

# COMPASS

2022 Fall Edition

Volume 29



Supported Living and Independent Living

# Restoration

By Sadie Hess, Founder & CEO

Eric has been thoughtfully collecting my two grandmas' dishes. He (and my kids) gave me six boxes at Christmas with bowls and plates and cups to complete my maternal grandma's set. I love to entertain and have appreciated his researching efforts (something he despises) to find the same set as I inherited, but in this became a dilemma. I don't have anywhere to store these new, sentimental pieces of glass art. I don't want to store them in a dark cupboard, but an attractive curio cupboard.

Thus began my search for a China cabinet. For me, this is more than a small feat—hours and hours of research and fretting have gone into this project. Part of my personality is hating to be wrong. I work super hard to do things right and right the first time. So buying an expensive piece of furniture is a



very large (literally!) opportunity for me to make a mistake and therefore be the W word. I have spent over 6 months looking at things online, asking Eric to measure, looking for sales, asking Eric to measure again. I probably had things in a cart at least five times but couldn't bring myself to purchase.

Finally, I found something worth the risk: we ended up at Restoration Hardware in Walnut Creek. They had a beautiful piece on clearance, and it was perfect. It arrives today! I look forward to putting all my lovely memories inside of it for display and safe keeping.

My new piece of furniture is made from old things. It is restored wood. It is taken

from one thing and repurposed into another. They take old, rugged wood and turn it into new, beautiful, restored furniture.

**I want this to be a year of renewal for each one of us. We will not be discarded. We will be rediscovered and find new life.**



I love this concept of restoration and redemption. Taking things that are beat up, tired, forgotten and making them new and lovely.

Collectively, we have lived through a lot these past few years, but this does not discount us. It makes us more striking. We can become something restored--not defined by our brokenness but by our creative revival.

I want this to be a year of renewal for each one of us. We will not be discarded. We will be rediscovered and find new life. We all deserve to have the pieces of our tattered and frayed world be brought back to purpose and life. Let's dare to look at the hard things, the broken by Covid things, the damaged by life things, and see how they can shine again. Not only should these weathered things shine, but they should also be a place where our memories and our precious parts can be displayed.

# Table of Contents

<b>1</b>	<b>A Note From the CEO</b>
<b>3</b>	<b>Home Owners Dream Come True</b>
<b>5</b>	<b>SLS Feature: Meet Paul</b>
<b>6</b>	<b>Bravo Bucks</b>
<b>7</b>	<b>SLS Feature: Meet Angela</b>
<b>8</b>	<b>ILS Feature: Meet Brent</b>
<b>9</b>	<b>SLS Feature: Meet Beverly</b>
<b>10</b>	<b>ILS Feature: Meet Ida</b>
<b>12</b>	<b>SLS Feature: Meet Elena</b>
<b>13</b>	<b>ILS Feature: Meet Nick</b>
<b>14</b>	<b>2023 Retreats</b>
<b>15</b>	<b>Say Cheese</b>



# Home Owners Dream Come True

By Leslie Henry, Team Builder

Home ownership generally makes 1 of the top 10 goals most aspire to achieve. Our clients are no different!

Compass clients Kimberly, and David, who have been together since 1983, desperately wanted a larger space to call their own. No neighbors above them making noise at all hours, no parking lot chaos. No high school alarms that ring several times a day, seven days a week. Just what we all seek in a home. Peace and comfort.

Although this darling couple knew exactly what they wanted, they did not know how to go about finding that place.

In comes Compass Life Coach Christine Morris-Black. Chris had been assisting Kimmy and David with support services for a very long time. She knew Kimmy and David as well as their families. Chris saw her clients through the loss of both of their parents and helped them navigate Independent Living services and all that encompasses.

One of the long-standing ISP goals Kimmy and David shared was to find a larger apartment. They had long outgrown their apartment space wise. Although Kimmy kept their apartment tidy and welcoming, they had no room to spread out. No room for overnight guests and no break from the outside noises.

Kimmy and David drove around Redding aimlessly every chance they could, looking for an open two-bedroom apartment. They would report to their Life Coaches (myself and Christine Morris) that they had checked out a place and wanted to move as soon as possible. Although Christine and the Compass Housing Specialist and I were on the hunt for a larger space for them, one that was clean and affordable, we were having doors shut everywhere we turned. Unfortunately, the post-Covid rental market had climbed and waiting lists grew. Finding a new apartment sadly became a near unattainable goal.

