



6th - Labor Day Holiday

12th - Grandparent's Day

14th - National Cream-Filled Donut Day

25th - Eunice Kennedy Shriver Day (see Page 8)

ADHD Month

National Drug and Alcohol Addiction Recovery Month

National Cholesterol Education Month

National Preparedness Month

Shameless Promotion Month

Be Kind to Editors and Writers Month ☺



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

Randy's Note



This month marks the point where Marc Center's commitment to wellness really takes off. You'll be hearing more about the health risk assessments and the work with United Healthcare to put this information to work. It will be important that we all pitch in to learn about the personal things we can do to become healthier.

While I know that not everyone uses Marc Center's health insurance, we all work with our individuals receiving services to improve their lives. Marc Center pitched a very unique concept to Magellan about the relationship between physical health and mental wellbeing. In short, Marc Center intends to develop and implement wellness programs that not only include nutrition and fitness in the programs, but also break down the barriers between employees and individuals receiving services. In short, we're all in this together: helping one another identify real ways we can help each other become healthier. Needless to say, the research in the area of wellness tells an incredible story about improved lives; people sleep better, take less medicine, go to the hospital less often and generally say they are happier. Congratulations to the Marc Center team with the foresight to understand the wellness/physical wellbeing relationship.

Great things continue to happen at Marc Center. I'm proud to be on the team.

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CDS Staff Makes Local Headlines

Reuben Gammage, a Direct Service Provider at CC's Place (924 CDS, Building #2), was recently spotlighted on the Channel 10 News as someone who not only survived Hurricane Katrina, but because of it, changed his life and the lives of many others. Below is the story as it appeared on Channel 10's website on Wednesday, August 25, 2010. I also highly recommend entering the following URL in the address bar of your browser and watching the video (at home, not on your work computer): <http://www.myfoxphoenix.com/dpp/news/local/phoenix/katrina-survivor-inspiring-message-8-25-2010>. Reuben, we are truly blessed to have you working at Marc Center.



PHOENIX - Five years ago today, Hurricane Katrina made landfall in Florida before heading into the Gulf. Four days later, that Category 5 hurricane swept across the city of New Orleans, causing what some consider the worst natural disaster in American history.

The hurricane didn't even have a name until it reached landfall in 2005. But in the end, it killed more than 1,800 people and left behind more than \$90 billion dollars in damage.

Thousands of people were displaced and had to move to other cities around the country after their homes were destroyed. Some of them ended up here in the valley, including Reuben Gammage.

And he's made a big impact in the five years he's been here. He is a volunteer coach and president of Phoenix Youth Football, a program he helped develop. The diverse team is comprised of kids from all over Phoenix, including those kids who need financial assistance and can't afford jerseys and gear.

Gammage acts as a mentor to these kids, trying to show them what he never had in his dangerous New Orleans neighborhood -- a safe and encouraging environment where a boy with big dreams can excel.

"When Hurricane Katrina happened... that is God's way showing you this is your way out to become a better man."

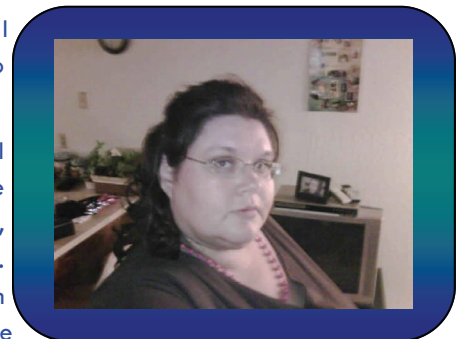
HCBS - Northern Arizona

Hi, Hello, & Howdy from Northeastern Arizona! I can't believe its been 10 months since I moved to Northern AZ and took on the adventure of starting up HCBS services in Navajo and Apache Counties. Time flies when you are crazy busy!

I am so excited to report that things up here are going great. When I first got up here, I started attending parent support meetings for individuals with disabilities and going to the Support Coordinator's in-service meetings. In December, Melany Taylor, HCBS Manager, came and helped me set up a booth at the Parent & Family Alliance Christmas activity in St. John's, Arizona. We helped the kids color Christmas ornaments, played "pin the ornament on the tree" and then let each child pick out an ornament to take home to put on their tree. The event was a lot of fun.

