



- 2 - Groundhog Day
- 14 - Valentines Day
- 21 - Holiday - President's Day

- National Black History Month
- National Cancer Prevention Month
- American Heart Month
- AMD/Low Vision Awareness Month
- National Wise Health Consumer Month
- Pull Your Sofa Off the Wall Month
- Return Shopping Carts to the Supermarket Month
- Spunky Old Broads Month

Randy's Note



Happy Valentine's Day! February in Arizona brings the first hints of spring, and, of course, spring training baseball. These reminders of seasonal renewal and ritual cause me to think about the efforts around Marc Center to bring renewal and opportunity, as our mission directs, to literally thousands of people every year.

Isn't that part of Mother Nature's message to us every spring: here is another season of hope and growth? Along with taking the time to enjoy the weather, it's an opportunity to take a moment to consider whether we approach our jobs with a sense that we add to the overall hope and growth arithmetic. From my perspective, we work in a service area where these concepts must inform even the smallest details of our everyday activity. I try to ask myself nearly every day: did I listen well? Think carefully? Encourage another?

If we didn't believe in the human capacity for change, working at Marc Center would be a dreary assignment indeed. Help contribute as a change agent at Marc Center. Thanks!

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

United Way Campaign a Success



Marc Center has completed a successful United Way Campaign and would like to thank everyone who donated towards this special event. Marc Center employees give from their hearts to United Way to help others in need and that is not easy

during this economy. Once the campaign ended a drawing was held. The winners of the drawings were Monique Ekrisson (CLS), Eric Masters (BHS), Richard Broch (HR), Mark Tompert (Facilities), Bernice Duran (CDS), Joyce Randolph (Accounting) and Brian Underwood (IT).

The following employees assisted with the campaign and represented their departments: Joy Mullins (ERS), Vicki Portillo (Accounting), Sheila Davis (CLS), Cory

Niemeier (BHS), Cheryl Anderson (BHS), Tina Feeney (OPC), Lori Annala (CDS), Donna Boyce (IT) and Mark Tompert (ProMarc). Thank you for your dedication to this important event.



CSS Prescott

Heroes...

We read about the policeman who rescued a mother and child from a vehicle in the river. He's a hero. And what about the woman who stopped traffic to rescue a wounded dog? She was a hero to the dog and its owner. But these individuals don't consider themselves heroes. They do what they do because it is the right thing to do.

Sometimes a hero is found in a most unusual place. As non-medical, in-home caregivers, our staff realize that they are invading the privacy of our consumers when providing services. Consumers also understand, but may not like that they need assistance with activities of daily living and a caregiver to help them. However, as the consumer and the staff get to know one another better, their caregiving relationship evolves. The consumer comes to trust and depend on the caregiver and

looks forward to the companionship the relationship brings. And the staff take great pride in making a *real* difference in someone's life

Recently, a staff member was working with a consumer in her early 90s. She uses a walker for mobility, but her mind is sharp as a tack. This staff member is new to the caregiving field, but she really enjoys working with this consumer. At about 10:00 a.m. one morning, the staff member was assisting the consumer with her morning bath. After washing the consumer's hair and giving her some privacy, staff member told the consumer she wasn't feeling well and would be right back. Then, "kaboom"! The staff member passed out and landed head-first on the bathroom floor. No one else was at home. The consumer jumped into action. She managed to get out of the tub and push her *LifeAlert*

button, which was on the bathroom sink. She explained that her caregiver had passed out and was lying on the bathroom floor. *LifeAlert* called 9-1-1 and alerted the consumer's daughter. When the daughter arrived, the staff member had come to and was sitting at the dining room table. Our consumer was still in the bathroom waiting for assistance to get dressed. Paramedics subsequently arrived, treated the staff and transported her to the hospital.

What is the morale of this story? Don't let anyone tell you that just because you get older, you can't be a hero. This consumer became the caregiver. Now that is a real hero! All of us at Marc Center want to give a **Shout Out** to our consumer extraordinaire for her quick thinking and super hero action!

~ Dora Carter, CSSPC/Prescott

OPC

We are all very sad about the fact that one of our counselors, Alice Brangan, left us the end of January. But, we are happy for the reason she is leaving - she will be having a little bundle of joy. We wish Alice and her new baby all the best!!!!

