

COMPASS

2023 Fall Edition

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Supported Living and Independent Living

COMPASS LEGACY

By Sadie Hess, Founder & CEO

Having just turned 50 and celebrating Compass' 27th year, I am in a season of looking beyond myself to the next generation and asking what is the legacy of Compass? I have been reading books about companies that have been passed down from generation to generation. One such book that resonated with me is *The Story of Lego*, written by Jens Andersen, which tells the story of a company in its 3rd generation.

At its core, it is rooted in Home, Faith, and Family. LEGO originated in Billund, Denmark, in the workshop of Ole Kirk Christiansen, who began making wooden toys in 1932. Two years later he named his company LEGO after the Danish phrase *leg godt* ("play well"). Now, for almost 100 years, they have made creating a world where kids can play well as their mission. My family builds a Christmas village every year. Lego has been a brand that has impacted my family and I enjoy seeing the commonality we share.

HOME

Billund was a small farming town with less than 800 people, but since Home was a core value, they decided they didn't need to go out into the world, the world would come to Billund. Almost 100 years ago, Lego decided their home was in Billund and the headquarters still resides there today. Home is in

the heart of Compass. Though we may expand our organization in the years to come, we will never lose sight of our home. Our headquarters are in Redding, and Compass will have a legacy of home.

FAITH

The creator of Lego had an unshakeable faith that helped him overcome difficult times. In 1942, a fire raged through the wood products of the Lego factory, Ole Kirk Kristiansen doubted the plan God had laid before him. Ole said "As everyone knows adversity is made to be overcome, it's through it that we humans are being refined" As Ole began to pray, he experienced something remarkable. The prayer became thanks to the Lord and a blessing for him. The factory was rebuilt with the help of family and friends and was better suited to toy production.

We too have a core value of Faith. It has been at the heart of every decision we have made. Like Lego, we have had seasons of adversity and difficulty. Honestly, there is usually something hard happening daily! But our attitude and posture remain one of gratitude. We work with some of the best people in the world and it is a gift to do what we do. We believe in endless possibilities for each person because God is good, and He is on our side. Compass will have a legacy of faith.



FAMILY

Like the company has passed from father to son and is now led by Kjeld Kirk Kristiansen, a grandchild of the founder. As big as Lego is, it is still a family organization at its center. Reflecting on 27 years of growing Compass, it has been family and community that encircles all the years. Family and community sets us apart, taking us from transactional to relational.

We have raised 3 amazing kids (2 are in college now!) while growing Compass. It is the love of family that shaped Compass into the thriving resource it is. We love people as we find them and create a safe and empowering culture where people can fulfill their own destinies. When I started Compass with my

friend Joanne twenty-seven years ago, I am not sure I could have fully grasped the magnitude of growth we would have all these years later. We are a much bigger organization, but we are all still family. Dreams are happening every day and I love that we do it as a community and a family.

Over the next few years, many things may change. We may add new programs, add new locations, and continue to evolve our language and even our name. Some things will never change-- we will remain an organization focused on our core beliefs and our core mission of serving the best group of people in the world.



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CHANGING SEASONS

By Jessica Noble, PCT Specialist

The first thing that comes to mind when thinking about changing seasons is the unique beauty that each season in nature brings. I am one who never wants to miss out on something good, so the work and change it may take to get there is always worth it in the end. Perhaps the beauty in nature's seasonal changes is the reason why the concept of change brings hope-filled anticipation when change itself is usually very challenging.



Why is change so challenging and difficult to embrace? Change always upsets at least one applecart and takes most of us out of our comfort zones. It can also take away our sense of control and autonomy. For me, as with many others who have additional challenges, change also typically upends ways that we have found to successfully navigate through everyday activities.

My challenges are muscle control, and I have found that the more routine I have, the more muscle

groups can settle into “memorized patterns” that I don’t have to think about. When places become familiar, I quickly memorize a few main things that prepare me for how to balance, such as how hard to push or pull each door and how slick or rough the flooring is. I also learn where people typically are so that I can prepare myself for interaction, asking or sensing how they are doing, and asking if they need anything.