Shortly after that, things just seemed to explode. We now have 10 Marc Center employees and 15 individuals who we serve. We also have two Marc Center respite homes in Show Low and a third one waiting to pass inspection in Heber. Needless to say, I am very excited! I am so proud of my Northern AZ staff. They are excellent with the individuals they serve and I am so excited to have them as part of our Marc Center Family. I can't say enough about the individuals and the families that we serve! I love them!

I would like to thank Melany, who has also been a great supervisor and support. She has spent many hours driving up the mountain to train me, attend ISP meetings with me and meet the families we serve. I also would like to thank the HR staff for supporting our efforts up here and doing whatever it took to help me get things started. Juniper traveled up here several times to help out with training. HR team you are awesome! I am also excited to report that I successfully passed the trainer clinics for CPR and First Aid, as well as Article IX, so that Juniper doesn't have to run up the mountain anymore. YAY! I am an official trainer. I miss seeing everyone in the office (my HR team, everyone at 924 and all the staff who came through the building), but I love being in Northern Arizona. Until next time, take care and keep up the good work!



BHS Consumer Success Story

The following was written by the case manager of one of Marc Center's BHS consumers. The name of the consumer has been changed for publication.

"Pierre" is a 19-year-old recipient who resides at Marc Center BHS Dragoon house in Mesa.

He was transitioned into the Adult System at the age of 17. He was living at a 24-hour Adolescence Residential Treatment program and during this time he was active with the CPS system. Pierre was active with his treatment and was able to learn coping skills which significantly helped him.

On his 18th birthday, Pierre moved into the BHS Dragoon house, which is a 24-hour residential program. Pierre immediately began working towards his goal of independence. He was enrolled in the Mesa school system and graduated from Mesa High School on May 27, 2010. While attending his classes, there was not a day that went by that Pierre was not planning for his future. He maintained an active search for employment. In June, Pierre was hired full-time at an air conditioning and heating business in Gilbert.

At his last scheduled staffing at the Dragoon house, Pierre was informed that he had completed all necessary steps to step down to community placement. Pierre is truly an inspiration to all. He was determined that he would one day get his independence, and with hard work, he did! Congratulations to Pierre on all of his accomplishments!

TRP Winner



Julie Tissot from the ERS department is the August TRP winner. Julie was qualified for the drawing by carpooling to and from work. For her efforts to help reduce pollution, Julie received a \$30 cash award.

If you carpool, ride the bus, bike to work, telecommute, etc. you also qualify for this monthly drawing. Simply fill out the TRP entry form and turn it in to Janelle Vollertsen at the front desk of Building #1 at the 924 site by the end of each month.

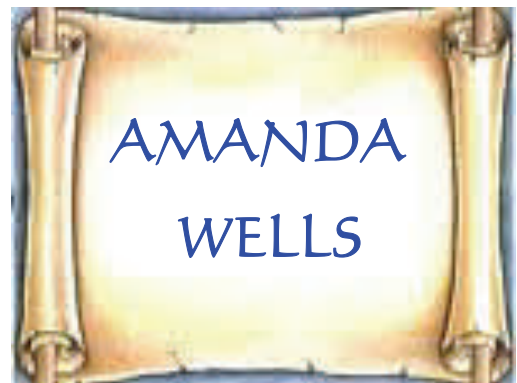


Julie Tissot (left) and Janelle Vollertsen

Safe Driver Award

The winner of the July Safe Driver Award is Amanda Wells of CLS. Amanda received a gift card valued at \$100 for safely transporting Marc Center consumers while not getting any Safety First complaints or moving violations. All Marc Center drivers who meet the qualifications are entered automatically into the drawing.

Keep up the good work, drivers. We are counting on you.



SPOT AWARD RECIPIENTS



Ashley Gruner (left) accepts Spot Award from Sheila Davis.



Kathy Pounders (left) and Darleen Taylor each received Spot Awards.



Melissa Alvarado was honored with award from Adalesa Meek.



Maria Larsen (left) presents Spot Award to Tiffany McCarty



Janelle Vollertsen (left) receives Spot Award from Steve Hilger.