~ Tina Feeney

IT Department

The IT Department would like to remind all Marc Center employees that the launching of SharePoint is on the horizon and it will eventually affect employees in every department. In the next month or so, they will be implementing a new scheduling feature for all of the group homes, HR Training and TecMarc Training. **It is imperative** that you take this initial training to learn some SharePoint basics.

Classes will be held at the TecMarc Technical Training Institute at 737 W. Guadalupe Rd. in Mesa. A class calendar was emailed to all employees.

To sign up for a class or if you find that none of the available times will work for you, call 480-222-3201 or send an email to training.institute@marccenter.com.

MarcUs Says...

If you see a spill on the floor, take a moment to wipe it up. It only takes a few seconds and it could prevent a consumer, co-worker or visitor from slipping, falling and injuring themselves.



HR Report

Last week, Marc Center had another in its series of quarterly training days for supervisors. The event was well attended and participants were given valuable training and teamwork exercises to assist them with their jobs. As part of the training, we received feedback that employees would like to be able to connect more often in a non-work setting. Years ago, when Marc Center was much smaller (and we all saw each other more often), there were frequent opportunities for off-work activities, such as bowling leagues, softball/kickball teams, hiking/biking/fitness clubs or participation in various charity events, etc. We would love to be able to help employees connect and plan these types of off-site events. But we need your input!

Presently, we are planning to participate in the annual NAMI Walk on March 27th. Cheryl Anderson is coordinating this event and would love to have many people show up and show Marc Center's support for this important organization. We would also like to know if anyone is interested in participating in the annual "Climb the Mountain, Conquer Cancer" event scheduled for February 26, 2011.

Also, the East Villages will soon begin working with our consumers on creating and maintaining a garden. If you are interested in participating, contact the HR Department or Olga Placencio at the East Village. If you have any further ideas on employee clubs or outreach opportunities, please let the HR Department know and we will communicate it to everyone.

Also, I want to thank all of our employees who are enrolled in our Medical Benefits program for completing the Health Risk Assessment survey from United Health Care. By doing this, we are able to plan where we need to target our resources regarding employee health and wellness programs. The confidential information that was provided will allow the wellness professionals from United Health Care to plan future wellness events and training for all of our employees regarding stress reduction, physical fitness, smoking cessation, lowering blood pressure and cholesterol, as well as provide education about diabetes and kidney disease. If you took the Health Risk Assessment, you should have received your \$75 gift card, if not please let us know and we will contact UHC to ensure it gets to you.

But, did you know that you can receive even more money from UHC? If you sign on to your Myuhc.com and go the Health Assessment tab, you can enroll in an online training program to assist you with any health issues that you may have. Visit the website each week for 5 weeks and take the informative online training. Upon completion of this training, you will receive an additional \$25 gift card. Once you complete this training, you will be given an option to sign up for the Wellness Coaching program. This program will connect you with a live wellness counselor via the telephone and, over the course of 3 to 6 months, you will receive further coaching and instruction to meet your wellness goals. When you complete this telephone coaching program, you will receive an additional \$75 gift card!

Look for future wellness activities and education in the coming months, and thank you again for all your support!

TRP



Mary Ann Harwood of CLS was the winner of \$30 in November's Trip Reduction Plan drawing.

To qualify for the drawing, you must use an alternate form of transportation to/from work, such as carpooling, riding the bus, cycling and telecommuting. Then, fill in the entry

form by the end of the month and submit it to Janelle at the front desk in Building #1 at the 924 location.

Congratulations, Mary Ann, and thanks for helping to keep our air clean.

Safe Driver Award

The winner of the Safe Driver Award for the month of December was Carmen Hernandez of CLS. As the winner of this random drawing of all qualified Marc Center drivers, Carmen won a \$100 gift card.

Keep up the great work, Carmen!



HEALTHY LIVING

Weight management. Yes, weight - that ugly word gets even uglier when you step on the scale and you watch the numbers go up and up.

There are some secrets to losing weight. The tips that are listed below can be done by anyone. Remember, you can start with little steps and move up to bigger steps.

