



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

As far as service goes, it can take the form of a million things. To do service, you don't have to be a doctor working in the slums for free, or become a social worker. Your position in life and what you do doesn't matter as much as how you do what you do.

~[Elisabeth Kubler-Ross](#)

Some people are so afraid to die that they never begin to live.

~[Henry Van Dyke](#)

Learn to get in touch with the silence within yourself, and know that everything in life has purpose. There are no mistakes, no coincidences, all events are blessings given to us to learn from.

[Elisabeth Kubler-Ross](#)

If you don't like something, change it. If you can't change it, change your attitude.

~[Maya Angelou](#)

September 17, 2009

Randy's Note

Just like you, I welcomed a recent cool morning. It seemed like the summer might not end, but here was that nice morning that hints at another beautiful Arizona fall.

So, as we begin to enjoy the weather, we face the sobering circumstance that confronts our state and nation: the state of the economy and the effect on the budgets of governments everywhere. As you know, we are at the stages of management where the next cuts will be really difficult and result in serious choices for all kinds of organizations and contractors providing services to Arizona's vulnerable citizens. To be clear, we simply have no other alternatives left; in other words, there are no other choices like the suspension of 401(k) match amounts left to implement. For now, this choice avoids reductions in pay or work furloughs.

I have asked, over the past year, that everyone try to take responsibility for managing Marc Center's costs; I renew the request. Needless to say, every dollar is precious.

As big as Marc Center is, it's a challenge to try and measure how negative my note should be. I don't know many of you on a personal basis; therefore, I don't have the benefit of a face to face explanation. Thus, I wonder, "should I continue to summarize the bad legislative news?" The continuing cuts? When will we be impacted by legislative actions? We hope not to face these circumstances, but the economy will be the decision maker.



After all of these thoughts, I think you all deserve my best professional judgment. Moreover, among all of this, we have managed pretty well. We often see opportunity where others see only defeat. There are small signs of economic recovery, but I also know that we will battle budget shortfalls for another two years. As I have said, "we will get through this together." I know this because Marc Center is blessed with dedicated employees who put the needs of others first.

Mesa United Way Campaign

Next month we are going to kick off our Mesa United Way Campaign. The campaign will start Monday October 5 thru Friday, October 9, 2009.

We will hold campaign meetings at various times. Meeting schedules will go as follows:

October 5 @ 924 Bldg. 10:00 am & 3:00 pm

October 7 @ Freestone Bldg 7:30 am

To express appreciation to all those who make a donation to Mesa United Way, a "Thank You" ice cream social will be held at the 924 Bldg. in Training Room #1 on Friday, October 9th from 4pm-6pm. During this event, there will be a for prizes for those who have donated to Mesa United Way. **New this year** -- For those of you who don't want to pledge a

monthly donation there will be an opportunity for you to have a family portrait taken for a one time donation to Mesa United Way. Bring your families and your smiles to the "Thank you" ice cream social. (Family portraits will also be available to those who have pledged a monthly donation.) More details to come. If you have any questions please feel free to contact Maria in HR. ext. 257

Lets help each other to ...

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August Employee Anniversaries



23 Years

Fran Foglesong, HRD

22 Years

William Anderson, ERS

18 years

Dennis Harvan, CDS
Adalesa Meek, BHS

17 Years

Barbara Beste, ERS

16 Years

Ventura Garcia, CLS

12 Years

Lori Annala, CDS

8 years

Kathryn Wilt, CSS
Sharon Wilt, CSS

7 Years

Rosemary Lopez, CLS
Bob McCormick, Support

6 Years

James Fella, ERS
Rene Gutierrez, CLS
Carol Jones, BHS

5 Years

Annice Howard, CSS
Gloria Turner-Murphy, CLS

4 Years

Anna Berry, CSS
Carl Richardson, BHS
Tracy Robinson, CLS

3 Years

Dominic Amoako, CLS
Melissa Benfield, CLS
Albert Molina, CDS

Taryn Quick, CSS
Marco Ronzi, BHS
Monica Taylor, CSS
Barbara Voss, ERS

2 Years

Audra D'Eliso, BHS
Lucille Gray, BHS
Kay Moore, EXEC.

