is growing her own organic produce. Healthy living is an ongoing goal for Debbie, and she has done a great job at finding ways to stay active! Debbie is enrolled at her local community college, Chabot, and takes swimming and exercise courses whenever she can.

Debbie's zest for life and incredible sense of humor has taught me to enjoy life as it comes and to always live in the moment!



# Meet Ben

By Brittanie Brown, ILS Manager

I would like to introduce all of you to my amazing client, Ben! Ben is a very outgoing young man who loves to interact with people and spend time in our community. He is the person you go see when you are having a bad day because his fun-loving, spunky personality will make you happier in minutes!

Recently, Ben spoke with his Life Coach about wanting to begin working out and focusing on building a healthier version of himself! His wonderful Life Coach, Margaret, worked on getting him a membership at GCD fitness where he has started seeing a personal trainer. DJ is the personal trainer who works directly with many of our clients, and he spoke with Ben about his fitness and health goals so he could create



a plan for him. Just in the past month, since enrolling at the gym, Ben has made huge improvements regarding his level of dedication and consistency when it comes to bettering himself and attending his sessions on a regular basis. Ben goes once a week currently but would like to increase his number of days over the next few weeks.

Ben is also a very artistic person who likes to show off his incredible abilities. This past week, he submitted one of his art projects to the Shasta District Fair where he was awarded FIRST PLACE! He made his own little Ferris wheel, and it was displayed for everyone to see. Working with Compass and his Life Coach is so important to Ben because he has big plans he wants to achieve and knows together he will make it happen. Ben is so full of passion and excitement for life, and I know whatever he sets his mind he will be able to accomplish.

Being able to see our clients chase after and achieve their dreams is what this is all about! I am so proud of Ben for all he has accomplished and cannot wait to see where this next year takes him!





# Meet Ronnie

By Dmitri Kolpacoff, Case Facilitator

Ronald (Ronnie) recently transitioned from ILS to SLS. We are extremely excited that Ronnie has made a successful transfer to SLS. Ronald has been a client of Compass for a long time and continues to enjoy the services he receives on a regular basis. Ronald has made great progress particularly when partnering with his staff. After coming to SLS, Ronnie has been diligent to clean and organize his apartment with the help of his support staff, Christopher Mellen and Denny Taylor. Ronnie and his support staff have worked together to also organize items that he would like to keep directly within his home and place his other valuables within the storage unit that he rents. Ronnie was apprehensive of cleaning; however, his staff have demonstrated that Ronnie can strive

for anything if he puts his mind to it. With the help of Ronnie's support staff, Ronnie and his team also have a chore chart to ensure Ronnie and his staff are diligent to clean his apartment on a regular basis.

Ronnie is also working towards maintaining a healthier diet. Ronnie and his team go grocery shopping at least once per week; in which Ronnie's team can provide information and advice on what specific food would be ideal for

healthy meal options. Ronnie has chosen to start eating more of a balanced diet due to his health and is seeking to make nutritious meals part of his daily routine. While Ronnie is seeking healthier meal options, he still enjoys purchasing Fruity Pebbles. In addition to choosing a healthier lifestyle when it pertains to food choices, Ronnie also enjoys going for walks at the park that is located near his apartment. Ronnie is also passionate about video games, Yu-Gi-Oh! Cards, and television shows. It is noticeable that Ronnie has an immense amount of knowledge about various games, and it is noticeable when Ronnie starts sharing his knowledge and love for these extracurricular activities. During Ronnie's downtime, it is highly likely that you will find Ronnie

playing a video game or watching something interesting on Netflix. Ronnie's curiosity shines brightest when he purchases a new collection of Yu-Gi-Oh! Cards or a new video game; in which he will sometimes stay up late attempting to achieve the highest level. If you see Ronnie out in the community, please make him feel welcome to the SLS community!