A consumer hands Colleen Shannon a Spot Award.



Sandy Stack (left) gets Spot Award from Sheila Davis..

RECOGNITION AWARDS



Steve Hilger, John Moore, Carl Richardson (5 years), Michelle Harrington (5 years), Betsy Alpers (20 years), Cheryl Anderson, Kim Colling (15 years)

John Moore, April Labor (5 years), Sally Bahrtiba, Anna Hernandez (10 years), Laura Gruner.



HELPING OTHERS MAY HELP YOU

"Helping others makes people happier and healthier," says Dr. Stephen Post, co-author of *Why Good Things Happen to Good People*.

Helping others provides a sense of purpose and a feeling of satisfaction. Community service can provide you with health benefits, including increased physical and social activity, less depression, lower mortality rates and reduced risk of heart disease. Try reaching out to others in need and you just might help yourself.



Don't forget to go to www.myuhc.com and complete your Health Risk Assessment. Do you know your numbers?



~ REMEMBER TO BE SAFE AND BE HEALTHY ~

SMART LIVING and LOSING WEIGHT

- Fill two-thirds of your plate with fruits and vegetables.
- Any time is a perfect time to walk. Walking thirty minutes per day may reduce your risk for heart disease, type 2 diabetes, stress and possibly some types of cancers.
- Need help with controlling your diabetes? Go to www.tracker.diabetes.org/my food advisor.html
- Cataract awareness: Beginning at age 40, adults should have an eye examination with eyes dilated to screen for cataracts. Aging, smoking, diabetes, family history, extensive exposure to sun and steroid use can all contribute to the development of cataracts. Common symptoms are blurry vision, difficulty seeing at night or in dim light and seeing halos around lights. To learn more visit www.geteyesmart.org

"If you want to make your dreams come true, the first thing you have to do is wake up." ~ J.M. Power



DRIVING WITH A CLUE

By Richard Broch

As of August 30, 2010, I've had my little 1990 Geo Tracker convertible for 20 years. It was in the 1990 Model Auto Show at the Phoenix Civic Center that year. Geo - meaning built in Canada, with Suzuki parts, sold and serviced by Chevrolet. I call it a car even though it's classified as a sport utility vehicle. With over 191,000 miles on the odometer, it has been very dependable and economical to operate. I love it.

Now, whether you want to keep your vehicle for many moons or a happy hour, here are some tips to consider: change oil and filter regularly (every 2,000 – 2,500 miles) even though the owner's manual says 3,000 or more. Just keep in mind, the manufacturer and dealer don't want you to drive that sucker for 20 years. Most folks will trade four or five times in 20 years, like my wife, for instance.

Next, don't stomp on a cold engine. Just remember the lady from New Jersey. The lady from New Jersey used to live across the

street from us in Gilbert. Every workday morning when I went out to get the newspaper, she would come rushing out, jump into her car, start it and, before the engine completed one r.p.m., she jammed it in gear and put the pedal to the metal heading down the street. That P.P. (poor Pontiac) rebelled one day with a frozen engine. "Tweety Tracker" and I have a pact – no powerhouse starts assures no rebellions. So when you start your vehicle, summer or winter, remember the lady from New Jersey and let that engine run 30 to 40 seconds, circulating some oil before leaving.

I wash Tweety Tracker as needed; not only the exterior, but the engine compartment under the hood as well. What?!! When you do your laundry, don't you wash your undies also? A clean engine runs better and longer.

The moral of this story is to take care of all the vehicles you drive, including Marc Center vans, and they will take care of you, even if you're from New Jersey.

Shout Out!

The following employees are being recognized by their co-workers for doing a remarkable job. If you would like to send a Shout Out to a deserving Marc Center employee, please send the staff's name, department and site, your name (anonymous is okay) and the reason you feel they should be honored to lisa.wrobel@marccenter.com.

BHS ERS STAFF

"To the BHS - ERS staff for keeping their consumers working and happy."

- Anonymous

CHRIS VANDYKE

"For being a sweetheart to all of us who make your job so much harder!!!!"

~ Tina Feeney

HOPE NETWORK TEAM

(Gary, Traci, Ray, Mahad,
Katrina and Derek)

"They truly do understand what teamwork is! They have so much Heart and Soul!"