This news was heartbreaking for Kimmy and David to hear as they had their hearts set on a move. I think I can speak for the others involved that we were also down-trodden that this dream felt like too much of a stretch now.

In 2021, Kimmy and David's Life coach Chris stopped searching for rental homes or apartments and set her sights on a mobile home or modular that the couple could possibly rent. She reached out to Kimmy's brother Donald and her sister-in-law Tammy, and when they joined the search -- the struggle turned into a real possibility! With several trips from the East Bay, Donald and Tammy came to search for and FOUND what would be a perfect match for Kimmy and David. Three bedrooms,

two bathrooms, a large living area, laundry room, etc. A PERFECT FIT!

Donald and Tammy unbenounced to Kimmy and David, purchased this very special couple a beautiful modular home in a clean and quiet 55 and older retirement park. Finally, they would have more room. And a truly peaceful area where they could spend their golden years.

When the paperwork came in on the new home and they furnished it beautifully, Kimmy and David were finally brought in on this life-changing surprise.



A few of us from Compass were there the day they handed the keys to Kimmy and David. It's a day I will never forget. We were all bursting with excitement for this deserving couple. We knew how hard David worked (30 years at Safeway) and the anxiousness Kimmy felt about living in

that small, cramped, noisy one-bedroom apartment.

We knew they would be happy, healthy, and safe here in their new space. Most of all, we knew their dreams had come true!!

# Meet Paul

By Robert Guevera, Case Facilitator

### Let me introduce you to Paul:

I wanted to give you a glimpse of some background so we can appreciate Paul's journey. Paul's life journey is full of challenges, love, and persistence. Paul's childhood was rocked constantly with change and not living with all his siblings. Paul lived in a residential home for years since the age of 6. Paul met Compass Case Facilitator Mone Tate while living in that residential home years ago. From then, the bond and trust developed over the years between Paul and Mone. However, Paul had lost complete connection with his mother and a sister. He did not know their location or contact information. As the good life would have it, Paul landed on Mone's SLS caseload now that Paul is an adult. About 3 years ago, Paul approached Mone with a question and request for help. He wanted to regain connection with his mother and sister. Although Mone couldn't promise anything, she did some investigative work for Paul. Six months later, Paul was finally reunited with his mother. However, there was not any luck with the sister.

### Fast forward to August 2022...

Mone logs into her Facebook and sees a message from Paul's lost sister. The sister had uninstalled Facebook Messenger years ago, but just reinstalled it recently. She is bewildered. After seeing Mone's message from 3 years ago, she was so excited to connect with her brother, Paul. In fact, she had tried finding Paul over the years but was unsuccessful. The sister lost hope in reconnecting with Paul. Mone got her contact information. An introductory phone call was set up later that week between Paul and his sister.

Paul was very excited that he would be able to



reconnect with his sister. With Paul's permission, the office team supported Paul to dial his sister's phone number. The call was amazing! It was the first time he had ever spoken to his sister. His big warm smile started at one ear and ended at the other. During this call, Paul had found out that his sister had a daughter. Paul was an uncle! During the phone call, Paul and his sister exchanged photos via text messages. They were able to see what the other looked like. The physical and familial similarities were comforting to Paul.

After the call, Paul was teary eyed. He thanked Mone for all she had done for him. What a true blessing this was for Paul. Robert took Paul out for lunch afterwards. As Robert was driving, he looked to the passenger seat. Paul was looking right back with his big, wonderful smile and simply exclaimed "I'm an uncle!"

Paul is an enthusiastic, bright-eyed, young man.



He is living his independent life with the support of SLS. He is creating many memories that will last a lifetime. His journey is full of accomplishments.

Last year, Paul financed a trip to Disneyworld in December 2022. Paul was able to save \$500 of spending money for his trip without the support of his Rep Payee. Paul even saved up enough money to buy himself a PlayStation 5, a gift he desired greatly to complete his collection.

All of Paul's achievements hold their own merit. However, the reconnection with his lost family is what Paul values most.

# BRAVO BUCKS

By Mary Flom, Marketing and Recruitment

Have you ever played Monopoly? It's become a family favorite recently. Our family has almost every version under the sun or so it seems when you are looking at our game closet. There is the Star Wars version, Cheaters Edition, Longest Game Ever Edition, Juniors Edition and the good old fashion classic version. In reality, there is actually over 300 versions of this beloved game. I will admit that I am not very good at the game but my husband is exceptionally good and manages to win most of the time. To my surprise, I won recently and have been gloating ever since.