1. Eat breakfast. Eating a healthy breakfast will set you up to make healthier food choices throughout the day and will keep you from overeating at lunch.
2. Cut out 10 hours per week of watching TV. Between watching TV and surfing on the Internet, the average adult logs in almost five hours of screen time per day. Instead, replace this time with a hobby, light housework, take a walk or put on a walking video. In the movie Madagascar, there was a saying, "move it, move it, move it".
3. Get 60 minutes of exercise every day. I can hear you groaning, but that's one television drama. You can park your car further away from your destination and walk briskly, take the stairs instead of the elevator, ready your yard for spring so you can plant flowers (better yet plant a tree). Does your dog or a loved one like to walk, hike, bike? If so, do it together. Or you could go to the park and play like a little kid again (but you can't kick sand at other people).
4. Weigh yourself at least once a week. Stepping on the scale can provide you with a reality check and strengthen your resolve to lose those pounds. Just think - you may be able to zip up your favorite pants, people will notice you and compliment your weight loss or you might be able to bend over and touch your toes, if you wanted to.

Check out WebMD.com or myuhc.com for great recipes and exercises.

Remember little steps lead to bigger steps.

Good luck and remember to "move it, move it, move it".

(Do you have a great low calorie recipe you would like to share? Send your recipe to Lisa Wrobel for the next newsletter.)

See you next month and remember: be careful, watch where you are going, see your doctor for your yearly physical, be kind to others and enjoy life to it's fullest. Better yet, start your bucket list. More about that later.

ALLERGY SEASON

ACHOOO!!!!

Are you starting to sneeze? Does your head feels like it will explode? Is your nose dripping? Are you coughing? Are your eyes watery? It's allergy time and many of us will become susceptible to pollen. This winter, Arizona experienced significant rainfall, which will provide Arizonians with beautiful flowers in the desert. But, it will also bring us those pesky weeds. Here are some tips on how you might breathe easier.

- Drink plenty of fluids, which will keep your body hydrated and water-down the mucus.
- Use a humidifier.
- Steam your sinuses in a hot shower or drape a towel over your head and breathe in the steam of the hot water (not boiling water). Some doctors recommend a Netti Pot that is available at all drug stores.
- Ask your friendly pharmacist what he/she would recommend and discuss any medications that might interfere with over-the-counter products.
- Try a nasal saline spray. But, be cautious. Nasal sprays, such as Afrin, can cause you to become dependent if used for a long period of time.

Don't forget to buy Kleenex. You will need a good-sized box.

Take care of yourself, and stay healthy and safe.

DRIVING WITH A CLUE

By Richard Broch

Do you remember in comic strips and comic books that whenever one of the characters had an idea, the author would show a little light-bulb coming on in his head?

Well, I'd like to see a little light-bulb come on in a driver's head during dawn and dusk times to remind this person to turn their headlights on for safety .

So the driver says, "Duh, I can see alright", even though it's kinda dark as pitch out there (you know, "pitch dark"). Evidently, this driver is like Mr. Magoo, who, if you remember, was a little short of 20-20 vision and didn't seem to realize that fact.

Hello driver! How about other drivers being able to see **you??!**

Maybe that's it... this person wants to be like a U-2 spy plane, y'know a stealth bomber or something that is undetected. Undetected, which

should be corrected, before being wreck-ted.

Possibly this person might be trying to be green in time of blackness. Sure that could be it – save on the car battery, keep it in service longer, not to mention the headlights. Of course, when this vehicle gets smacked, none of that stuff will probably ever have to work again anyway.

Alright, bottom line... if this dweeb driving dimly in the darkness is difficult to discern to other motorists, it'll probably be an innocent person involved in a collision contact. **THAT'S WHAT I'M TALKING ABOUT.**

Remember: during those grayish/blackish times, like a light-bulb in your mind, turn on your lights.



Shout Outs!

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.

NANCY THOMAS

"For her fantastic personality. She is always there if you need help, she works hard and tells me what I need to know."

