

COMPASS

2023 Summer Edition

Volume 31



Supported Living and Independent Living

Compass in Cancun

By Sadie Hess, Founder & CEO

Compass has a group of individuals who have signed up for a 7-year commitment to our Strategic planning team. I feel very honored and privileged to have a group of people so dedicated to Compass' mission and vision. We ask them to sign up for a seven-year commitment to the organization. This allows Eric and I to lean into the process of dreaming and strategically planning the future of Compass with these individuals.

We have had a very successful 6 years as a team, despite the pandemic. When this group of people signed up, they didn't know a pandemic was ahead of us and all the obstacles and challenges we would face, and they didn't waiver in their commitment to Compass. It felt so cathartic to come together to play and celebrate after such an eventful 6 years.

We are in our 6th year and in the 7th year we will rest. Because we work with individuals who don't get to take a break from their disabilities, we don't get to take a break from our line of work. However, we will take a year of resting from aggressive strategic planning—we will only finish all the things we started in the previous 6 years. We are planning on some fun things this year to enjoy a year of rest as an organization—Cancun was a kickoff to our year of rest.

*Cancun was a kickoff
to our year of rest*



It was time with individuals who have committed to being with us long term. This group of leaders inspires us and walks beside us daily, they encourage and dream with us. It is an honor and privilege that they say yes for 7 years. Some of the members have been on the Strat Planning Team for almost 14 years now and it was their second time in Cancun with us! It is extra special to have those individuals alongside us, still committed to planning the destiny of Compass.

We enjoyed pool time and margaritas together, sunshine and sand! As a group, we had a day we went out on a catamaran and enjoyed the open waters and salty air. We laughed, we ate, we rested together. One of my favorite events was a banquet dinner with our team and their families. We pulled off the ultimate prank of getting the husbands and boyfriends to wear the same shirt to dinner without knowing until they got there. Lots of laughter and shocked faces ensued. It was comical perfection, and all the guys took it like champs.



We ate together and reflected on the last 6 years. We talked about our accomplishments and celebrated with each other. It was enlightening for our family members to hear all we have been working on these last 6 years. We ended the night with Karaoke, which all the kids loved and participated in with excitement.

We invite families because we know our line of work requires lots of support from your family. It was so fun to close our Cancun trip with a fun family atmosphere. If there is one thing Compass is known for it is our ability to celebrate family and come together as a community. I am so honored that this is my community.



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Open Your Gifts

By Cassandra Sales, ILS Supervisor

When we make a commitment to someone who really matters to us, we always show up. We are the first to stay late if needed, show up even when we are tired or stressed, or go above and beyond for the ones we love most. But, we are the first to not do those exact things for ourselves. If you wouldn't break a promise to your best friend, why would you break one to yourself?

We do that so often when it comes to dreams. Oh, I'll start the fitness program next week, or I'll save the money next year to travel. We have convinced ourselves that we are too busy showing up for others that we don't have the time to show up for ourselves. As a result, we are sacrificing the world seeing our gifts come to life.

On Christmas morning, regardless of our age, we are excited to open our gifts. But, we often don't open our own gifts and talents with that same excitement, hope or possibility. What if your gift is the key that unlocks the magic of someone else? What if

it's needed for this world to change?

If you are anything like me, you get a lot of packages delivered to you by the friendly UPS Driver in your area. Those deliveries were made possible because two teenage boys had a \$100 loan and wanted to make a difference by helping others in the community in 1907. Over a hundred years ago, two teenage boys started what is now the largest package delivery company in the world. Their dream changed the world. They had the courage to believe in their dreams, and as a result you and I benefit.

*What if your gift is the
key that unlocks the
magic of someone else?*





What dream lives inside of you? Imagine the life you could live and the lives you could change if you fully believed in that dream. Perhaps you want to create, write, build, or inspire regardless of how big or small your dream it is has value and Compass you are valued. We want to pour into your dreams and help to see them propel you into all for which you are destined.

When's the last time you talked about your dream out loud? The next time you meet with your supervisor or peers talk about it, speak it into existence, and let others walk alongside you as you go after it.