If you are a fan of the game, you know a normal component of the game is managing your monopoly money. It's a fun aspect of the game and feels good with you start to see your bank account increase. Over 15 years ago, Compass created Bravo Bucks. Bravo Bucks are basically monopoly money and a way for Compass to recognize and reward our clients for various things. Our clients all have goals they are going after and the Bravo Bucks are a great way to reward our clients for steps made towards their goals.

One of the highlights of the Compass event calendar is the Bravo Buck Event. Over the years we've done bowling, carnivals, BBQ at the park, Hawaiian Luau's, Aquariums and costume parties. These events have the normal party essentials that you are accustomed to with Compass events BUT the highlight is the Bravo Buck Store. Our clients can bring all of the Bravo Bucks they have earned throughout the year and spend them at the store. The store has all sorts of practical and fun items that



our clients need and want. It's a fun way to celebrate our clients and the progress they have made throughout the year.

Our Bravo Buck events start happening as early as April this year. So this is the perfect time to start collecting and get ready for your regions event.

## **Here are a few ways you can earn Bravo Bucks:**

- Make steps towards completing your ISP goals
- Volunteer or help in your community
- Demonstrate one of our 7 Compass values: *Honor, Community, Trustworthiness, Generosity, Excellence, Faith, or Freedom*
- Embrace Fish Philosophies:
- Make Someone's Day
- Choose Your Attitude
- Be There for Someone
- Create an opportunity for PLAY

Start collecting and we will see you at the Bravo Buck Event. You can find dates for events at [www.compasscares.com](http://www.compasscares.com).

# Meet Angela

By Cindy Garcia, Case Facilitator

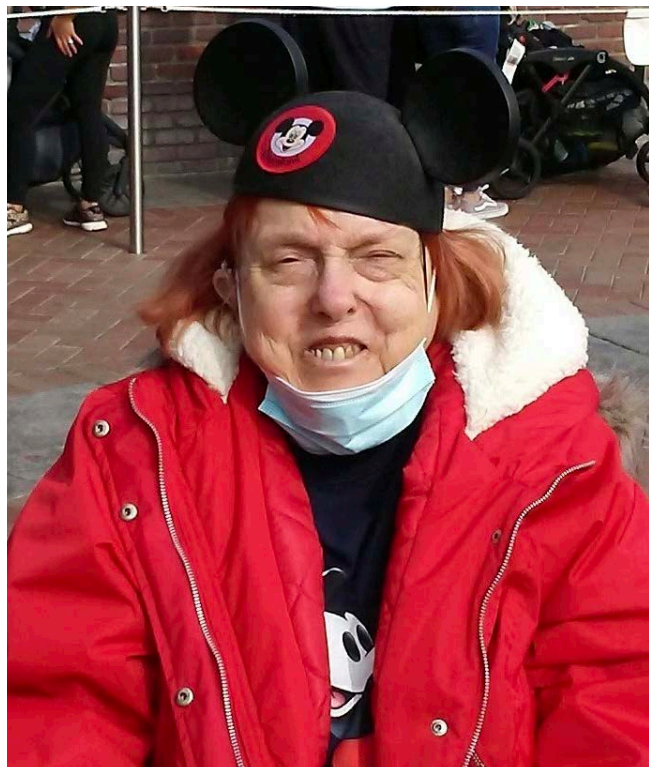


Where do I begin with Miss Angela! Angela was born in Kansas but spent most of her childhood living with her family in the Silicon Valley. Then as an adult, she moved into residential care until 2009. Angela was very eager for her independence and insisted on a more private lifestyle. As a result, she was referred to Supported Living Services and onboarded to Compass in 2009. Angela was very unsure if supporting living was the right decision because she feared being on her own. Yet, she took the leap towards her freedom and has not looked back.

During her time with Compass, Angela has grown to be a spunky, fiery woman full of emotions. She does not hold back and is not afraid of advocating for herself. When I first met Angela about two years ago, I enjoyed her confidence. I loved how silly she was and how she allowed herself to trust in me. As I grew to understand her, she was very trusting of those who treated her with respect and dignity. Angela loves to have fun and to be included in activities of her interest. Her favorite activities include coloring, crocheting, watching the giants, her tv soaps and most important Disney Land trips. As you join Angela's circle, be prepared to receive a ginormous crocheted blanket that will defiantly keep you warm throughout the winter and stacks of colored

pages!