~Paula Martinez

PAT GILBERT

MARK TOMPERT

CHERYL ANDERSON

DR. MIKE FRAN CZAK

"Our building has been victimized numerous times from robberies. The team has supported us and worked with us on making our area a safer place for staff and members."

~Jenny Brittain

MELISSA ALVARADO

SARAH CALVERT

MICHELLE HARRINGTON

"For all their help with getting things ready for the Pathways conference."

~Cheryl Calvert

MARK WILSON

TIFFANY JAMES

MIKE AWWAD

LOURDES NEGRETTE

KERRY MITCHELL

JAMES DAVIS

"Despite having very limited resources for completing their jobs, they work diligently and in a positive manner to keep program rolling as scheduled. They not only make each day successful, but stay caught up on their documentation. They all work very hard and the teamwork displayed on a regular basis is inspiring. GREAT JOB TEAM!"

~Jenny Brittain

JANELLE VOLLERTSEN

"For all the wonderful tea and packages she sends our way."

~Joshua Martin

KATHY WILLIAMS

"She goes far above and beyond her job description on a daily basis. She recently took the time to help a member get all his documentation necessary for a State ID and then took him down to the DMV to get his very first ID in Arizona. He is so excited and is opening a bank account with all the money he has saved from the Village work program. People like Kathy are what makes Marc Center such a unique and successful company!"

~Jenny Brittain

LORI ANNALA

"Thank you, Lori, for making it so easy to talk to you. I know I can always come to you, no matter what it is about."

~Sarah Hilger

MARIE DONNAT

"For always being so helpful in every situation. I love you, Marie."

~Wendee Ray

CHRIS OSBORN

"For being willing to step up and help out at any given time with doctors appointments and anything extra that needs to be done at the group home. Thank you for all of your hard work."

~Theresa Triplett

TINA FEENEY

"For being so understanding!"

~Keira Fraley

BHS DEPARTMENT

HR DEPARTMENT

ACCOUNTING DEPARTMENT

IT DEPARTMENT

"I'm a returning employee of Marc Center. I left in 2009 for an agency in AJ that had difficulties when the budget cuts came. I happened to mention this to another employee of Marc Center, who then called me to let me know that Steve Hilger of BHS had told him to tell me to call. Without waiting for me to call, he told Karla Juarez to call me. I'm now back with Marc Center and feel like I'm home again. I'm getting weepy just thinking about this. I have never felt so loved and wanted as when I returned to Marc. My shout out is to all in BHS, HR, Accounting and IT. If I were to name all the people that made me feel so welcome, it would take up a whole page!!! I'm so very proud to be able to say I work for Marc Center again. Thanks to all those friends of mine that made me feel like I've come home!"

~Estela Martinez

AMBER MARINO

"For all of her help."

~Keira Fraley

DAVID ALDRIDGE

"For being such a wonderful helper. Thank you."

~Wendee Ray

KENDRA PARRA

"Thank you so much for your help every morning. You are always on top of things and helping others."

~Jade Chen

Shout Outs!

MARC CENTER'S DRIVERS

"To Marc Center's authorized drivers who are demonstrating excellent defensive driving skills."

~ Richard Broch

KYLE MISALEK

MIKE CLEMONS

TINO MACIAS

WADE BURNS

BIG JOHN

"Special THANKS to all of you for coming forward and caring to help me out under my circumstances. It's good to know I have good friends like you and it meant a lot to me."

~ Shannon Fisk

THE FRITO TEAM

"A special GREAT BIG shout out to the Frito Team, Community Housing and Special Assistance Program!"

~ Katherine Hughes-Cheney

CHERYL ANDERSON

And Her Wonderful Staff

"In a time of need for one of our individuals with developmental disabilities, they were prompt in their response for shoes and socks. The individual is so thrilled with his new shoes he ran into the main gathering room and quickly showed them off. I'll bet it has been years since he has had shoes that fit him that were new. They made his day, week and likely his year."

~ Kay Moore

MARILYN HECKMAN

"For her warm smile, hugs and her way of making everyone feel special while multi-tasking and completing innumerable tasks. WOW!"

~ Alice Williams

KELLY CALVERT

"For all of her help."

~Keira Fraley

924 STAFF WHO BACK IN

"A high five to 924 personnel who back their vehicles into parking places when parking."