However, when change happens, it feels like my nicely running operation turns into a several hundred ring circus where muscles do not anticipate what they should be doing until I find or develop patterns for them. This takes away from my awareness of what is happening around me, unless I know the people involved on a personal level. Even though developing new patterns is not my favorite part of the process, you could say it is the “winter” of inner preparation and everything settling down so new things can spring forth, grow and become beautiful!

If you think of change like the changing seasons in nature, it can be quite beautiful! The warmth of summer, or of something familiar, gives way to cooling temperatures that bring forth the beautiful autumn colors of golds, oranges, reds and purples. As the leaves fall from the trees and those familiar things lose their efficacy and become bare, the once vibrant colors change to greys, and browns with spots of color here and there, giving winter its

own beauty. Winter may seem dark and dead, but deep down in this apparent shutdown, change is certainly taking place. Life is preparing to spring forth into an abundance of new life, new growth and new opportunities for beauty to shine!

Nature often paints a picture for situations in life, and in this instance, the changing of summer to autumn to winter to spring and back to summer again shows the necessity of change for life and growth. It also shows how change needs to be consistent. If temperatures start cooling and then spike for a few days, many trees will seem confused and their leaves less vibrant as they change. Similarly, in the spring as temperatures begin to rise and then there is a freeze or two, or temperatures rise too quickly, many plants will not flower and gardens may have less produce.

Change is essential for growth, and good change with strategic consistency brings new opportunities and freedom, making it something to look forward to in spite of the challenging aspects.

CHANGE IS

ESSENTIAL

FOR GROWTH



Meet Danny

By Robert Guevara, Case Facilitator

THE DREAMER

It had been an astonishing 7 years since Danny had last seen his longtime girlfriend, Pearl. The revelation emerged during his person-centered ISP partnership meeting, leaving everyone, myself included, astounded by the passage of time. “Yes, 7 years since I’ve seen my sweetie,” Danny casually shared, prompting disbelief and admiration among us. This striking fact was made all the more remarkable given that Danny and Pearl engaged in twice-daily phone conversations, an unwavering connection that had persisted throughout the years.

PLANTING THE SEEDS OF A DREAM

Recall the autumn of 2022, when our person-centered partnership meetings were in full swing. Amidst the engaging activities and enlightening discussions, a unique trend began to take root – the emergence of dreams. Identifying one’s dreams can prove elusive, yet within an environment of unwavering support and affection, empowerment flourishes. One individual, Danny Allison, exemplified this phenomenon. During our session, Danny divulged that he hadn’t physically been in Pearl’s presence for 7 years, despite their shared life and a son together. Geographical separation resulting from health and financial constraints had persisted – Pearl necessitated medical care near her family, while Danny received CDC housing support in Ukiah. Despite the physical divide, their emotional and spiritual connection remained resolute, with Danny and Pearl engaging in their daily ritual of twice-daily phone calls.

Upon learning of Danny’s extended separation from Pearl, a question arose within me: Did he wish to visit her? Notably, Orville, her residence, was not far from Ukiah. Danny’s reply was laced with a sense of resignation, given his perceived

inability to finance such a journey. This was the catalyst that fueled a collaborative initiative among everyone present in the partnership meeting, crafting a rudimentary strategy to make this dream a reality. Danny’s LG3, Daniel, immediately volunteered to stay with Danny in Orville if he was able to make the trip. I outlined how Danny could save money each month, and be able to afford a hotel stay, gas money, and spending money to visit Pearl. Danny, though joyously overwhelmed, tentatively committed to pursuing this opportunity, a concept he previously deemed implausible.

TENDING TO THE BUDDING DREAM

Fast-forward to January 2023, where Danny’s exuberance was palpable as he entered the Ukiah office, ready to share his triumph. His diligence had yielded sufficient funds to materialize his long-harbored desire to visit Pearl. Reservations were confirmed, bags packed, with only the most challenging part remaining – the anticipatory wait. With an infectious enthusiasm, Danny announced to Mone, Ana, Joe, Michele, and myself that the funds were

secured, preparations complete, and yet another revelation awaited.

Not only would he reunite with Pearl, but his son, separated from him for an equal span of 7 years, would also be present. The emotions that welled up within us were nearly overwhelming.