Throughout this last year, Angela hit a rough patch and dealt with some challenges. A long-time staff of 10 years that she had considered family, left her team abruptly for medical reasons. This caused Angela to go into a depression and hit an all time low for her. She began to be extremely anxious through the days, thus triggering more frequent seizures and leading into other issues. Her seizures and falls led to her needing brain surgery. Angela began to think she was going to lose her independence and started to lose hope. Her team reminded her how strong she was and how she can overcome these obstacles. Slowly, with the support of her team, she began to believe in herself, getting stronger every day. Medically, Angela is doing better than she was previously. Although, she is still recovering, she is back to enjoying her life and doing what she loves. Angela is an inspiration! We are so grateful to be part of her world!





# Meet Brent

By Anna Levine-Beard, ILS Manager

Brent is the kind of person everyone would like to meet and would like to be! He is empathetic, kind, funny, smart and loves to give back to his community. Brent's smile lights up the room! Brent grew up in Seattle and Southern California, and now we are lucky to have him here in our area, Silicon Valley.

Brent's passion is being of service to others. His relationships with others bring him a lot of satisfaction. He is a survivor of cancer four times and has had four strokes, but he doesn't let that hold him back. He volunteers nearly every day. He has been helping out at an animal rescue organization called ARF in the East Bay for 16 years. He volunteers at the information booth at the San Jose Airport. He volunteers at the USO veteran's services at the San Francisco Airport. One day a week he volunteers at Stanford Hospital directing people where to go and greeting them. He has a deep love for sports and religiously attends Stanford games and all of the SF Giants home games, as well as some Oakland A's games. Brent is close to his mom and stepdad and highly values the connections of family.

Brent is very independent. He lives by himself and

walks all over. He takes the Caltrain to Giant's games in the city. He shops for his own groceries. He coaches a Junior Giants kids baseball team and has won several awards for being such a great coach and role model.

Brent has been looking for an emotional support

dog for a couple of years now. He recently got a new Shih Tzu puppy named Milly. He is showering his devotion on her, and she loves to cuddle with her new owner. Brent and his coach have been working on finding a trainer to help her become a service dog to support him. We are so



excited for Brent's future with Milly, he is already a great dog dad!

Brent is excited to join the Compass community and to meet new friends, get exercise and focus on his health. We love how enthusiastic he is about approaching challenges. Brent is one of the bravest people we know, and we are so proud of him for facing challenges with optimism and heart.

## SLS FEATURE

# Meet Beverly

By Crystal Anderson, Case Facilitator

Beverly has been a Compass client for 10 years now! She moved to Northern California in 2012 from Los Angeles County, to be closer to her son, Michael. She resides in Los Molinos California, where she has a cute little place. Beverly values her independence, and it is important to her that she remain as independent as possible. Bev takes pride in the cleanliness of her home, and it is important to her that she be able to help with keeping everything in order.

Bev is a woman of many talents, she plays the accordion, which she has been doing since she was a little girl. Beverly really enjoys spending time with her staff and teaching them how to Crochet. She loves staff that are eager to learn. Staff have learned a lot from Bev, and they continue to learn something new every day. Beverly is quite the crafter, there isn't anything she can't do, especially if she sets her mind to it.

She had a goal this last year to try and strengthen her legs enough to not have to use her walking device. Bev has done well with accomplishing this goal and is now able



to take walks with staff to the mailbox without the use of her walker.

Beverly has come so far this year and has had a lot of growth with her communication and partnership with both Compass and staff. Beverly's staff enjoy listening to her stories from the past of when she was a little girl, she is full of history and knowledge. There is never a dull moment with Bev, her vibrant personality, humor, and contagious smile make her a light.

Beverly likes to have fun with her staff and get out and enjoy her community. She enjoys going to the movies a few times a month, getting her baby back ribs from Applebee's, going shopping, and getting her Papa Murphy's take 'N' bake pizza that she gets once a week. Anyone who knows Beverly would agree that she is a bright light with a spark about her. She continues to thrive with the supports Compass provides and is happy to be a part of our Compass community.