~ Richard Broch

ANGELA FANUCCHI

GARY LENZO

JENNIFER BRITTAIN

OLGA PLACENCIO

DEREK FINLAYSON

"It is such a pleasure and honor to work with you. Thank you for everything that you do."

~ Cheryl Anderson

CHERYL ANDERSON

DR. MICHAEL FRAN CZAK

"For allowing me to participate in the Pathways conference."

~ Cheryl Calvert

Spot Awards



Sam Henry (center). "For helping out the Hope Network, assisting and being flexible with the truck."

Pictured with Derek Finlayson (right) and Gary Lenzo.



Billy Ludwick (left). "Thank you so much for all of your work with putting the survey results into a format we could understand."

~ Cheryl Anderson



Olga Placencio (left). "Thank you so very much for welcoming the new staff and making them feel welcome and giving them the tools to be successful."

~ Cheryl Anderson



Cheryl Calvert (left) and Michelle Harrington (right). "Thank you so very much for all of the organizing and creating that you did for Dr. Sam's conference. It was Amazing."

~ Cheryl Anderson

Save the Date

NAMI Walk

Dust off your walking shoes. It is time once again for the annual NAMI Valley walk. The NAMI walk is a 5k walk around Tempe Town Lake that is designed to raise awareness of mental illness issues. It will be held Sunday, March 27 at 1:00 p.m.

Marc Center would like you to join our team of walkers in this fun-filled event. You don't have to be fast or in shape. You just have to have a desire to enjoy some fresh air, good company and great music. There is no cost to enter this walk and it is open to all staff, consumers and family members.

To join our team, go to nami.org/namiwalks11/ARZ/TeamMarc.

We hope to see you there.

MY Fest

Everyone is invited to attend the 4th Annual MY Fest on Saturday, April 23 at Tempe Beach Park. MY Fest is planned and sponsored by MY LIFE (Magellan Youth Leaders Inspiring Future Empowerment). It will feature live music, a best break dancing crew competition, entertainers, artists, food, youth groups and a variety of youth- and family-based Valley organizations offering information, resources and services

For more information, send an email to:

angela.fanucchi@marccenter.com

or

Cheryl.anderson@marccenter.com

Don't miss the fun. Make your plans today.

January Employee Anniversaries

January New Hires

21 Years Pamela Nelson (CLS)

15 Years Carol McCullough (CSS)

14 Years Charmaine Ewers (CDS)

Patricia Harris (CLS)

Jaye Rowe (BHS)

12 Years John Sibley (CLS)

9 Years Thomas Chatham (ERS)

Christopher Foris (BHS)

8 Years Wade Burns (CLS)

6 Years Elvia Dugi (CLS)

Kelly Finn (BHS)

Roseanna Mitchell (ERS)

5 Years Roberto Bernal (BHS)

David Noe (CLS)

Kathi Schad (CLS)

4 Years Michael Evans (BHS)

Sammie Henry (ERS)

Gloria Lewis (CLS)

Nicole O'Neal (BHS)

Klaire White (ERS)

3 Years Donna Boyce (Support)

Melani Longoni (CSS)

Anthony Moss (CLS)

Josephine Soto (CDS)

Michelle Vasquez (CSS)

2 Years Joey Hermann (CLS)

Billy Ludwick (BHS)

Sharon Sullivan (CSS)

Richard Williams (BHS)

1 Year Maria Arredondo (BHS)

Jennifer Chiren (CSS)

Ruth Farr (CSS)

Rosenni Hester (CSS)

Rosalind Knowles (BHS)

Debra Maloney (Support)

Traci McAllum (BHS)

Lucille Sarvis (CSS)

Verneice Starling (BHS)

Katrina Ulrich (BHS)

Accounting Kenny Devous

BHS Mohamed Conteh

Adriana Cowan

Jerome Davis

Tammy Mortlock

Stephen Westover

BHS/AFD Diamond Ramero-Lozano

CSS Rhiannon Dachtler

ERS Michael Stone

ProMarc Emily McKenney

Jon Young

There's a quote among prospectors:
"Go out looking for one thing and that's all
you'll find".
~ Robert Flaherty

CELEBRATING DIVERSITY

One great thing about working at Marc Center is the diversity of its staff. There is a wide variety of nationalities, races, religious preferences and backgrounds. We invite you to share some of your traditions with your co-workers. Celebrating a cultural tradition with others is a good way to bring understanding and tolerance to the workplace.

