

Marc Center

OF MESA INCORPORATED
WORKING TOGETHER... ENRICHING LIVES

Marc Center provides opportunities for people to be actively involved in determining where and how they live, learn, work, and play.



"So dull and dark are the November days.
The lazy mist high up the evening curled,
And now the morn quite hides in smoke and haze;
The place we occupy seems all the world."
John Clare, November

"Time flies like an arrow;
fruit flies like a banana"-
Groucho Marx

"As God is my witness, I thought turkeys could fly"
Arthur Carlson, WKRP

Randy's Note

As we approach the end of 2009, it would not surprise me to see the Legislature called into a special session by Governor Brewer. The agency proposals for balancing the growing deficit would damage the system of care and support almost beyond recognition. The question that will face the Legislature will be very similar to its dilemma last spring – what can be cut? The Legislature continues to resist any discussion of raising taxes except in the form of increased fees and costs.

As we continue to tighten our belt, avoiding Marc Center's 401(k) match prevents any further erosion of the agency's financial position. I urge you to continue to make your contribution to the plan, and I pledge to reexamine this situation regularly. I maintain that we can and must do everything possible before we cut wages.

I have been taking a look at the agency's utility bills. Can we not set a goal together to reduce our energy use by 5%? Not only can we contribute to a reduced carbon footprint, we would also save Marc Center at least \$20,000 annually.



Please take the time to complete your United Way forms. It's important that we try and do what we can to support the United Way campaigns.

Finally, please accept my warmest best wishes for Thanksgiving and time with your family.

Inside this issue:

- Message from Randy 1
- Employee Anniversaries/ New Hires 2
- Safety Tip 2
- Halloween/Spot Awards 3
- Tenure Awards 4
- Brain Buster Trivia
- Driving With a Clue

"Marc" your calendars

November 13, 11:00 AM

CC's Place (building 2 at the 924 campus) will be holding a Pizza Sale. For \$2.50 you can get a slice of pizza, salad, and a soda. And for desert, your choice of apple or pumpkin pie for just one dollar more!



Get Ready for the holidays...

The staff and individuals of CC's place are now making and selling Holiday Wreaths,(\$12) Holiday Garland (\$18), and Holiday Earrings(\$3), or buy a set including a wreath and garland for \$25. Wreaths have decoration and battery operated lights, Garlands are 6ft long with decorations and plug-in lights. For more info, call Josie Soto (x107), Daphne Lothlen (x122) or Lynnette Seeger (x269)

October Employee Anniversaries

26 Years

Laura Gruner, CLS

18 Years

Patricia Williquette, ERS

12 Years

Joan Weatherford, CLS

10 Years

Tammy Puente, ERS

7 Years

Margarita Garcia, CLS

Elaine Ashcroft, Payroll

Myron Crandall, CDS

5 Years

Joseph Costantino, BHS

Christine Feeney, BHS

4 Years

MaryDee Way-Burgess,
HCBS

Kathy Williams, BHS

3 Years

Mary Frausto, CLS

Evette Ortiz, HCBS

Hermon Vandenberg,
CDS

Cathy Ward, CLS

2 Years

Maureen Onugha, BHS

Nancy Thomas, CDS

Ileana Oporta, CDS

Elizabeth Shafer, CLS

Mark Schad, ERS

Deborah Cherry-
Farnsworth, ERS

Daniella Harada,
HCBS

John Naden, BHS

1 Year

Hannah Billin, CLS

Blessing Abiaka, CLS

Loranda Gaseoma, ERS

Julissa Hernandez, CLS

Julianne Hunter, CLS

Janet Bennett, CLS

Bridgette Ballard, CLS

Sheree Settle, HCBS

Flor Villavicencio, HCBS

Wanda Cardenas, HCBS

Tisha Elio, CLS

Kathleen Hopkins, BHS

October New Hires

Rebecca Barlow, HCBS

Terry Bolton, HCBS

Jennifer Cathcart, BHS

Calin Ciuhat, BHS

Corrine Collins, ERS

Deidre Dabney, CLS

Staci Grant, BHS

Lisa Kelly, CLS

Marc Sipes, HCBS

Artavius Thomas, CLS

Alejandra Vasquez, CLS

Yolanda Watson, CLS



Welcome!
Welcome!