## ILS FEATURE

# Meet Ida

By Vanessa Hogan, ILS Manager

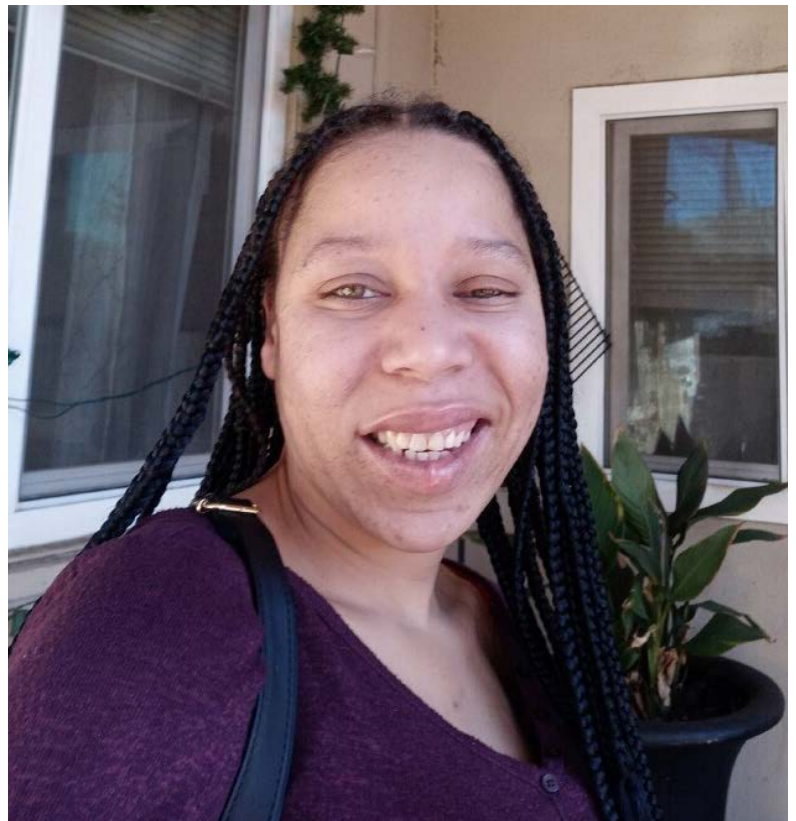


Ida has been a Compass client for a while and has moved from our Redding location to Red Bluff and back again. She has been through many changes and medical challenges, some very difficult. It was so severe she was warned it was life threatening if she didn't make changes. Ida and her life coach have been together for over a year and since then they have been working hard to ensure Ida is living her best life.

She had been having many seizures and very uncontrolled diabetes causing blackouts making it hard to live life fully, but now that she has partnered with her LC to make changes, she is having very positive results. She has learned to do what she needs to when her sugars drop, and the benefits are much fewer if any seizures. She is aware of how she feels and is diligent in checking her sugar levels. This allows her to do more, and now she can fulfill some of her dreams to travel. Ida has kept a smile on her face and kept going.

When you first meet Ida, she prefers to get to know you slowly, but then she really shows you what an awesome and interesting friend she can be! Her dream is to travel and explore the state and then the world! She enjoys shopping and was able to go to Old Sacramento to browse through the unique stores there.

We hope to share in many adventures with Ida and wanted you to see what a courageous and strong young woman she is. I want to thank Ida for partnering with Compass and her life coach, Ashley, and for showing us all that working together to achieve goals with a Life Coach is more fun than doing it alone. Ida is inspiring to us all and shows that even when things get tough, you can push on and it can get better.



# Meet Elena

By Kaliyah Steele, Case Facilitator

Elena has blessed East Bay SLS since 2019 and is, in her own words, Cool, Friendly and Funny. In my words, she is a welcoming face, and one of the best people to stroll around Target with! She has made an impact on a variety of staff's lives.

When Elena isn't wandering around Target or picking up



groceries at her local Trader Joe's, she can often be found hanging out at home, reading one of her book series and burning a bed bath and beyond candles or playing with her neighbor's dog. She is one of BTS's number one fans

and can give her a variety of fun facts about the whole boy band. She also has quite the impressive collection of posters of the singing group, so many that she has run out of room on her walls! Elena is shy at first, but when she warms up, she is happy, kind, and can remember even the smallest detail about you!

Elena's, independence and partnership with Compass has been something to note as well, she has always been more than willing to share her staff in emergencies with a smile on her face. Elena is a beautiful representation of client and

Compass partnership, as she has always done her best to remain flexible and understanding. When I am with her, we always have the most fun, often using funny accents in stores or talking about new recipes for her to try at home. She is always willing for input and guidance, and never seems to stray away from suggestions.