My personal dream I am working on is getting my motorcycle license. It's a fun way for me to be able to completely present and free from distractions when I take road trips. I get the privilege of going down to Harley Davidson in Chico for a weekend class.

Harley Davidson is synonymous with extraordinary motorcycles, you really can't think of a motorcycle without thinking of a Harley. While that may be where Harley Davidson is today, the first one was made in a 10 x 15 foot backyard shed. A man and his dream to create changed the face of transportation today.

We are all here because one 20 something year old future leader had the vision that those with intellectual disabilities deserved honor, freedom and most of all choice. Imagine how different so many lives would have been had she not gone for it. What's your "it"? Take the first step towards it today.

*Speak your dream into existence
and let others walk alongside
you as you go after it.*

MEET JUSTIN

By Emma Norton, Case Facilitator

Meet Justin! He is a vibrant, energetic, and adventurous individual in the San Jose region, who has been enjoying Compass's Supported Living Services for the past eight years. Justin's journey with SLS has been nothing short of remarkable, characterized by his love for adventure, creative pursuits, and personal growth. With the unwavering support of Justin's family and Compass team, he has made significant strides towards independence and personal growth.

Over the past year, Justin embarked on a journey for self-improvement by actively participating in household chores, and eagerly exploring new avenues of learning. Through swimming lessons and reading sessions, he has embraced the opportunity to acquire new skills, while demonstrating remarkable resilience in adapting to changes in routines.

Looking ahead, Justin has set a meaningful goal for the upcoming year—to learn how to independently prepare a full meal. With the guidance and support of his team and family, Justin is confident in his ability to achieve this milestone.

Justin adores his lively and colorful home, but his true spirit finds solace and inspiration in the great outdoors. Fueled by an adventurous nature, he eagerly embraces outdoor escapades during the day such as hiking, biking, and scenic drives.

Afternoons are spent coloring and enjoying time with friends at Mission Bay Day Program. Justin loves to end his day by sipping on a refreshing cup of lemonade, reminiscing with staff about cherished memories of

family members, and playing his favorite Ritchie Valens hits in the background.

Among the many cherished memories Justin creates, his visits to Great America with his family hold a special place. These experiences not only offer moments of exhilaration but also provide opportunities for him to forge connections, nurture his social skills, and revel in the joy of shared adventures.

Compass takes immense pride in Justin's remarkable progress over the past year, celebrating his growth, resilience, and unwavering spirit. His radiant energy, passion for exploration, and progress towards personal development serve as an inspiration to everyone around him.

Justin's passion and determination are a shining example to us all. We eagerly anticipate the incredible milestones that he will continue to achieve on his journey with Compass!



MEET MADDY

By Shannon Laird, ILS Manager

I would like to introduce Madeline; she is our amazing client in the SARC region. She has been with Compass since 2018 and works with our ILC Terrah. She prefers to be called Maddy.

Maddy has Cerebral Palsy and is a huge advocate for others with CP. She believes in empowering people and spreading knowledge through her social media. She shows others that she can do anything and so can they. She works full time at SJSU doing accounting.

She loves life and new experiences, going to the gym and cooking. Some of her hobbies include fashion, she is a huge fashionista and even calls herself bougie. She enjoys dance and attends a hip hop class once a week.



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MEET JEREMY

By Joe Brewer, SLS Supervisor

Compass SLS & ILS is known for Excellence in life transformations with hundreds and hundreds of clients across Northern California.

Compass has a knack for loving a client exactly as they are and empowering them to grow. The client has the Freedom to choose whichever life will fulfill them the most. With that Freedom comes opportunities, challenges, responsibilities, and moments of celebration.



The Life Guides partner with our clients so that our clients can live a life of significance, not existence. In this blessed journey, our clients “look up” metaphorically to establish a dream that is worth chasing. That vision is so important for the quality of life in everyone. After countless falls, stumbles, and pauses, our client’s Faith stays strong. One day, these same clients accomplish their dream. This is thriving in life! This is one of the benefits to living well.

Jeremy, a dedicated gentleman in Redwood Coast Region, is an example of perseverance and partnership. Jeremy happens to live in an apartment complex that is infested with unwanted house guests, like cockroaches. This has been a negative impact in Jeremy’s life for a long time.