If you have something you would like to share, feel free to send an article, photos, etc. to lisa.wrobel@marccenter.com so that it can be put in this newsletter.



EL DIA de LOS REYES



A Rosca de Reyes was shared this year with staff from different departments and information on this Mexican tradition was provided by Adalesa Meek.

After New Year's Day, families throughout Latin America have a very special date to celebrate. On January 6, many people celebrate **El Día De Reyes**, or Epiphany, remembering the day when the Three Wise Men from Persia (Iran) followed the star to Bethlehem, arrived bearing their gifts of gold, frankincense and myrrh for the Baby Jesus. Celebrated, in Germany, Belgium, France, Italy and throughout the Spanish-speaking world, here is how it is celebrated in Mexico.

The Reyes Magos In La Alameda. A couple of days earlier, the children write their letters to the Wise Men, or to their favorite **Rey Mago**: Melchor, Gaspar or Baltazar, asking for the presents they would like to receive.

During the evenings before the celebration on January 6, families in Mexico City go to the **Alameda**, a beautiful park downtown that dates back to the Colonial era. There, every year, hundreds of stands are placed with food, toys and best of all, sets, where the children can have their picture taken with the Three Kings of the Orient.

Hundreds of multicolored balloons, filled with helium, are sold during the season, so the little ones can attach their letters to them and have them fly up to the sky, carrying all their wishes with them. If they forgot their letters at home, there is no need to worry; there are also salesmen that offer writing paper and envelopes specially designed for the occasion and addressed to the **Reyes Magos**.

This lovely tradition of going to the **Alameda** park is passed on from one generation to another. Many people have a photograph of themselves along with the **Reyes Magos**, much like a photo with Santa.

La Víspera de Reyes (the Eve of Three Kings Day) **January 5.** On the night, of January 5, the figurines of the Three Wise Men are added to the nativity scene. Before going to bed the children place their old shoes under their bed or in the living room, where the Wise Men will leave them their presents. Some also place outside the house, some hay and a bucket with water for the animals, and even some cookies and milk for Melchor, Gaspar and Baltazar.

EL DIA DE REYES - January 6. As soon as the children wake up, which is earlier than any other day, they run to see the gifts that the Three Magi left for them. Happiness overflows every Mexican home.

The children spend the day playing and admiring each other's presents, sharing them with friends, talking about how they were able to hear or see the **Reyes Magos** when they arrived at their home, how one of them heard the camel's footsteps, how the other saw a shining crown in the dark night!

Rosca de Reyes. People go to the markets and stores to get the needed ingredients to prepare the feast. Bakeries offer the **Rosca de Reyes**, an oval sweetbread decorated with candied fruit.

The **Merienda de Reyes** is truly a multicultural event. The Spaniards brought the tradition of celebrating the Epiphany and sharing the **Rosca** to the New World. The **Rosca** is served along with **Tamales** made of corn, which was the most important food from the Americas, and hot chocolate. Chocolate is also a gift from the native peoples of the New World.

Hidden inside this delicious **Rosca**, a plastic figurine of the Baby Jesus. The Baby is hidden because it symbolizes the need to find a secure place where Jesus could be born, a place where King Herod would not find Him. Each person cuts a slice of the **Rosca**. The knife symbolizes the danger of Herod's men searching for the baby Jesus.

One by one the guests carefully inspect their slice, hoping they didn't get the figurine. While the figurine is a sign of good luck and prosperity, whoever gets the baby is supposed to be the host, and invite everyone present to a new celebration on February 2, **Candelaria**, or Candlemass Day.