# SOCIAL CIRCLE

*Have you joined our social media community yet? Check out some of the things we have been posting about and what is to come in the fall. Don't forget to follow!*



We just wrapped up another All Hands month in July. Our team recieved awesome virtual training on Diabetes and SLS/ILS Partnership



## What is Disability Pride Month?

- Disability Pride Month is an annual & worldwide observance holiday during the month of July.
- It is used to promote awareness of disability as an identity, a community, a culture, & the positive pride felt by disabled people.
- It directly challenges systemic ableism & discrimination disabled people face.
- Boston held the first Disability Pride in 1990. The first Parade was held in Chicago in 2004.
- Disability Pride Parades are held worldwide, from LA, NYC, to Brighton, UK

Did you know July was Disability Pride Month? We will take any opportunity to celebrate this wonderful and vibrant community we get to be a part of!



Shout out to Sol who is a part of our HR Team. She accomplished a major goal of becoming a US citizen this year.



# CALLING ALL Food Lovers

YOU ARE INVITED TO JOIN A FOOD CHALLENGE! THIS CHALLENGE IS MEANT TO FOCUS ON OUR WELL BEING. DO YOU ENJOY COOKING OR EATING A HOMEMADE MEAL OR SNACK?! THEN THIS IS FOR YOU!

From July 1st to August 31st, cook a homemade meal or snack. To enter, you must send pictures of you and/or your client cooking, as well as the recipe, and the picture of your final product before it all gets eaten up! Email info to [bduval@compasscares.com](mailto:bduval@compasscares.com).

## CATEGORIES:

1. HEALTHIEST INGREDIENTS
2. MOST CREATIVE
3. BEST PRESENTATION

## PRIZES:

- WINNING STAFF: 30 COMP COINS  
WINNING CLIENT: 25 BRAVO BUCKS



Don't miss out on the food lovers challenge! Find all the details on our Facebook page. Ralph made an egg and cheese omelete.

## Looking Ahead

### August - Homecoming Month!

We are celebrating 26 years as an organization. Highlights will be a special Town Hall and Spirit Week!

### September - Dreams Fulfilled!

Dreams has been a consistent theme throughout the year. We want to celebrate the completed dreams as well as the ones still in progress!

### October - Friendship in the Fall!

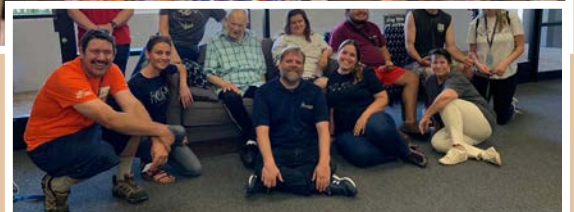
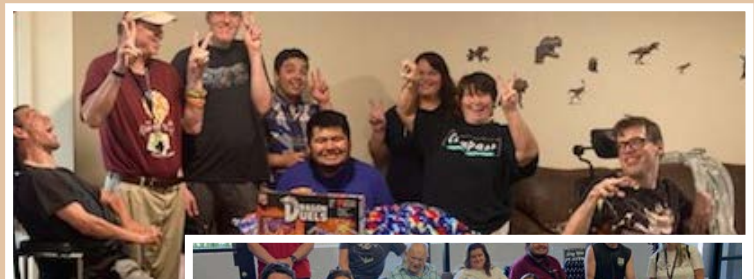
Who is your Compass bestie? Friendship is a wonderful aspect of our community so of course we are going to focus on it!

### November - Appreciation Month

We will be recognizing all of the wonderful Life Guides and Coaches who make a huge impact everyday.



July's theme was "Sparks of Creativity." We are excited about the virtual art contest happening in the fall. Thank you to everyone who entered.



Shout out to the Redwood Coast team for always having a strong game when it comes to birthday celebrations.



# #OUR COMMUNITY

As summer has come to a close, so has our Bravo Buck event season! We hope each region had fun and made some new friends! Check out some photo highlights below.

