



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

February 2010

**PRESIDENT'S DAY WEEKEND
Feb. 13-15, 2010**

Randy's Note



Washington

Worry is the interest paid by those who borrow trouble.



Lincoln

Be sure to put your feet in the right place, then stand firm

As I am sure most of you are aware, the Arizona State Legislature has opened its session with primary emphasis on the budget shortfall. While some might say that the Governor's budget was intended to shock both the Legislature and the State's citizens, the reality is the State of Arizona is currently experiencing a \$3.5 billion deficit for next year and a \$1.6 billion deficit for the current fiscal year. Needless to say, the Governor may propose, but it is our Legislature that will "dispose". Stated differently, our representatives will control the future of services for the people we serve. This will happen with revenue enhancements, but also with additional cuts.



Along with our senior management team, I am reviewing everything we have done to control costs, including an overall assessment of additional management strategies. I want to thank all of you for what you have done to date to help us control costs. I further want to invite any additional suggestions you might have as we proceed with budget considerations for this upcoming year. Please know that I have taken to heart all suggestions received to date. It is noteworthy that many of our colleagues and sister organizations have not been able to maintain services without cuts in pay. To date we have achieved a balanced budget without reducing rates of pay or salaries to our employees.

As we proceed with our internal budget discussions, I must share with all of you that Marc Center has experienced an increase in thefts of both equipment and client funds. These losses are devastating to the trust we have earned among all of our employees, from our customers, and most importantly from the people and families we serve. If any of you have suggestions on how to control these internal thefts, please let me know as soon as possible.

I look forward to the day that we can begin sharing more positive and optimistic economic news. But for now, let me leave you with this thought...as a result of the commitment and dedication of our employees, we have doubled the number of persons served and expanded into new areas of services in a year that we experienced a 10% reduction to existing contract rates. This is unheard of in our industry and is a real tribute to our management staff and those of you who have worked tirelessly in advancing new program initiatives.

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February is...

- Black History Month
- American Heart Month
- National Cancer Prevention Month
- National Children's Dental Health Month
- AMD/Low Vision Awareness Month
- National Senior Independence Month

Java Junction Grand Opening



The scene at The Java Junction, the joint venture with TCH and Marc Center operating a Starbucks products coffee shop at Banner Corporate Center - Mesa.

Banner Mesa employees lined up to try the specialties of the Junction baristas. This initiative expands the job opportunities for the people receiving services both at TCH and Marc Center. The partnership intends to explore additional work related projects throughout Banner's system.

OPC Wins Award

Congratulations to Marc Center Behavioral Health Service's Outpatient Clinic for winning Magellan's 2009 Outcomes Leadership Award. The award was given to reward their remarkable participation in Magellan's two-year-old program which required counselors to input information into computers directly linked to Magellan. On January 12, 2010, several members of Magellan's top management team attended the award ceremony at the OPC. Among the presenters were: Dr. Rodgers Wilson, Chief Medical Officer with ADHS; Jeff Boldizar, Deputy CEO Maricopa-RBHA; and Joann Albright, SVP QI Outcomes and Research from Magellan.



Put On Your Walking Shoes

Are you ready to help increase the awareness of those in our community who suffer from mental illnesses? Would you like to get outdoors and get some fresh air and exercise while socializing with others who support the same cause? Then come join Team Marc on Sunday, March 28 in the NAMI Walks for the Mind of America 5k walk around Tempe Town Lake. Last year about 50 employees and clients of Marc Center participated. This non-competitive walk starts at 1:00 p.m. with sign-in beginning at Noon. This event is open to everyone, regardless of your fitness level. Many other organizations from around the Valley of the Sun will also be there. The money and awareness raised from this and other NAMI walks will support mental illness advocacy, research, education and support programs both locally and nationally.

If you are interested, fill out the registration form that was emailed to all employees by Team Marc's captain, Cheryl Anderson and return it to her through interoffice mail or put it in her box on floor M1 of Building #1 at the 924 Country Club campus. You can also contact Cheryl at (602) 550-0158.

See you there!



Health Tip

HEALTHY LIVING

Anger, happens to everyone, we can feel it at home, work, play, driving our vehicles; but how we deal with anger is important.

If we frequently lose our temper it can alienate others around us and contribute to health problems like high blood pressure. But we can take control of our anger by using the following tips:

- Count to 10, giving your body time to defuse.
- Take three or four deep breaths.
- Ask yourself "Will this really matter in a week or a month from now?"
- Walk it off until you calm down.
- Find a quiet place where you can think things through.
- Try soothing music or listen to an upbeat program.
- Laugh.
- Keep a log or write in a journal what is the real cause of your anger.
- Ask for help. Try counseling, meditation or lifestyle changes.

Only you can take control of your anger and your health.

9 Things to Teach Your Child

Raising children today is not the easiest task for any parent. We worry about their safety, yet we know we cannot be with them every hour of the day. Listed below are 9 safety tips to teach your child(ren):

1. Stop and look both ways before crossing a street and before stepping off the curb.
2. Never run into the street.
3. Never stand or walk between parked cars.
4. Always use crosswalks, but still look both ways.
5. Walk on the side of the street facing oncoming traffic.
6. Stay 10 feet away from the front of a bus or truck.
7. Teach traffic signs and traffic lights.
8. Teach children it is not safe to wear head phones. You can't hear anyone or anything approaching.
9. Don't accept a ride from someone without parent permission. Tell them to run away and scream "help" if a stranger approaches them and to tell you or someone as soon as it happens.