1 Year

Ariel Ahlijah, CLS
Cassie Allen, BHS
Dora Carter, CSS
Robert Estrada, BHS
Lisa Larry, BHS
Louis McLaughrey, CLS
David Murdoch, ACCT
Charles Nderu, CLS
Angela Perez, BHS
Samantha Pittman-Melendez, CSS
Judy Tucker, BHS
Freda Yamoah, CLS

Welcome August New Hires!

- Stephanie Brook, CSS
- Lisa Foti, BHS
- Dominic Lopez, CSS
- Cassie Montoya, CDS
- Robert Snyder, Support
- Victoria Terrazas, CLS
- Mamta Bhargava, BHS
- Charles Cartwright, CSS
- Susan Jenkins, BHS
- Rosemarie George, CLS
- Donna McGraw, CLS
- Paul Newberry, BHS
- Richard Rockwell, CLS
- Keith Cureton, BHS
- Jody Baldwin, CDS
- Jemila Bryant, CLS
- Jason James, CLS
- Sondra Reed, CDS



Health Tip

Vaccination?

Immunization (vaccination) is a way to trigger your immune system and prevent serious, life-threatening diseases. Our bodies are designed to protect us from infections. When you are exposed to a virus or bacteria, your immune system actually learns from the experience. The next time your body is exposed to the same infection, your immune system often recognizes it and sets out to destroy it.

Immunization exposes you to a very small, very safe amount of the most important infections. This exposure helps your immune system recognize and attack the infection and prevent the disease it may cause. If you are exposed to the full-blown disease later in life, you will either not become infected or have a much milder infection. This is a natural way to deal with infectious diseases.

After immunizations were introduced on a wide scale, infections such as tetanus, diphtheria, mumps, measles, pertussis (whooping cough), and polio became rare. Newer immunization have also decreased certain types of meningitis, pneumonia, and ear infections in children.

Immunizations are not only for children. Each year the CDC posts recommended adult immunizations on their website. Go there to learn about tetanus booster shots, the flu shot, hepatitis A and B vaccines, the pneumococcal vaccine, MMR, and immunizations for chickenpox and meningitis.

References-American Academy of Pediatrics Committee on Infectious Diseases. Recommended immunization schedules for children and adolescents—United States, 2008. Pediatrics. 2008;121(1):219-220. Centers for Disease Control. Recommended immunization schedules for persons Aged 0–18 Years—United States, 2008. MMWR. 2007;56(51 and 52):Q1-Q4. Advisory Committee on Immunization Practices. Recommended adult immunization schedule: United States, October 2007–September 2008. Ann Intern Med. 2007;147(10):725-729.



Marc Center TRP!

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

Debbie Martin

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

For more info about TRP

Go to:

www.valleymetro.org

2009 H1N1 Vaccination Recommendations

With the new H1N1 virus continuing to cause illness, hospitalizations and deaths in the US during the normally flu-free summer months and some uncertainty about what the upcoming flu season might bring, CDC's Advisory Committee on Immunization Practices has taken an important step in preparations for a voluntary 2009 H1N1 vaccination effort to counter a possibly severe upcoming flu season. On July 29, ACIP met to consider who should receive 2009 H1N1 vaccine when it becomes available.



2009 H1N1 Vaccine

Every flu season has the potential to cause a lot of illness, doctor's visits, hospitalizations and deaths. CDC is concerned that the new H1N1 flu virus could result in a particularly severe 2009-2010 flu season. Vaccines are the best tool we have to prevent influenza. CDC hopes that people will start to go out and get vaccinated against seasonal influenza as soon as vaccines become available at their doctor's offices and in their communities (this may be as early as August for some). The seasonal flu vaccine is unlikely to provide protection against 2009 H1N1 influenza. However **a 2009 H1N1 vaccine is currently in production and may be ready for the public in the fall.** The 2009 H1N1 vaccine is not intended to replace the seasonal flu vaccine – it is intended to be used along-side seasonal flu vaccine.

CDC's Advisory Committee on Immunization Practices (ACIP), a panel made up of medical and public health experts, met July 29, 2009, to make recommendations on who should receive the new H1N1 vaccine when it becomes available. While some issues are still unknown, such as how severe the flu season, the ACIP considered several factors, including current disease patterns, populations most at-risk for severe illness based on current trends in illness, hospitalizations and deaths, how much vaccine is expected to be available, and the timing of vaccine availability.