~ Anonymous

ELAINE ASHCROFT

"Thank you for always being on top of things and staying consistent. You always finish fast and never make a mistake. You're so great!"

~ Jade Chen



AMBER MARINO

"For keeping me sane - well, almost!"

~ Tina Feeney

EAST VILLAGE STAFF

WEST VILLAGE STAFF

"I wanted to send a special shout out to all the staff at the East and West Villages. I enjoy working with all the staff and, together, I'd like to think we are enriching lives. We work for an Awesome company and I really think it shows in how many of our members come in for program on these HOT summer days."

~ Kathy Williams

BARBARA SMITH-ODUM

"For keeping our Marc Center phone list, which has now become a book, in such good order!!!"

~ Tina Feeney

PHIL WITT

"For coming to my rescue when I ran out of gas on my way to work. He even helped me get gas so I didn't have to leave my vehicle. Thanks again, Phil."

~ Barrie Krajewski

MARIE DONNAT

"For always being so concerned and willing to put a smile on my face."

~ Barrie Krajewski

ROBERT LEEPER

BRIAN UNDERWOOD

TIM OWEN

RICHARD BROCH

"They all tried to give me a jumpstart when my car wouldn't start in the parking lot. And a HUGE thanks to **Brian Underwood** for driving an hour out of his way to bring me home so I wouldn't have to get a Taxi. Thank you so much for being a bunch of Swell Guys!"

~ Juniper Holmes

924 CDS STAFF

"For being patient with me and training me so I know how to do things properly. Thanks to everyone."

~ Emily Moehle

FRAN FOGLESONG

"Thank you for always making time for us. You are always so patient, kind and understanding. Thank you for always being there."

~ Jade Chen

GARY LENZO

"He goes beyond the 'call of duty' to provide support and encouragement to the people that he supervises and also his supervisor. Thank you so very much Gary."

~ Cheryl Anderson

Shout Out! (continued)

924 CDS TEAM

"I would like to recognize all of the CDS team at 924 and Lynnette, Daphne, Ana, Phil & Marilyn for being so caring and supportive during my time of stress and worry. Thank you so much everyone for making me feel comforted. I never feel alone when I am here with you guys and all of our loving individuals. "

~ Barrie Krajesk

LOISE NJUGUNA

"For safely transporting Marc Center's consumers. While driving behind Loise on the way to work one morning, I noticed her careful, attentive driving - never exceeding the speed limit, yielding the right of way, smooth starts and stops, etc. Way to go, Loise! Thanks for taking such good care of our consumers."

~ Lisa Wrobel

SARAH HILGER

"For being so awesome and caring. She is always so involved and makes everyone's day a little brighter. Thanks for helping me through it all."

~ Barrie Krajesk

WENDEE RAY

MARY WESTOVER

"I would like to recognize Wendee Ray and Mary Westover for taking the time to help me out with my class and individuals. You ladies are awesome. Thank you."

~ Barrie Krajesk

CINDY NOLLEN

"She does a mountain of clerical work daily, helps employees with benefits issues, helps to fill-in at the reception desk, assists our visiting nurse on her several monthly visits and probably much more that I cannot recall.

All this, while displaying her usual, patient smile. Thanks, Cindy.

~ Richard Broch

RICHARD BROCH

"You are always there, helping people, no matter the time, everyday. You are a great trainer and friend. Thank you for all that you do for Marc Center and us. You're the Best!"

~ Jade Chen

TANYA OWEN

"I just want to recognize Tanya Owen for all of her hard work and dedication, not only to the people we provide services for, but also to the employees to make sure that they meet their job requirements.

Clinical Supervision has always been a requirement for BHT's, most of them can attend during their work week when provided. However, we have registry staff that also work other full time jobs, which makes it a challenge for them to get their required clinicals. Tanya has provided the evening Clinical Supervision for those staff to be able to meet their requirements. It is also available for any staff (if cleared through their supervisor) for them to make up a clinical that they have had to miss due to unforeseen circumstances.

Tanya does an outstanding job in organizing and encouraging class participation. She covers pertinent information that all staff need to be aware of. I just want to say thanks to her for all she does.

