



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



You gain strength, courage and confidence by every experience in which you really stop to look fear in the face. ~Eleanor Roosevelt

Once you choose hope, anything's possible. ~Christopher Reeve

Hope is the physician of each misery. ~Irish Proverb

October , 2009

**Randy's Note**

Amidst the challenging news almost daily, two new initiatives at Marc Center promise a possibly brighter future as the agency continues to strive for excellence in service and scope.



First, Marc Center received notice that we and a number of agencies received a significant grant from SAMSHA. This grant allows Marc Center, Recovery Innovations, ABC Housing, A New Leaf – The East Valley Men’s Center and Central Arizona Shelter Services (CASS) to focus on the housing needed for chronically homeless people experiencing mental illness. This four-year grant will demand high levels of cooperation and success; the initiative includes stringent performance measures. Marc Center and the partners have identified best practice models that promise to improve the lives of many individuals throughout Maricopa County.

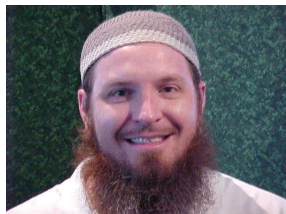
Second, Marc Center has acquired a sister nonprofit called Advocates for the Disabled. Advocates, since 1970, has provided support and assistance in two program areas: SSI/SSDI eligibility and acting as a representative payee for hundreds of individuals who need such help. The acquisition of Advocates will stabilize them and rebuild a sustainable economic model for the future. I am leading the effort to find “bridge funding” and am confident that this acquisition will ultimately help Marc Center and Advocates. So far, the response from potential funders has been encouraging.

As you know, I promised to keep you abreast of the State’s economic health. The news is not good. The current year deficit continues to grow (from \$1 billion to a \$1.5 billion deficit). I will remain vigilant in my effort to learn about and work to prevent any additional cuts. Moreover, I intend that Marc Center continue its efforts to diversify its funding by finding additional service opportunities. In the meantime, I invite all of our dedicated employees to offer any thoughts about how we might further reduce expenses or increase revenues.

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*In Memoriam, Mohammed Harp*



It is with a heavy heart that the staff at Marc Center announces the passing of one of our colleagues. Mohammed Harp, BHS Paraprofessional, passed away October 9, 2009. Mohammad was well known and loved by the staff and clients at Marc Center. On Tuesday, October 13, Marc Center held a memorial meeting which was attended by Mohammed’s parents, brother and sister as well as his co-workers. His positive contributions, his peaceful demeanor and his kind and caring service will be missed by all of us.

## September Employee Anniversaries

### 24 Years

Patricia Barnes, CLS  
Holly Collins, VP DD

### 14 Years

Ana Rios, CDS

### 13 Years

David Estrada, CLS

### 12 Years

Tammy Crumpton, ERS  
Stephanie Despaigne, CLS

### 11 Years

Julia Tissot, ERS  
Lela Lynch, CLS

### 10 Years

Joshua Shelly, ERS

### 8 Years

Cindy Nollen, HR  
John Moore, CFO

### 7 Years

Melanie Halona, BHS  
Melissa Qualls, HCBS

### 6 Years

Bea Raymond, BHS

Mary Westover, CDS

### 5 Years

Gary Lenzo, BHS  
Terry Hilger, BHS

### 4 Years

Amanda Richardson, BHS  
Jafra Mitchell, BHS  
Vernaisha Bryant, CLS

### 3 Years

Olga Placencio, BHS  
Neil Bourque, HR

### 2 Years

Jolene Upshaw, BHS

### 1 Year

Isidro Garcia, CLS  
Latasha Harris, CLS  
Kristy Kubik, CLS  
Roberta Metzger, BHS  
Nathan Lewis, HCBS  
Brianna Davis, CLS  
Mary Harwood, BHS  
Lenore Martin, HCBS  
Aaron Williams, BHS  
Anna Kalusa, ERS  
Rebecca Leroy, BHS  
Tracy Snyder, IT

## Welcome September New Hires!

# WELCOME

Travis Cade, CLS  
Willy Chavanne, CLS  
Fuad Conteh, CLS  
Alberta Crawford, HCBS  
Jacquelyn Cruz, HCBS  
Jarom Ellis, BHS  
Hallas Ganiyu, CLS  
Christina Main, CLS  
Lynda McCree, CLS  
Tabitha Muraya, CLS  
Willie Sanders, CDS  
Ulrick Turner, BHS



## Health Tip's

### HEALTHY LIVING

Sleep, one of the most important things we can do for ourselves and our health is to get a restful night's sleep. Sleep needs vary with from person to person, but sleep experts recommend adults get seven to nine hours of sleep a night. A person needs to sleep without disruption, so if sleepiness is interfering with your ability to carry out your daily activities, you may need to more shut-eye.

Personal challenges, issues and concerns in a person's daily life may add to sleep deprivation. Remember Marc Center offers every employee access to an Employee Assistant Program by calling **1-877-757-7587**; employees who have United Healthcare benefits may contact Care 24 at **1-888-887-4114**. You don't have to go another night tossing and turning because you can't sleep.

### SHINGLES

Approximately 1 million people in the US each year develop shingles. If you are over the age of 50 you will have a 20%-30% chance of developing shingles. Shingles infection is caused by the reactivation of the virus that causes chickenpox and that virus remains in your body inactive until a flare-up occurs.