The groups recommended to receive the 2009 H1N1 influenza vaccine include:

- Pregnant women** because they are at higher risk of complications and can potentially provide protection to infants who cannot be vaccinated;
- Household contacts and caregivers for children younger than 6 months of age** because younger infants are at higher risk of influenza-related complications and cannot be vaccinated. Vaccination of those in close contact with infants younger than 6 months old might help protect infants by "cocooning" them from the virus;
- Healthcare and emergency medical services personnel** because infections among healthcare workers have been reported and this can be a potential source of infection for vulnerable patients. Also, increased absenteeism in this population could reduce healthcare system capacity;
- All people from 6 months through 24 years of age**
 - Children from 6 months through 18 years of age** because cases of 2009 H1N1 influenza have been seen in children who are in close contact with each other in school and day care settings, which increases the likelihood of disease spread, and
 - Young adults 19 through 24 years of age** because many cases of 2009 H1N1 influenza have been seen in these healthy young adults and they often live, work, and study in close proximity, and they are a frequently mobile population; and,
- Persons aged 25 through 64 years who have health conditions associated with higher risk of medical complications from influenza.**

No shortage of 2009 H1N1 vaccine is expected, but vaccine availability and demand can be unpredictable and there is some possibility that initially, the vaccine will be available in limited quantities. So, the ACIP also made recommendations regarding which people within the groups listed above should be prioritized if the vaccine is initially available in extremely limited quantities. For more information see the CDC press release [CDC Advisors Make Recommendations for Use of Vaccine Against 2009 H1N1](#).

Once the demand for vaccine for the prioritized groups has been met at the local level, programs and providers should also begin vaccinating everyone from the ages of 25 through 64 years. Current studies indicate that the risk for infection among persons age 65 or older is less than the risk for younger age groups. However, once vaccine demand among younger age groups has been met, programs and providers should offer vaccination to people 65 or older.

Reference: <http://www.cdc.gov/h1n1flu/vaccination/acip.htm>



Marc Center is an equal opportunity employer.

TURN-ABOUT IS FAIR PLAY (AS LONG AS IT'S LEGAL)

By Richard Broch

When you are driving do you execute your turns legally? Really? It appears to me that over half the drivers I see turning are doing them illegally, and they could receive a moving violation for their efforts.

Check out what the law says =

ARIZONA STATE STATUTES – TITLE 28 – ARTICLE 8 – SECTION 751

Required Position and Method of Turning.

The driver of a vehicle intending to turn shall do as follows :

- (1) Right turns. Both the approach for a right turn and a right turn shall be made as close as practicable to the right-hand curb or edge of the roadway.
- (2) Left turns. The driver of a vehicle intending to turn left shall approach the turn in the extreme left-hand lane lawfully available to traffic moving in the direction of travel of the vehicle.

If practicable the driver shall make the left turn from the left of the center of the intersection and shall make the turn to the left lane immediately available for the driver's direction of traffic.

In other words, turn into the nearest lane, right lane to right lane, left lane to left lane. Then, when it is safe to do so, proceed with your turn signal on to the desired lane of travel.

As Marc Center drivers let's show them how to do it right (and legally).



Trivia

1. How many grooves are on the edge of a quarter?
2. Why is it called a "hamburger" when there is no ham in it?
3. The state of Tennessee is surrounded by 8 states. If you listed these states in alphabetical order, which would be the first three?
4. What are the two top candy-producing companies in this country?

Answers on the bottom

Flu Shots 2009

This Friday, September 18th, 2009, in the Human Resources department LaRue will be available to administer the seasonal flu shot from 8:30am-12pm. The cost is \$28 per person and may be deducted out of your paychecks by signing a Change of Status Form with Cindy. Please contact Cindy by e-mail or phone (ext. 213) to sign up. LaRue will not be able to accommodate walk-ins so please schedule your time.

In October LaRue is also scheduled October 14, 2009 from 8:30-12pm, this also for the seasonal flu shot.

Flu shots are also available at various other locations:

Walgreens	\$24.99
Costco	\$20.00

Or contact your PCP for a shot.

1. There are 119 grooves on the edge of a quarter.
2. The answer is really quite simple: because Hamburg, Germany made the first hamburgers.
3. ALABAMA / ARKANSAS / GEORGIA
4. HERSHEY'S; M&M/MARS