Before Jeremy transitioned into SLS at Compass, Jeremy was doing his best in adapting his house to battle these cockroaches. He was in constant anxiety over his living condition. Jeremy felt as if his

apartment complex was ignoring his requests for help. It got to the point that Jeremy was sleeping in his bathtub to avoid the unwanted guests.

After transitioning to SLS, Jeremy was Honored by our partnership with him. Within a month of starting SLS, Jeremy was scheduled to have a professional service to spray for cockroaches. The preparation for this task was intense. We are very proud of Jeremy for taking mental ownership over this challenge. He worked countless hours while on Natural Support and SLS support to move everything away from his walls. Then, the spray happened. He then placed maintenance treatment throughout his house.



AN EXAMPLE OF
PERSEVERANCE AND
PARTNERSHIP....

WE ARE VERY PROUD
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SLS FEATURE Continued

Now, Jeremy's apartment is back to normal with all the furniture as it should be. The unwanted guests are far and few in between.



Jeremy's mental health has improved significantly. He even baked the office admin team some cookies! Jeremy's heart is full of Generosity, love, and excitement.

Jeremy continues to receive empowerment from his team to follow his dreams and goals. Jeremy is happy now. He continues to make major strides in his life so that his health improves in his body and living conditions.

Jeremy has built and maintained his Circle of Support and is active in the community. The value of Community is alive and well within him. What a thrill and honor it is to walk alongside Jeremy as he exemplifies a thriving life.



JEREMY IS HAPPY NOW.
HE CONTINUES TO MAKE MAJOR STRIDES IN
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MEET KENNETH

By Cindy Cobb, Case Facilitator

Kenneth has been with Compass for a total of 12 years. Kenneth became an ILS client in 2011 and then transitioned to SLS services in 2020 when he needed more care. Kenneth lives in an apartment by himself with Compass supports of 24- hour staffing a day.

Kenneth appreciates and values Compass services and his Compass staff that collaborate with him. Kenneth is kind to his staff, to his Compass friends and to anyone he meets. Kenneth always has a smile on his face and is consistently happy. Kenneth communicates with his staff and others by writing in a notebook expressing his needs or by ALS sign language. Kenneth is a man of few words but when he is happy, he will laugh, and it is the best sound you have ever heard.

Kenneth has overcome so many obstacles in his years with Compass. Kenneth has overcome the obstacle of not being able to hear or see, except a little out of his right eye, by building such a deep trusting relationship and partnership with his Compass staff.

One of Kenneth's goals was to move out of his old house that he was renting that was not in good condition into a nice, newer apartment of his own. In March of 2021, Kenneth was signing papers to move into his nicer, newer apartment. His dream had come true! Kenneth from then on has had the biggest smile on his face and is living his best life ever!

Kenneth knows what he likes and what he dislikes. He is an artist that loves to paint pictures, bird houses, color, and draw. Kenneth and his staff plan what they will be doing everyday first thing in the morning.

Staff go over the calendar and the events for the day while Kenneth eats his breakfast. Kenneth sometimes has a doctor's appointment and then goes to lunch afterwards, or a nice walk around Green Horn Park, or an outing in the community.

When there is free time, Kenneth picks what he would like to do for the day. Kenneth has an exercise bicycle with back support that he sits down on and pedals for 30 minutes every day. Kenneth has been choosing to eat a healthy diet, per his doctor's recommendation, and has lost 45 pounds. Way to go Kenneth! Kenneth loves his vegetables.

Kenneth loves it when Compass has a Bravo Buck Event where he can see his friends, socialize, and buy a Compass t-shirt with his Bravo Bucks money he has earned. Kenneth is an inspiration to us all to live life to the fullest, be happy and enjoy the adventures in life! Kenneth is my biggest success story and fills my heart with JOY!



MEET LLOYD

By Brittanie Foster, ILS Manager

I would like to introduce you all to my amazing client Lloyd! When Covid hit, just like many of us, Lloyd turned into a homebody. He was not able to go out and do much, was not able to attend his day program and unfortunately started a new routine of staying up very late and sleeping in until 3-4 in the afternoon.