I also want to thank our dedicated staff for the outstanding jobs that they do, and for making sure that they meet all their requirements. GOOD JOB!"

~ Donna Suarez

Weight Loss Group

Hello again from CDS. Some of us have been on vacation, covering at other CDS locations or not available on our "weigh-in" days. However, we still had a total loss of 28 pounds since last month. GREAT JOB! Keep up the good work.

And don't forget, it is never to late to join the group. You don't have to work in CDS to participate. If you are interested in joining this supportive group, call Marilyn at extension 201 at the 924 site.



Coming Soon

Do you have an item buried in your closet or stashed away in your garage that you think needs a new home? Is there some little knick-knack sitting on your shelf that you just know one of your coworkers must be in need of? Well, you are in luck. This newsletter will be starting a new classified section, hopefully in the next issue.

This section will not be limited to items for sale. You can also include things such as staff looking for roommates, the rehoming of pets and even staff looking for others to share a ride to work.

Please send you ads to lisa.wrobel@marccenter.com. Make sure you include your contact information.

Eunice Kennedy Shriver Day

From the Special Olympics Website

WHAT IT IS:

Eunice Kennedy Shriver Day is an annual celebration of her life and a global call for people to commit actions of inclusion, acceptance and unity for and with people with intellectual disabilities. Eunice Kennedy Shriver Day has been created to inspire new fans to experience her legacy and embrace the movement she founded in her backyard. What started as an inclusive sports camp in the early 1960s has blossomed into a worldwide movement transforming lives in over 170 countries.

WHEN IT WILL BE:

On 25 September 2010, Special Olympics and Best Buddies will lead the world in a celebration of the inspiration, impact and indomitable spirit of Eunice Kennedy Shriver. Eunice Kennedy Shriver Day will be an annual event held on the fourth Saturday of September.

WHO WILL DO IT:

Program leadership will launch Eunice Kennedy Shriver Day in each of the seven Special Olympics regions around the world in an effort to celebrate and share her legacy while inspiring new fans to act. Please join the athletes of Special Olympics and buddies of Best Buddies, the real heroes of the movement that is unifying communities and expanding opportunities around the world. Help them honor Eunice Kennedy Shriver on September 25th by becoming an agent of acceptance and action throughout the world. Embrace the spirit of Eunice Kennedy Shriver Day, ACT.

WHY IT IS HAPPENING:

Eunice Kennedy Shriver's actions helped open people's minds to the gifts and talents of individuals with intellectual disabilities. She believed in their possibilities, which fuels a desire in all of us to make a difference. Eunice Kennedy Shriver demonstrated an unrelenting indomitable spirit proving that one person could make a difference and change the world. Her lasting legacy must be our continued commitment to improve the lives of the 200 million people worldwide living with intellectual disabilities and experiencing social disrespect and diminished opportunities.

HOW YOU CAN DO IT:

Today, our call to action begins with you. We invite you to celebrate this extraordinary woman's legacy by taking part in Eunice Kennedy Shriver Day's demonstration of inclusion, acceptance and unity:

- Participate in a local Special Olympics of Best Buddies "PLAY ON" event on Eunice Kennedy Shriver Day,
- Use social, print or video media to share the impact of Eunice Kennedy Shriver,
- Challenge your friends and family to join in [doing and sharing EKS Acts of Unity](#), or
- Create your own act that demonstrates your passion for continuing Eunice Kennedy Shriver's invaluable legacy.

Visit www.eunicekennedyshriver.org to learn about the life and impact of Eunice Kennedy Shriver and inspire others to join in acts of inclusion and acceptance.

Meet MarcUs



And now for the moment you have all been waiting for - the introduction of MarcUs, the safety guy. As you may recall, Marc Center held a "Name the Mascot" contest several months ago. Dominic Cota was the winner with his submission of "MarcUs", which implies that it takes all of "us" at "Marc" Center working together to ensure everyone's safety. For months, your safety team representatives have debated long and hard about an image to go along with the name. The team members who were still standing at the end decided on the image at the left. This image will appear in future issues of this newsletter and may also pop up in emails and be printed on tee-shirts. His goal is to pass on information that will help keep us all safe.