Danny's journey to reunite with Pearl and his son was a resounding success. They shared heartwarming moments and even dined together, reminiscent of times long past. Renewed by this experience, Danny's heart brimmed with hope, his eyes opened to the realm of possibilities that lay before him. Already, he is contemplating a second trip, this time for Christmas. What was once perceived as insurmountable has now become routine, underscoring the profound power of nurturing even the smallest seeds of dreams.

Danny's journey to reunite with Pearl and his son was a resounding success!

ILS FEATURE

Meet Anton

By Shannon Laird, ILS Manager

Anton Joined Compass at the peak of the pandemic, he works with our wonderful LC, Terrah in SARC. Anton is very conscious about his health. He visits the gym frequently and practices healthy meal prep. He has kept a steady job working at Google and practices his independence daily. taking the bus and train to work and always arriving on time.

Anton has done well with managing the money he earns and always prioritizes important things such as his VTA card and other bills before he splurges on fun things. He is also very good at sticking to his budget. Anton is very mindful about safety. When cooking is always makes sure pay attention to temperatures, possible contamination (wears gloves when handling raw goods) and signs to prevent fires.



Meet Rachel

By Christina Nolan, Senior Case Facilitator

It gives me great pleasure to introduce Rachel to the Compass community. Rachel, a resilient woman of 75 years, resides in a charming apartment situated in the picturesque Japantown of San Jose. A true native of the Bay Area, she was both born and raised in San Jose, attending local Catholic schools for both elementary and high education.

Throughout her upbringing, Rachel shared precious moments with her paternal grandmother and sister, bonding over their shared love for radio tunes, Beatles melodies, and the beloved show, Dr. Kildare. Their enthusiasm was so profound that they penned a letter to the lead actor, resulting in an autographed headshot that left Rachel overjoyed.

At the age of 13, Rachel's life took a turn when seizures entered the picture. Her parents embarked on a journey of seeking suitable treatment and consulting various physicians. In her early twenties, Rachel found herself residing at Porterville State Hospital for a period of approximately six years. Following that chapter, she transitioned through different boarding homes. In her 30s and 40s, she began working at Hope Services and cherished weekends spent knitting, singing karaoke, and enjoying family dinners at her parental home.

Rachel shares a deep bond with her four siblings – Robert, Richard, Greg, and Chris. Whether it's through family gatherings or supporting her brother's local band performances, she values these connections dearly. Among her cherished memories, a standout is a trip taken about a decade ago to Las Vegas with her siblings to witness her favorite artist, Celine Dion, in concert. Memorabilia including a concert shirt, cup, and poster, still hold a special place in her heart.



In her present days, Rachel finds joy in Hallmark movies and any film with a heartwarming love narrative. Dining out at the Olive Garden is a particular delight, as evidenced by her recent 75th birthday celebration at the same venue, where she was reunited with cherished elementary school friends. Despite encountering some challenges related to aging, Rachel actively seeks ways to step out of her abode – be it for shopping or exercise. Her determination to stay active is evident in her walks along the hallway of her fifth-floor apartment, allowing her to relish the breathtaking views. With an unwavering spirit, she aspires to regain her strength and maintain her mobility.

Meet Jonas

By Brittanie Foster, ILS Manager

If you are looking for the funny, outgoing, loving, life of the party, teddy bear type, Jonas is your man! He is a very sweet person who always wants to put a smile on the faces of those around him. He also works hard at achieving his own goals while encouraging others to achieve theirs.



improvements Jonas has made to his life by putting his mind to it, I know nothing will stop him from achieving this goal as well! I am so proud of you and look forward to seeing the growth and changes you will make over the coming year!

Out of all his achievements, Jonas is most proud of his ability to stand up for himself and share his feelings.

Jonas has become a master chef, making anything from pizza to egg casseroles. He makes his own list of the items he needs to purchase at the store and can shop with very minimal assistance from his Life Coach. He recently started playing basketball once a week with friends and the group has now grown to almost a dozen people!

Out of all his achievements he is most proud of his ability to stand up for himself and share his feelings. He has had a hard time in the past expressing how he feels, but he is now able to do that, especially when it comes to his roommate. This change in behavior has significantly improved their relationship. Jonas also attends a day program where he has started focusing on improving his painting knowledge and skills. He recently was given the opportunity to paint a mural of a cat playing drums that hangs in the Fort Bragg downtown area!