Over the last year and a half, I have had the pleasure of watching Lloyd grow and change and begin making goals for himself. He has worked hard on community safety and awareness, engaging in new activities, including Compass events, and attending the gym on a regular basis. He loves being able to go to GCD Fitness and help other clients with their personal fitness goals.

Lloyd has also shown an interest in cooking and meal prepping. He and his Life Coach, Margaret, have worked together on making new healthy meals at home to help him better his cooking skills as well as help him save money. Recently, his favorite meal to cook is spaghetti! Lloyd is a bright light with such a wonderful personality. It truly has been a joy to see him come out of his shell.

Lloyd was also never someone who really wanted to engage in events at Compass, but more recently has decided to give it a try. He is so excited to participate in the movie night, our backyard retreat at Lake Siskiyou, as well as attending the Shasta District Fair, all happening this summer!

Lloyd has also been excelling in advocating for himself. He used to be very quiet and let so many things go, but now he speaks up and expresses his frustrations and

concerns which has helped solve problems and make life a little easier.

Lloyd is also very passionate about Yu-Gi-Oh cards, and recently found a new place here in town called Matrix, which offers Yu-Gi-Oh tournaments on Saturdays. He spent one Saturday all by himself at a tournament meeting new people and enjoying a game he loves. This was such a huge accomplishment, and I cannot express how amazing this is!

Lloyd also enjoys bowling, going to the movies, and listening to music. We are all so proud of Lloyd and the progress he has made, and we cannot wait to see how much he will grow over the next year!



MEET JIMMY

By Tiffany Denny, Case Facilitator

If you have ever attended a Compass event, you are sure to have seen Jimmy there. Jimmy has been a part of Compass for many years, and we are very lucky to have him! He always has a smile on his face, a great attitude and loves to tell you about his day.

Jimmy best embodies the Compass value of 'Community'. He loves to be social and will jump at the opportunity to do so. Jimmy currently attends Go Group in Livermore and enjoys sharpening the pencils and helping with their outdoor garden. Jimmy loves to taking rides in the car, visiting his parents and being active in the community. Jimmy enjoys attending all Compass events and parties and talking to as many people as he can. Jimmy's positive attitude and sense of humor put a smile on the faces of everyone he meets.

Jimmy lives with two of his brothers, Danny and Rick, who are also members of the Compass family. Jimmy may be visually impaired, but he is definitely the most observant of the bunch. Jimmy can describe his trip to day program in such detail it is fascinating. He notices every sound and will describe how slow or fast the windsheild wipers are moving. He loves to make the sound the engine makes and really dislikes traffic because it makes him late to places he wants to go.

Jimmy loves to talk about all the ways he can help people. On my most recent visit with Jimmy, he shared with me that he was helping his day program staff water the garden and he was so proud to have a job there. Jimmy doesn't just help at day program, but has been very helpful at home. He likes to help his SLS staff water their garden and sweep the patio area. Jimmy always offer to come to the office to help us

with anything we need, and even said he will come to my house and help me clean.

So, next time you see Jimmy don't hesitate to introduce yourself. I'm sure he would give you a big 'Hey!!' and would love to tell you about his day!



MEET JAMIE

By Shannon Laird, ILS Manager

Jamie has been with Compass for 2 years now and is the daughter to Susan, another ILS client. Jamie works with Tatiana, her ILS staff, 2 times a week. Jamie has the best personality; she is always smiling and joyful. Jamie has a son that she is close to and enjoys spending time with him.

Some of Jamie's hobbies include shopping and going to amusement parks, she loves roller coasters! Jamie also continues to brush up on her reading skills, she enjoys learning and practicing writing with her ILS coach.

Jamie also loves animals and helps her mom take care of the 3 dogs that they have. Jamie has a passion for helping others and is so generous.

This last year Jamie has been dealing with a medical condition and has stayed resilient through it all, keeping a positive attitude and a smile on her face.



Summer Dreamin'

By Leslie Henry, Team Builder

S—U—M—M—E—R—!

Just the very word summer conjures up all sorts of mental images & emotions. And, if you really love those long sunshine-y days, you may even find yourself doing a little daydreaming about summer.