Thanks to all of those who invested so much time in this process.

Marc Center's Wall of Honor

The Marc Center family would like to thank all of the brave military men and women and their families for the sacrifices they make on a daily basis for all of us. The young men below are currently serving in the military and are relatives of Marc Center employees. If you are interested in sending a letter or email to these young men, please email me at lisa.wrobel@marccenter.com. I can provide you with their contact information. One of our Marc Center staff has provided me with a list of items that soldiers like to receive in care packages. I can provide you with that list. Also, it is not too late to send photos and information on your relatives that are serving our country. We welcome the chance to honor them.



UPDATE: Brothers Jabari and Ricardo Martinez, the nephews of Sheila Davis, recently met up in Iraq. Even though they are not stationed at the same place in Iraq, Jabari and his troop were on a mission and were passing by where Ricky was stationed and they were able to stop and visit for a little while. They have not seen each other in almost two years and were very excited to visit for a while.

Available ProMarc Rental Properties



HOT SHEET

WEEK OF 8/29 THRU 9/04

EL JARDIN MESA 85204 (2) AVAILABLE UNITS

	SQFT	AVAILABLE	RENT
(1) 1BD/1 BA	700	7/12/10	\$416.67
(1) 2BD/1BA	860	7/12/10	\$541.67

2 MONTHS FREE RENT (w/1 YR LEASE)

527 S. HALL MESA 85204 PROPERTIES (3) AVAILABLE UNITS

2BD/1½ BA	900	8/09/10	\$525.00
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INCOME LIMITS \$23000 to \$32000

2240 E. BROADWAY MESA 85204 PROPERTIES (1) AVAILABLE UNIT

2BD/1½BA	800	8/30/10	\$600.00
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INCOME LIMITS-(HUD IMPACTED AREA)

2242 E. BROADWAY MESA 85204 PROPERTIES (1) AVAILABLE UNIT

2BD/1½ BA	800	8/30/10	\$600.00
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INCOME LIMITS-(HUD IMPACTED AREA)

For confirmation of availability, call Paula at 480-733-4040.

August Employee Anniversaries

Correction:

Last month, I inadvertently listed Geri Swainston as celebrating her 5-year anniversary. It was actually her **15th** Anniversary. Sorry, Geri.

24 Years Fran Foglesong

23 Years William Anderson

19 Years Dennis Harvan
Adalesa Meek

18 Years Barbara Beste

17 Years Ventura Garcia

13 Years Lori Annala

9 Years Kathryn Wilt
Sharon Wilt

8 Years Rosemary Lopez
Robert McCormick

7 Years James Fella
Rene Gutierrez

Carol Jones

6 Years Annice Howard
Gloria Turner Murphy

5 Years Anna Berry
Tracy Reeves
Carl Richardson

4 Years Dominic Amoako
Melissa Banfield

Taryn Quick
Lyllis Taylor

Barbara Voss

3 Years Audra D'Eliso
Kenneth Evans

Lucille Gray
Kay Moore

2 Years Ariel Ahijah
Dora Carter

Donna Crews

Robert Estrada

Lois McClaughrey

Dave Murdoch

Angela Perez

Judy Tucker

Freda Yamoah

1 Year Mamta Bhargava

Stephanie Brook

Keith Cureton

Dominic Lopez

Donna McGraw

Sondra Reed

Robert Snyder



New Hires

BHS Cassie Allen
Christina Barbarisi
Ernest Begay
Robert Brooks
Kelly Calvert
Verna Casey
Charles Crow
Krysta Douglas
Cynthia Grsevinsky
William Holloway
Krishauna Kelly
Shar Moore
Amy Muscarello
Erin O'Brien

Darren Ousterman
Camielle Ruiz
Lacreshia Witcher

CDS Ricardo Avila
Tiffany Reed
Fabian Teran

CLS Timothy Courts
Yvonne Johnson

ERS Isaac Yamoah

HCBS Brittnee Bowdoin

Hayden Jones
Lisa Lunt
Donald Richey

ProMarc Marco Barios
Steven Cooper
Corey Lee
Steven Douglas
Jessie Rodriguez
Abbie Snyder

Support Lori Vogel