SAFE & HEALTHY LIVING

DO YOU KNOW YOUR NUMBERS?

HIGH BLOOD PRESSURE:

You may be surprised most people don't know what their blood pressure numbers are. High blood pressure makes your heart work hard to pump blood and oxygen through your body.

You may be asking how do I know what my blood pressure numbers are; schedule an appointment with your Primary Care Physician for a physical and during the physical your blood pressure will be checked and you will know your numbers. Follow this with an open conversation with your doctor and follow the doctor's advice. Ideal blood pressure is less than 120/80; if your numbers are higher your doctor may suggest losing weight, cutting salt intake and alcohol and exercising.

CHOLESTEROL:

A person's ideal number for cholesterol is less than 200. HDL is your good cholesterol, LDL is the bad cholesterol, which clogs the arteries and triglycerides, is a form of fat made in the body.

Do you know your numbers and risk factors? When you can schedule your appointment for a physical your doctor will have you do a blood test. In order for this blood test to be accurate you may be required to fast.

Cholesterol levels for HDL you will want 50-60 mg/dL or higher which gives some protection against heart disease.

LDL (BAD) cholesterol levels less than 100mg/dL which is optimal.

Triglyceride levels should be at less than 150 mg/dL.

You and your doctor will work together on a plan to keep your numbers in the right range. Remember; know your numbers, exercise and diet are the key to a healthy lifestyle.

Source of information came from www.hearhub.org. You can also track your blood pressure, take cholesterol quiz, and calculate your BMI and more.

Marc Center Trip Reduction

This month's winner is ...

Melissa Alvarado



NOON ZAMBORAIZ



CC's Place recently celebrated Halloween by having a casino day! Craps, Bingo, Blackjack and Roulette expertly staffed by CC's employees and the clients enjoyed showing off their costumes and trying their luck.

Spot Award Central

Spot Award Central



Holly Collins presents Linda Minniear with a spot award.



Fran gives Lisa Wrobel a big hug and a spot award.



Marc Center is an equal opportunity employer.

Brain Buster

1. Before they were known as the Sun Devils, what was Arizona State's Mascot?
2. Which historic event happened 20 years ago, November 9, 1989?
3. What infamous holiday is celebrated on November 5th in England?
4. What common objects, that most of us carry around much of the time, measure about 6 inches long and about 2.5 inches in width?
5. How fast can a wild turkey fly?

Good Luck!



Driving with a Clue

Where is the most dangerous place on the planet for a person to drive?

On the freeway? In a school zone? On a flooded road? Through a nudist colony?

Give up? The answer is – IN A PARKING LOT. At least for Marc Center drivers on duty.

For calendar year 2008:

- = 7 total reportable accidents (in parking lots). Of those -
- = 3 public vehicles backed into Marc vans.
- = 4 Marc drivers struck public vehicles.

For calendar year 2009 (thru Oct.)

- = 5 total reportable accidents (in parking lots).
- = All 5 were Marc drivers backing into other vehicles, or fixed objects, 2 of those in Marc Center parking lots.

Here's an interesting fact – All drivers (public and Marc) who caused the collisions above were leaving the area, ie: backing out of a parking place.

When staff and I conclude a ride-along, I usually ask them to park the van like we found it – backed in the parking spot. Most of them then give me the

“deer caught in the headlights look”, as if they'd never put a van into reverse gear before. But we know better, don't we?

So, what's a boy (or girl) to do? For starters, every time you shift into reverse, think of the potential consequences. Don't back unless necessary.

Eliminate distractions. Back slowly. Have a passenger watch from inside, if possible.

At least, so far, this type of collision has not caused serious injuries or extensive damage.

And we sure don't ever want to realize this possibility.

Marc Center Employees Recognized for Tenure



Nancy Thomas, Ana Rios, Lori Annala, Kay Moore



Michael Franczak, Tina Feeney, Gary Lenzo, Adalesa Meek



Joy Mullins, Tammy Puente, Kay Moore



Laura Gruner, Shelia Davis, Gloria Turner Murphy, Kay Moore

- TRIVIA ANSWERS
1. Bulldogs
 2. The Fall of the Berlin Wall
 3. Guy Fawkes day
 4. Dollar bills
 5. Turkey's can't fly!