Elena continues to remain a strong, independent, happy person who sees the best in everyone! So, she is shy at first, but all good things take time and she is the best friend that you can have! In the future, we hope to get Elena a volunteer position at a pet shelter since she loves to play with cats and dogs! I am so proud of Eleanor and all her growth throughout the past year that I have been blessed to call her my client. Here's to many more years (and target trips) to come.

**Elena's independence and partnership with Compass has been something to note as well, she has always been more than willing to share her staff in emergencies with a smile on her face.**

# Meet Nick

By Shannon Laird, ILS Manager



I would like to highlight my ILS client Nick. He has been with Compass since 2013 and lives in the Bay area. Nick has been at his current job since 2017 working in retail. Nick also attends Cal State Eastbay and will be graduating with his BA in Psychology in May!

In his spare time, Nick enjoys playing video games and cooking. He likes having deep conversations about the state of the world and human nature.

Nick is extremely friendly and enjoys the company of others, he loves to laugh and more than that, he loves making others laugh.

Interesting fact about Nick is he is able to read upside down. His favorite color is blue, and he loves photography. He has extensive knowledge about random facts, like the strips on a tiger are not on their fur but actually on their skin, similar to zebras. He has a great eye for matching colors and has been told that he is a great gift giver.

Nick is a pleasure to work with, he is so kind and has a respect for people and it shows through his conversation and the way he treats others.

**He has extensive knowledge about random facts, like the strips on a tiger are not on their fur but actually on their skin, similar to zebras.**

# COMPASS 2023 RETREATS

By Kira Webster, Marketing and Communications Assistant

Remember when you were a kid playing in your backyard and you felt like you were in another world on a grand adventure? Or when it was time to get in the car on a family trip and go see some new place that was miles from home and you were so excited to experience the unknown?

Well, this year, you have a chance to experience those feelings of excitement and adventure on a Compass retreat! Either in your backyard or further from home. We have both to offer you as we are hosting two different kinds of retreats- Backyard Retreats and Camp Carrville.



**BACK  
YARD**  
Adventure

Backyard retreats will be one-day trips to a unique and special location in your local area. Maybe an apple farm, day at the lake or the Golden Gate Bridge! Camp Carrville will be a 4-day camp experience at Carrville Inn in Coffee Creek, CA. Channel the Flannel will be our theme this year and we will have lots of fun activities for you to channel your inner Lumberjack and sport your favorite flannel shirt. There will be scavenger hunts, axe throwing, dance parties, soda saloon nights, campfires and of course, S'mores!! Visit our website to find out more and to register. [www.compasscares.com](http://www.compasscares.com).

# Adventure Retreats



## **Redwood Coast Retreat: Day at the Bay on April 28th**

Enjoy a day in the Bay experiencing pier 39 at San Francisco Bay. Enjoy community as you eat and shop together and explore this tourist hot spot!



## **Far North: Lake Siskiyou Resort on July 13th**

We will be headed North to the beautiful Siskiyou mountains and lake. Spend the day on the beach with us as we all marvel at the beautiful scenery!



## **Options in Sacramento: Apple Hill Farm Day on August 13th**

Surely you have heard of the Apple Hill Annual festival in Placerville. This annual event draws thousands and thousands of people every year. Experience this unique event with us!



## **East Bay: As game on August 23rd**

Who doesn't love a good baseball game! Enjoy the comradery and team spirit as you travel to the city to enjoy a game together.



## **South Bay: Boo at the Zoo on October 24th**

The Oakland Zoo is right in your backyard and will be a fun day of play and adventure. Lions, tigers, and bears...OH MY!

# CAMP CARRVILLE

- **August 21st-24th:** Far North Region
- **August 28th – 31st:** Sacramento Region
- **September 11th-14th:** Redwood Coast Region
- **September 18th – 21st:** Far North Region
- **September 25th – 28th:** South Bay Region
- **October 2nd- 5th:** East Bay Region
- **October 9th-12th:** ILS Community
- **October 16th- 19th:** Far North Region
- **October 23rd-26th:** Sacramento and Redwood Coast

# #SAYCHEESE

We love it when our community sends us pictures! Tag Compass on social media or send pictures to [arosa@compasscares.com](mailto:arosa@compasscares.com) and you may end up seeing yourself in our newsletter!