Employee Handbook Trivia Contest

How well do you know the information in Marc Center's employee handbook? Okay, so you haven't read it in a while. Well, it is time to pull it out again. For a chance to win two movie theater tickets, answer the following question:



Marc Center believes in a drug free workplace in order to ensure a safe, healthy and secure work environment for employees and consumers. According to the handbook when does Marc Center conduct drug screens? You must give the correct answer and page number of the handbook.

Email your answer to fran.foglesong@marccenter.com by noon on Friday, February 5. All correct entries will be entered into a drawing for the tickets. Good Luck.

CDS Employees Taking Control of Their Health

Fourteen of our Community Day Services staff from 924 Building 1 & CC's Place have joined together to encourage each other in losing weight, eating healthier, exercising and making good choices. At the beginning of the program they all weighed in at a combined 3,093 pounds. One week into their program the group has lost a total of 36 pounds. Way to go gang! Keep up the good work.



DRIVING WITH A CLUE



By Richard Broch

Have you ever noticed? There are a lot of myths in the world. Even though we live in a world of myths, it doesn't mean that we have to drive through mythical muddle.

Take the word "gore". Many people are named Gore. There are at least 12 – 15 places named Gore. Don't forget the Dutch rock band named Gore, formed in 1986. Sometimes folks use the term "gore" when sewing. And then there's the "gore zone".

The gore zone (sometimes referred to as gore area) is a location where one or more lanes of the road diverge away from the previous direction of travel. It's the triangular area of pavement between the main free-way lanes and where an exit or entrance ramp exists. This area is plainly marked with solidly painted white lines forming a tapered triangle of territory called the "gore zone". It is a moving violation to park in, or drive across any part of the gore zone (Az. Statutes, Title 28-644). Stiff fine + 3 points.

For years people have been saying and believing this area is named for a D.P.S. officer named Gore who was hit and killed by a motorist while he was operating in said area. THIS IS A MYTH! It is a completely made-up story by an unknown source.

So where does the gore area get its name? Webster says, "gore – a tapering or triangular piece of cloth or metal used in fabrication". And then again, maybe it is named for a Dutch rock band.

SAFETY MASCOT CONTEST WINNER



Fran Foglesong and Dominic Cota

Ladies and Gentlemen, we have a winner! Dominic Cota, an employee who recently joined Marc Center in the Discovery Program, submitted the winning entry in the contest run by the Human Resources Department to find a safety mascot. The name "**MarcUs**", which is meant to represent that it takes all of "Us" at "Marc" Center to ensure the safety of clients and staff, was the overwhelming choice, beating out 18 other entries. The description of MarcUs, as provided by Dominic, is now in the hands of the Graphic Arts Department at FCS. For his efforts, Dominic received a \$50 gift card.

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SAFE DRIVER AWARD



CONGRATULATIONS to Lisa Kelly from CLS for winning the Safe Driver Award for December 2009. Lisa was presented a \$100 gift card for safely transporting clients. Lisa's name was drawn from a pool of about 400 authorized Marc Center drivers who qualified for the month of December.



Lisa Kelly and Richard Broch.

February Employee Anniversaries

34 Years Randy Gray
19 Years Michael Clemons
17 Years Theresa Triplett
14 Years Angela Marshall
13 Years Lisa Calhoun
 Linda Minniear
12 Years Carmen Hernandez
11 Years Nathan Hazlett
10 Years Tycene Thornton
8 Years Norm Duve
 Mariann Wheeler
6 Years Catherine Walls
 Eliud Wangusi
 Jeannine Weindorf
5 Years Ernest Balcon
 Rhonda Ganiyu
 Patricia Obar
 Pamela Sperling
4 Years Sara Calvert
 Stacy Eggsware
 Donna Suarez

3 Years Donna Berkseth
 Kelly Calvert
 Delorce Hendrix
 Tawna Posegate
 Tizzie Saxon
 Marlene Thomas
2 Years Angela Pierson
 Ana Taufa
 Flor Valenzuela
1 Year Amanda April
 Gibson Darko
 Karla Juarez
 Sherri Kartchner
 Omar Mayen
 Renay Radley
 Rebekah Tompert
 LaTisha Williams

January New Hires

Accounting
 Debra Maloney
BHS
 Jeanine Burke
 Verneice Starling
 Donna Walker
HCBS
 Jennifer Chiren
Advocates for the Disabled
 Gwyneth Cowger
 Donna Crews
 Kenneth Evans
 Lindsey FitzGibbons
 Christopher Foris
 Diane Stithem
 Geri Swainston
Hope Network
 Mahad Adan
 Mandy Driscoll
 Traci McAllum
 Katrina Ulrich
 Richard Young
First Choice Services
 Joseph Nieves

Welcome!



Employee Recognition



Back row (from left): John Moore, Kelly Flinn (5 years), Chris Osborn (5 years). Front row: Christina Dugi (5 years), Pamela Nelson (20 years).

