

## VISION

To open up the world to people to encourage them to experience everything it has to offer; to communicate effectively; and to be as healthy, safe, and financially secure as possible.

For people to feel good about themselves and their relationships with others, to have fun, be happy, and have meaningful things to do.

For people to live in safe and decent neighborhoods where they are accepted, valued, and respected including their cultural preferences.

To guide people on their journey to discover their abilities, talents, and desires by empowering them to be interdependent; to encourage people to make their own choices and decisions so they will have control over their own lives, and over the services and supports they use.



# STEP NEWS

November 2004 Volume 3 Issue 10

## It's Time To Vote.

With the presidential election coming up in just a few weeks, I hope that as many of us as possible have registered to vote and remember to go out to the polls. Remember there are folks in other countries risking their lives to vote, and all we have to do here is show up. If you haven't registered by now, it's too late to vote in this election but not too late to register and plan to vote in upcoming ones. So everyone get out there and register and vote! Remember this is our responsibility.

Enough about that.

## It's the Cold and Flu Season

Remember to cover your mouth when you cough or sneeze as this is most often how the flu is spread among us. Considering the shortage of flu vaccinations this year we should be extra careful about trying our best not to spread it amongst ourselves. The American Lung Association recommends that folks who are over 50 years old should be immunized as well as those with Asthma. Babies who are 6-23 months should be immunized as well as women who will be pregnant during the flu season. People who have allergies to eggs or who are currently sick, with a fever over 100 should not be vaccinated. So, please remember to vote and ...



COVER YOUR MOUTH !!

Kelly McGurran

# STEP STARS

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Randy Cobb, Jeff Thompson, Carol Nolan, Ayren Gabrielson, & Charlene Rhodes: Thank you for providing me with a STRONG NETWORK OF SUPPORT in helping me with the Sept. billing. You are appreciated!

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Jacquie and Kelly: For having such good hearts. Jeff's family really

appreciated everything STEP did for him.

Melanie BF: For helping out and getting the power point presentation

together for Jeff. His family appreciated it.

Jude de la Concepcion: Thanks in advance for taking on some additional

duties and helping out this month.

Mike Martin: Thanks for being so flexible over the last month and picking up

additional folks.

Angela Olson: For always being so motivated. Your folks really benefit from

your positive outlook.

Charlene Beck: For helping Joe to find his brother. Hope he hears from him

soon.

*Shannon- for her great help and taking on extra client even when she does not have to. You demonstrate the STEP 's Vision & Values. You take responsibility for the clients needs. Thank-you!*

Lydia Edinborough: For always doing your job, consistently and keeping in

mind what Peter and Marc want.

Doug Findlay: Thanks for being so flexible over the last month and picking

up additional folks.

Roger Miller and Holly Ahrens-for continuing the work while all the Directors were gone to the retreat.

Mike Kelley: Thanks for keeping the wants/needs/preferences of the folks you

work with at the front of everything you do

*Next Step-A Huge Thanks to all of our staff who have been so flexible and helpful during the last few weeks of being short staffed.*

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*Happy  
Birthday*

Sharlene Ishii 11/1  
Anna Channel 11/3  
Allen Webster 11/3  
Daniel Quinones 11/4  
Debbie Wines 11/5  
Jason Perdeu 11/6  
Pamela Conner 11/7  
Kimberly Evans 11/8  
Noe De Los Santos 11/10  
Samuel Holden 11/11  
Denise Chamberlin 11/11  
Pamela O'Brien 11/11  
Carl Weidman 11/11  
Darrin McDaniel 11/11  
Rowen Manuel 11/12  
Paul Vetterli 11/12  
Doneya Elmore 11/14  
Chad Aurich 11/14  
Stuart Tallmon 11/15  
Acacia Chastain 11/15  
Lisa Barrows 11/16  
David Rosa 11/16  
Maria Gutierrez 11/16  
Sara Hiatt 11/17  
Melanie Bazile-Fernandez  
Linda Horton 11/20  
Leslie Harris 11/20  
Derrell Beaty 11/20  
James Potter 11/21  
Sharon Jones 11/21  
James McCracken 11/22  
Lakiya Lowe 11/23  
Alfredo Angel 11/23  
Kim Bracamonte 11/24  
tatiana Ruban 11/24  
Susan Parker 11/25  
Michael Menefee 11/26  
Victor Martinez 11/27  
Shelly Pina 11/27  
Peter Chapman 11/28  
Scott Wirth 11/29  
Rachel Braaten 11/30  
Daniel Harvey 11/30

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# *SLS- Deaf*

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## DEAF PA MEETING

MONDAY, OCTOBER 25TH, 2004

### WHERE:

JOE'S JOINT AT THE STEP BUILDING

### TIME:

6:00PM-8:00PM (TRY TO COME EARLY)

WE WILL PROVIDE SUBWAY AND DRINKS

### MORE:

WE WILL HAVE VIDEO/GAMES/  
SHARING EXPERIENCES!