FINALLY HOME

The Arizona Foundation for Behavioral Health, a Phoenix-based foundation dedicated to the support and enhancement of behavioral health services in Arizona, has joined in partnership with the Marc Center of Mesa's Hope Network team, the Arizona Behavioral Health Corporation (ABC), and the Church of Jesus Christ of Latter Day Saints to launch the *Finally Home* campaign. The *Finally Home* campaign provides a start-up box of basic household supplies for formerly homeless individuals that have been diagnosed with a mental health disability. In addition to the start-up box, efforts are underway to supply furniture, personal care items, and cleaning products.

Julie Gray, the local LDS Ward representative for this partnership, explained, "I was asked to identify a service project that would help my community. The *Finally Home* campaign provides a valuable service and we're already beginning to collect these essential items."

Annually ABC, a Phoenix-based non-profit housing agency, serves about 250 new homeless individuals. Ted Williams, CEO for ABC, stated, "Many of the homeless have been on the street for over two years and do not have the basics for a household such as dishes, pots or towels. We know that housing provides the basis for ongoing recovery and helps provide stability for our consumers."

"I am delighted that the local LDS community sought ways to work with non-profit agencies to respond to the needs of our community", noted Randy Gray, CEO of Marc Center. "When public funding for such start-up boxes was eliminated, we were facing the situation that people might be housed but not have even the basics for their apartment."

Future efforts to coordinate with the faith community or other service or civic organizations are in the planning stages. Eddie Sissons, Executive Director of the Foundation observed, "We hope this is the first of many joint projects in the coming months." "It is essential and *Finally Home* can mean so much to the individual consumer. I hope other groups will reach out and join our *Finally Home* campaign."



Pictured (from left) are: Dr. Michael Franczak, Gary Lenzo, Derek Finlayson, Julie Gray, Eddie Sissons, Cheryl Anderson and Ted Williams.

CDS Wish List

The CDS day programs have created a wish list of items they need to enhance their programs. Below are the items that are needed and the contact information for the programs requesting the items.

Freestone

(For their reading program and recycling/nature education program.)

★ Bean bags ★ Bookshelves ★ Books ★ Magazines ★ Pots for plants ★ Plant cuttings ★ Movies ★ Faux trees ★ Throw pillows

Contact Alice at alice.williams@marccenter.com

924 - Building #1

★ Lion King DVD ★ Small glass jars ★ Shoeboxes for Valentine's Day project

Contact Marilyn at marilyn.heckman@marccenter.com

Weight Loss Group

As of January 4th, the group involved in the CDS-sponsored weight-loss program has lost a combined total of 51 pounds. These 13 staff members continue to encourage and support each other in their efforts to become fitter and healthier. Everyone involved is faithful to weighing in each week. They are still working on some ideas that will help them continue their journey together.

If you are looking to drop a few (or a lot) of pounds and feel that a supportive environment might benefit you, contact Marilyn at the 924 location (extension 201) or email her at marilyn.heckman@marccenter.com. The group is open to all staff in all departments.

CLASSIFIED ADS

ROOM FOR RENT

ROOM FOR RENT \$375 per month. Available February 1, 2011. No deposits required. For more information call Ina at 480-330-6641 (cell) or 480-830-5966 (home).

Available ProMarc Rental Properties

HOT SHEET

WEEK OF 1/30/11 through 2/5/11



409 S. WILLIAMS, MESA, 85204 PROPERTIES (1) AVAILABLE UNIT

	<u>Square feet</u>	<u>Available</u>	<u>Rent</u>
2BD/1 BA	860	1/24/2011	\$595.00

418 S. HALL, MESA, 85204 PROPERTIES (1) AVAILABLE UNIT

2BD/1 BA	860	2/1/2011	\$595.00
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2240 E. BROADWAY, MESA, 85204 PROPERTIES (1) AVAILABLE UNIT

		<u>INCOME LIMITS - \$23,000 TO \$32,000 (HUD) IMPACTED AREA</u>	
2BD/ 1½ BA	800	10/8/2010	\$600.00

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

		<u>INCOME LIMITS - \$23,000 TO \$32,000 (HUD) IMPACTED AREA</u>	
2BD/ 1½ BA	800	10/8/2010	\$600.00

8800 N. 107TH AVE., PEORIA, 85345 PROPERTIES (1) AVAILABLE CONDO

	950	2/1/2011	\$839.85
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