Jonas has big dreams he still wants to accomplish which include getting his driver's license. He is currently taking online practice tests as well as doing behind the wheel driving in parking lots with his mom. After all the



Meet A.J.

By John Allen, Case Facilitator

Anthony, or AJ as he goes by, has been with Compass SLS services since October 2016. I onboarded AJ to my caseload shortly after starting with Compass in January 2023 and have gotten to know him much better. AJ has had some challenges over the past few years, but over the past few months, he has come very far in his partnership with his staff.

AJ moved from Smoke Tree Apartments where he roomed with his childhood best friend Donovan "Eddie" Winters (another Compass Client), to Peppertree Apartments, where he has a different roommate Lloyd (an ILS Client with Compass). This change was a bit challenging at first, but AJ has done very well with the change over the past month. He still gets to see his best friend Eddie as much as they want, as Eddie lives in the apartment above him, so they get to play video games and watch movies whenever they want.

AJ loves cats and reptiles and would like to have at least one pet. He enjoys swimming and playing games and if you partner with him, he will help with housekeeping tasks. He loves cars and dreams of owning a Dodge Charger and other sports cars one day. AJ has a great laugh, a terrific smile, and a wonderful sense of humor.

AJ attended Compass' BYA Retreat this past July at Lake Siskiyou in Mount Shasta with his best friend Eddie and many, many other Compass clients, and staff members. He had such a blast, and it was thoroughly joyful to have him attend. AJ also attended two Bravo Bucks events during this past year as well, even working through anxiety about being around large crowds. In July he watched the Fire Works on

the 4th and went to a Pancake Fundraiser for a local Volunteer Fire Department in May.

AJ continues to push past his previous comfort zones and challenge himself even when he doesn't quite realize it. He can shy away from meeting new people but once he knows that you are there to partner with him, he becomes more trusting. Talk about video games, and you will have his attention, walk with him on his journey, and you will have his appreciation and respect.

AJ is such an amazing asset to the Compass Community, and it is great to have him a part of our Community. We look forward to seeing him grow and flourish in SLS. If you ever see AJ, make sure you say hello and introduce yourself, you will be very blessed to meet him.



Meet Zarek

By Vanessa Hogan, ILS Manager

Often when we think of Superpowers, we think of X-Ray vision or the ability to fly. But, what we overlook is that there are people around us who show up every day in meaningful ways that make a tremendous difference. Zarek's superpower is making other people's day.

Last year on our ILS only retreat at Carrville, we did "Me Bags." They were bags that their new friends could leave notes in every day so when clients and staff went home, they could read them and be reminded of all the wonderful ways they impacted those around them. As we were getting ready to leave, Zarek politely came up with a bag that was left behind and handed it to the peer that almost left without having it. In that moment, Zarek's connection superpower shined.

People matter so much to Zarek. He works hard during the week and one of his favorite tasks while working at the local Rest Areas is to pick up and sweep rocks. It's not the task that matters to him, but the fact that if there is debris in the walkways someone may trip and hurt themselves. Zarek finds ways everywhere he goes to make others' lives easier and better.

One of my favorite things about Zarek is loves writing people cards. He mails birthday cards to friends and family all over the world. In a world that glamorizes technology connection, Zarek's Superpower of connection shines by all the important ways he finds ways to make other's day. Zarek's one of those friends who you want in your corner, who will always show up for you, and who will always go out of his way to make your day a little brighter. You can catch Zarek out and about in the community and if you meet him, your life will forever be changed for the better.

Often when we think of superpowers, we think of x-ray vision or the ability to fly.

Zarek's superpower is making other people's day.



Meet Curtis

By Alma Torrez-Lopez, Case Facilitator

Over the last year, I had the pleasure of getting to know Curtis. He has been with Compass since 2014. Curtis has gone through hardships and many obstacles to be where he is now. His determination and accomplishments are admirable.



Curtis lives alone in his one-bedroom apartment in Concord. He enjoys his freedom and independence. His positivity is infectious, and I can honestly say that he is one of the most positive people I have ever had the pleasure to be around.