PLEASE DO NOT MISS THIS ADVANTAGE

## *SLS- Hearing*

Several people went camping last month. They had a great time. There are many happy memories from Grizzly Creek Camp. Folks are looking forward to going again next year. It is time to start saving some money for next year! Our team would like to welcome Richard Faringer to the team. He is a new SLS Coordinator. Lisa Langley has been doing an awesome job conducting an assessment on a new client who is looking forward to receiving services from STEP. Renee and Randy, we sure do appreciate you being strong in dealing with your recent challenges. Our thanks also goes to the personal attendants who are so committed to the clients and STEP. Thank you so much for all you do.

Hearing PA Meeting is scheduled for November 8th, 2004 at the STEP building. Topics of discussion include:

- Special Incident Report
- Abuse Reporting

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# *Human Resources*

Lisa Barrows and Robin McGurran would like to thank all who stayed late and came early to input the information into the computers, for the New Tmecards. Please remember, all Timecards are to stay in binders at the consumers home and are to be removed by your Supervisor ONLY!

## FLU SHOT CLINIC

Unfortunately, the flu shot clinic had to be cancelled due to the vaccine shortage we are in right now. We will attempt to offer it again next year. Meanwhile, eat healthy, get plenty of rest, wash hands often and take good care of yourselves! You may want to check out the benefit board outside of Sandy Goodsell's office for additional information.

## 401k

December will be open enrollment for the 401k plan. For those of you that have completed a year of service, are 21 years of age, and have worked 1000 hours, this is your chance to sign-up.

## ENROLLMENT

January is open enrollment for medical and dental plans. If you would like to make any changes, now is the time! Think about your benefits! Notices for meeting dates will be distributed. Keep an eye out for these important dates. If you have any questions please see Patti Dixon

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# Day Program

## Next STEP

The cold weather is upon us. Make sure you and your clients are dressed warm. Be supportive of your client's needs this coming Holiday season. The clients depend on you and we need to continue to be supportive as we are all year long.

Next Step wishes everyone a Happy Halloween!! Think SAFETY!!!

## EXTRA STEP

Welcome To Wendy Forde new Client of Extra Step Medically Fragile.

Welcome To Pam O'Brien Our newest Job coach.

## HALLOWEEN MUGS!!

*Extra STEP*

*is Selling*

*Halloween Candy Mugs,*

*\$5.00 - please see us if you need an extra treat for the Spooky Day!*

*Be sure and check out the hallways of STEP there is always new art being displayed by our very own artists and all is for sale. If you are an Artist ( Staff or Client) and wish to display your wares, please let us know we would be happy to find a place for it here in the office at STEP.*

**Next STEP Is looking for 3 or 4 stellar new Job Coaches, if you know any wonderful, reliable**

# Healthy Living:

## Good Flu Health Habits

If you are unable to get your flu shot this year, it is more important than ever to be vigilant and take some simple steps to help prevent the spread of the flu. Below are suggestions from the American Lung Association:

- Wash your hands often. The most common way to catch the flu is to touch your own eyes, nose or mouth with germ-y hands. So keep your hands clean, and away from your face.
- Keep your distance when you are sick or if you are around someone else who is sick.
- Keep it to yourself. One gift you can give others is to help prevent other people from catching your flu. We highly recommend that you stay home from work, school and public places when you are sick. Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.

## Remember:

You can still spread germs up to 7 days after getting sick. Following these simple steps for up to a week after getting sick will help to reduce the chances of spreading the flu.



## ILS

The weather is finally getting cooler. Over the next few weeks, please make sure your clients heaters are working. For those who have gas heaters, you can call PG&E to come out and make sure everything is working correctly. This is a free service and they get busy, so call soon.

We would like to thank everyone in the ILS unit. It was a tough summer, but we made it. Keep in mind the holidays are approaching, so for those who may be traveling to visit family or friends, start getting those plans ready. A little preplanning can save you a lot of sanity as the holidays get closer.

Parenting Support Group will next meet again on October 21, 2004. It will be the "Halloween Safety" here at the STEP office 3:30 pm-5:00 pm.

Any articles, announcements, STARS, and resource information is welcome. The deadline for the next newsletter is 11/15/04.

### Jen's Trivia Question

Be the first person to visit Jen Jone's office with the correct answer and receive a prize:

### Last Month:

The druids were first to celebrate what is now known as Halloween as far back as 700 B.C. What was the name of the celebration before it became "Halloween" ?...

ANSWER: Samhain

WINNERS:  
Charlene Rhodes  
and Sandee Nieves

NOVEMBER'S:  
QUESTION: What is the name of the skin that hangs from a turkey's neck?

## NEXT MONTH

This section will contain office personnel and their job description. We hope this will help you know who you can go to in the STEP office for different types of assistance.

As always, the office staff will do what they can to make sure you receive the assistance you need.