The symptoms of shingles are:

- Possible headache with sensitivity to light
- You may feel like you have the flu
- You may experience pain, itching, burning and a tingling sensation

As time goes on you may develop fluid-filled blisters, fever, chills abdominal discomfort. Only one side of the body is affected usually in the shape of a strip or band that extends around the torso or waist or down a leg; shingles may even appear on a person's face. Certain autoimmune diseases can increase your risk and certain medications.

The Center for Disease Control and Prevention now recommends the shingles vaccine for all adults age 60 and older. Talk to your doctor if you have any concerns.



### Marc Center TRP!

The winner for last month's TRP is...

Eric Lee

Thanks for all you do to help keep our Air Clean!

For more info about TRP

Go to:

[www.valleymetro.org](http://www.valleymetro.org)



***Anything is Possible When You Just Believe...***

On September 11, the Rotary Club of Prescott Valley (PV) held its 2<sup>nd</sup> Annual Savor the Flavour Fund Raising Event benefiting the D.A.R.E. Program of Prescott Valley, Horses with H.E.A.R.T. and the Trauma Intervention Program (T.I.P.). Marc Center was a major sponsor and I, as Club secretary and a member of the Club's Fund Raising Committee, feel as though I gave birth that evening! However, while I was giving birth, the real star of the evening was Jason Nance, a Marc Center special needs client. He was the face of our campaign as he is a D.A.R.E. Program graduate, has done equine therapy, and his mother is a T.I.P. volunteer. The following is an excerpt from Jason's speech that opened the evening's event.

*"Hello, my name is Jason Nance and I am 16 years old. ...There are many activities I enjoy doing. ...My favorite activities are riding motorcycles, playing baseball and hockey, taking walks, playing Wii, and watching movies.*

*I have a close family and we even live next door to my grandparents... My sister is in 6<sup>th</sup> grade at Mile High and I'm a sophomore at Chino Valley High School. I'm taking English, Spanish, and Home Ec. My favorite class is Spanish. I really like my teacher, Mr. Cruz.*

*Although I'm in a wheelchair, I can do anything you can do. It may take a little longer and I may have to try harder but I can do it! I get frustrated when people tell me that I can't do something because I'm in a wheelchair. But I am capable.*

*Someday I am going to be something incredible! Maybe I'll be a musician, or private investigator or even a radio talk show host. I have a great imagination and a lot of determination. I am not limited by my body. Anything is possible when you just believe..."*

There wasn't a dry eye in the banquet room when Jason finished his speech. I'm sure this contributed to the success of the fund raiser.

In reflection, remember when you meet someone with a disability, respond to them with equity and respect. Listen to them and do not take away their struggle by trying to make it all better but help them learn what they want to know so they can make a contribution to the community in their way. Don't work on them; work with them. Listen, support & follow. And remember, *"Anything is possible when you just believe..."*

*Note: Marc Center will be exhibiting and I will be presenting on Care Giving 101 at the Community Resource Fair, "Surviving & Thriving in Troubled Times", Saturday, October 24, 9am-4pm, @ The Church of Jesus Christ of Latter-Day Saints, Sandretto Drive, Prescott, AZ. The event is free to the public.*





Marc Center is an equal opportunity employer.

## Driving with a Clue

By Richard Broch

Have you ever observed a child approaching a piano keyboard? With enthusiastic joy he pounds on the keyboard, creating the prelude to a migraine for his audience. But at this stage that's the extent of his talent.

I used to teach piano lessons, and early in the process I stressed proper keyboard "touch". My students were instructed to caress, or "play" the keys rather than thud them. In other words, play the piano gently.

Now, what does playing a piano have to do with driving a vehicle?

Just this – some drivers drive in a "gentle" manner. Even before shifting into drive, they will let the engine warm up for 30 to 39 seconds (just like warming up with scales). Then this driver proceeds smoothly into traffic with no "herky-jerky" motions (proper fingering and hand position), no wrong notes (stupid mistakes), aims high in steering and gets the big picture (looks ahead on the music-chart – no surprises).

And then – there are some who drive like hungry cab-drivers, or NASCAR wannabe's, jackrabbit style, whose vehicles need constant tuning and brake jobs. This type of driver's "touch" is a heavy right foot.

So, vehicles will respond to drivers just as piano keys respond to fingers. Your driving style can either be smooth and gentle as a melodic composition, or similar to compounding compost.

A piano..... can be pounded upon, or played beautifully. A van .....can be driven by a virtuoso, or a jalopy-jockey..... Which one are you?

# Trivia

1. On October 11, 1975 "Saturday Night Live" debuted. Who was the first host?
2. In Disney's Fantasia, what was the Sorcerer's name?
3. Who was the first president to fly?
4. Who invented scissors?
5. Which Arizona senator set the record for the longest service in the United States Congress?

## Answers on the bottom

Safe drivers recognized!

Vince Zevecke from CLS is October's winner of the \$100 Safe Driver Award. Vince was chosen from a pool of drivers who had zero tickets, accidents, safety first violations, GPS or any other violations.

Congratulations Vince!



1. George Carlin
2. Yes!id (Disney spelled backwards)
3. On October 11, 1910 Teddy Roosevelt became the first president to fly. He soared through the air and waved at people... and vowed never to get on that horse again.
4. Leonardo Da Vinci
5. Carl Hayden