Curtis loves to socialize. He enjoys meeting new people and sharing his stories. You'll never be bored when you're around Curtis. When Curtis first came onto my caseload, we spoke about the various goals that he would like to accomplish. I'm happy to share that Curtis has been able to achieve many of his goals since I started working with him.

One of the goals Curtis wanted to accomplish was to join the gym again. Curtis's overnight staff helped Curtis accomplish his goal of wanting to work out again by bringing him to her gym. Curtis then realized this is something he wants to do even without Yolisa. He calculated his finances and made a budget to help him afford his own membership.

Curtis has reached a new level in his physical and mental health...

Since February, he has been consistently going to the gym weekly. He has put his physical health first and made it a top priority. With Curtis's hard work, he is now able to walk longer distances and overall has a much better sense of health and positivity.

Another goal he wanted to accomplish was being consistent with his physical therapy appointments. He is only allowed a certain number of sessions a year, but Curtis didn't accept that. Curtis advocates for himself and asked for more. He spoke to his doctor about the importance and why he would benefit from having consistent appointments. Curtis's doctor supported his request and granted him more physical therapy sessions.

Curtis's accomplishment in achieving these goals has helped him reach a new level in his physical and mental health. He is a lot happier and willing to accomplish more of his goals now. I am proud to see all the work that Curtis has put in and I cannot wait to see what new goals he accomplishes.

Curtis has even helped inspire me to prioritize my mental and physical health as well. It's amazing to see what putting yourself first can do for a person. Keep going, Curtis, and keep being awesome!



Meet Shayla

By Shannon Laird, ILS Manager

I would like to introduce you to Shayla Weber, she has been with the Compass ILS program since November 2017. Her Life coach is Irene. Shayla lives in her own apartment with her dog Rusty. Shayla worked at Lane Bryant for a couple of years before deciding to switch jobs and now works at DSW. Shayla has worked her way up to a cashier position and enjoys what she does.

Some of Shayla's hobbies include spending time with Rusty by taking him on walks and doing diamond art. She is very skillful when doing this type of craft as it is tedious and takes a steady hand. Shayla also enjoys attending Compass events when she is able to get time off work.



Some of Shayla's hobbies include taking her dog on walks and creating diamond art.



SEASONS OF LIFE

By Aaron Zint, Benefits Supervisor

When you live in a city with extreme weather (think walking out your door to heat that feels like you're crawling into an oven or 21 consecutive days of rain or snow that shuts down schools and local businesses), you tend to celebrate the changing of the seasons more than most. But the weather isn't the only type of season we tend to celebrate when it changes. There are seasons of life that can feel like climbing into an oven or like the sun will never shine again. The pandemic felt like one very long season in that way.

When it's the change itself that we are ever-looking forward to, we can tend to miss the gift of what our current season has to offer. Yes, summers in Redding, California can feel like the surface of the sun. But that experience also affords the most breathtakingly refreshing swims in Whiskeytown Lake, pool-side popsicles and mid-week hangouts late into the night because the kids don't have school the next day.

Yes, the rainy seasons can be dreary, but you also get a chance to cozy up around a fire, a reason to watch a movie in the middle of day and an opportunity to view the incredibly green hills on the 505.



There are seasons of life that can feel like the sun will never shine again.



Just don't miss the beautiful gift ... in the middle of the season you're currently in.

The challenge for us, when we are in the middle of what feels like a long and difficult season, is to ask the question, "What is available to me in this season that isn't in others?" Eleanor Roosevelt is quoted as saying, "Yesterday is history. Tomorrow is a mystery. Today is a gift. That's why it's called 'the present.'"

There is nothing wrong with looking forward to the changing of the seasons. There is a profound hope to be found in the changing of the seasons. Just don't miss the beautiful gift that is waiting for you in the middle of the season you're currently in.



#OURCOMMUNITY

WE HAD THE MOST AMAZING TIME AT CAMP CARRVILLE THIS SUMMER AND FALL! 27? CLIENTS WERE ABLE TO EXPERIENCE CARRVILLE FOR THE FIRST TIME. OUR CHANNEL THE FLANNEL THEME INCLUDED LUMBERJACK GAMES AND A FLANNEL DANCE PARTY. THANK YOU TO EVERYONE WHO HELPED & CAME TO MAKE SPECIAL MEMORIES.