Poll 10 people and you'll get either "summer is my favorite" or "nah, it's too darn hot"! My vote is I'll take it all. I am not only the girl who knows the countdown to Christmas but generally knows the countdown to summer vacation. Although I typically can't remember what I ate yesterday.

I grew up in western rural Sacramento. We had the best summers as kids. Recreation from sunup to sundown. Creek side fishing, 'swimming pool hopping' house to house, camping and long bike rides in and around the city.

Raising my daughters, we also had busy action-packed summers. Teen girls tend to run in packs and that was ok by us as we had room for all with the pool & boat to keep them entertained! Lots of bbq's and outdoor parties. More treasured summer memories!

For the past ten summers (minus 2020) my husband and I have taken a week & headed south to the beach. Catalina Island is our personal fav, especially the Beach Club where you have no obligations aside from choosing your next beverage. There are of course our favorite stops for eats and loads of car karaoke. This summer we will realize our dream of traveling by way of the Pacific Coast Highway.



I find the slowness of summer, weekend trips and vacations are a wonderful way to connect, explore and add special memories to your life story and dream some more!

Aside from my own summer dreams, I am even MORE thrilled for our clients and their summer dreams. And, because supporting our clients' dreams to come true is what we specialize in, I'd love to share a few in the dreaming stage as well as in the works.

First of all, I learned that Jesse in our ACRC region has had a longstanding dream to meet Dr. Phil and share his published book "Living with Cerebral Palsy". If Jesse gets selected for the show, he wants to bring his new girlfriend. Jesse is an incredible writer. The team is behind him and everyone is hoping for his dream to come true.



we have over 130 registered for Lake Siskiyou Day on the beach! We learned that Barb, Rosie, and Naomi are especially excited. What a day that will be! Fun, friends and sunshine galore!

In Trinity, Lynnea and Patty are also dreaming of Lake Siskiyou, as well as many other fun adventures. There will be camping in Junction City, a trip to San Francisco and the big

Karen and her long time LG Candy have a dream and a plan. They will be off to Disneyland this summer with matching tees and pre planned pit stops. Look out Mickey Mouse, they are ready to roll! What a thrill this magical dream will be!

dream is their 1st ever trip to Reno where they plan to ride a stagecoach.

Alice has had a few wonderful dreams and a trip to Hawaii it seems runner!

Monica her off-family. will be we want



is the front One of her LGs may even join duty with her No doubt this a tropical trip the details on!!

Paige has a will take Texas in

Paige is excitedly heading to Galaxy Con accompanied by her mom. I loved getting to hear more about this dream. Paige shared she will be sporting her Killian Jones tee and heading straight to Colin O'Donoghue's table for an autograph, as she is an adoring fan. When this pair sets out for their dream destination it will be Paige's 1st plane ride as an adult. Stand by for fun details about this 'out of this world' summer dream!

(FNRC region) dream that her to Austin, late summer.

Lastly, while most of our clients' dreams involve people and destinations, Nick in ACRC has a wonderful summer dream of staying healthy. He wants to get back to walking outside and to keep busy in community. I am sure he will make that happen!



I so enjoyed my glimpse into clients' dreams along with hearing the excitement in the voices of our clients & staff and all the coordination going on behind the scenes. We can all look forward to photos and highlights to come in future publications.

If I see you in the next couple of months, chances are I will be asking about your summer dreams, as well! Until then, praying for everyone to have safe journeys and a lifetime of wonderful summer dreams and memories made!

Our Backyard Retreats in each region are no doubt going to fulfill many summer dreams. Here in the Far North,

#OURCOMMUNITY

WE DEFINITELY ENJOYED OURSELVES THIS SUMMER! WE PARTIED HAWAIIAN SYTLE AT OUR BAY AREA BRAVO BUCK EVENTS AND WENT TO THE COUNTY FAIR. 180 PEOPLE PLAYED AT LAKE SISKIYOU AT OUR BACKYARD RETREAT AND RCRC CLIENTS WENT TO CONCERTS IN THE PARK. SO MUCH FUN IN THE SUN. CHECK OUT MORE PHOTOS ON OUR FACEBOOK PAGE.

