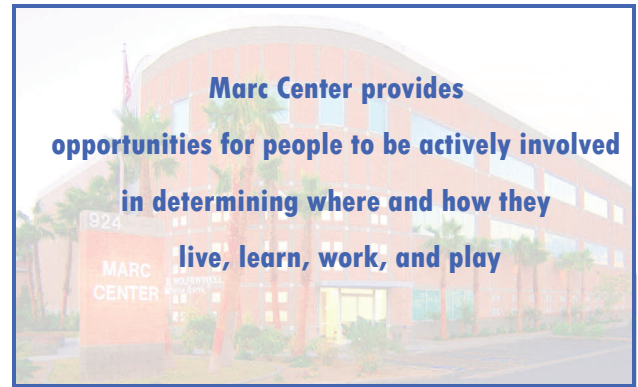




January 2010



**Did You Know?...**

January is named after the Roman god Janus, who was always shown as having two heads. He looked back to the last year and forward to the new one. The Roman New Year festival was called the *Calends*, and people decorated their homes and gave each other gifts.

**Randy's Note**

This is the time of year that we all make New Year resolutions. Mine is to impact state and government financing of our programs to ensure continuity and service delivery, and the preservation of our dedicated staff.

Yes, even after more than three decades of close observation and experience in the process of understanding Arizona government, this upcoming year will be challenging. My challenge is to be well versed in Arizona's obligations to beneficiaries of federal entitlement programs, and how and whether the State can cut these programs. Obviously, all of us are concerned about proposed legislative cuts and how they might impact on the people we serve. With the assistance of all of you, I also intend to identify more efficient means to provide our services without compromising quality.

What is clear to me is that merely continuing to cut rates and programs will result in a disaster at a point of no return.

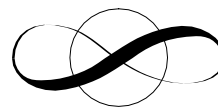
I look to all of you to help us preserve quality and enhance efficiency during this economic downturn. Clearly, there is a point at which Marc Center will have to cut services and programs, contingent upon state budget reductions. We owe it to our founding families not to engage in global mediocrity. Stated differently, we cannot be all things to all people.



Most of us will make New Year resolutions. There are many tough challenges ahead of us in 2010 and I predict these challenges will continue for another two years. I will do my part to lessen the impact. Will you help me with a New Year's resolution that resolves to preserve Marc Center's programs?

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**Marc Center 2010 Holiday Schedule**

January 1 - New Year's Day	September 6 - Labor Day
January 18 - Martin Luther King Day	October 11 - Floating Holiday
February 15 - Presidents' Day	November 25 - Thanksgiving
May 31 - Memorial Day	November 26 - Thanksgiving Friday
July 5 - Independence Day	December 24 - Christmas

# New Programs for 2010

## Discovery Program

The Marc Center's Discover Program will offer treatment and support activities to assist each transition age youth, general mental health (18-21 yrs.) in tasks and roles essential for living, learning and working in a community setting. The Discovery Program will be a separate program from the Marc Center Adult Services but may use some of the recreational and vocational opportunities that are available to all recipients of Marc Center Programs. These services are intended to support the discovery of meaningful community roles and to increase the self-sufficiency of each person.



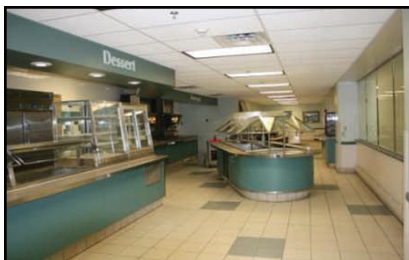
## Hope Network

The Hope network program has been made possible by a Federal SAMSHA grant. The **Hope Network** is a "Services in Supportive Housing" program focused on improving housing stability and recovery outcomes for chronically homeless adults who are enrolled in the **ABC HUD Housing** program in the Maricopa County, Arizona. ABC Inc. will dedicate 100 HUD housing units per year to this project.



## Blue Ribbon Bistro/Java Junction

Marc Center and TCH have teamed up to run the kitchen, restaurant and coffee shop at our next door neighbor, Banner Corporate Center—Mesa, at their headquarters. Both Marc Center and TCH will provide employment opportunities at the restaurant for our clients, giving them meaningful employment and training in the food services industry. The Java Junction coffee shop will open on January 11 and the Blue Ribbon Bistro is slated to open in mid February.



*The Blue Ribbon Bistro before renovation*



*Starbucks training at the Java Junction*



## Advocates for the Disabled

Marc Center has acquired the non-profit Advocates for the Disabled agency. Advocates for the Disabled, Inc. (AFD) serves individuals in the Disability Claims Program who are under 65 years of age, are low income and/or homeless, and have an active claim for disability benefits (including appeals on denials or termination of benefits). AFD's clients include children, women, and men who are challenged by a wide variety of disabilities, including physical, neurological and psychological disorders. Filing a claim for Social Security benefits is a daunting process that is difficult to navigate when one is ill, poor, homeless, and often, hungry. AFD provides the necessary resources to enhance their well-being and self-sufficiency.



*Advocates for the Disabled staff visit Marc Center*

## December Employee Anniversaries

### 23 Years

Janey Durham, ERS

### 21 Years

Sally Bahrtiba, CLS

### 13 Years

Susan Witcombe, ERS

### 9 Years

Ronelle Dongmo, BHS

### 8 Years

Daniel Benjamin, BHS

### 7 Years

Felecia Walker, BHS

### 4 Years

John Marlatt, ERS

Tim Owen, IT

Joan Sanders, CLS

Destiny Markham, BHS

### 3 Years

Amber Hays, CDS

Sheala Thompson, CSS

Christine Van Dyke, Accounting

### 2 Years

Kenneth Mack, BHS

Brian Burke, CLS

### 1 Year

Gloria Labor, CLS

Jemel Maclin, BHS

Annette McCarey, ERS

Linda Jenkins, CDS

Unis Lusby, BHS

Khadija Moss, CLS

Alan Chamberlain, CLS

Leonor Rivera, CSS

## Welcome December New Hires!

Kim Bernal, Banner/FCS

Devona Brown, CLS

Dominic Cota, BHS

Theresa Curry, CLS

Andrew Henry, BHS

Barrie Krajeski, CDS

Regina Little, BHS

Ericka Miller, CLS

Abdon Navarro, Banner/FCS

Michael Radley, CDS

Christopher Ramos, BHS

Cearrah Saxon, CLS

Carole Woods, BHS

Welcomes!



## Health Tip

### DO YOU KNOW?

Ideal blood pressure should be less than 120/80;

Ideal Body Mass Index (BMI) should be less than 27 based on your height and weight;

Skin Cancer is the most common form of cancer in the U.S.;

Ideal total cholesterol should be 200;

The new activity guidelines for exercise is 2 ½ hours a week for moderate to brisk activity; to lose weight or maintain weight loss, exercise 60-90 minutes;

Any sound over 85 decibels can potentially damage your eardrums;

If you have no eye problems get a baseline eye exam at age 40;

Extreme heat and drought kill more Americans than any natural disaster;

Dining together as a family can help lower the risk of overweight or obesity for both parents and children;

### SAFETY

Do you know Safety is part of everyone's job?

Do you know you are empowered to report safety issues to your supervisor?

Do you know slips, trips and falls are the majority of workplace injuries at Marc Center?

Do you know when lifting over 50 pounds this is considered a two person lift?

Do you know your ideas for Safety in the Workplace can be submitted to the Safety Committee?

MAY EVERYONE HAVE A SAFE AND HEALTHY NEW YEAR!



## Marc Center Trip Reduction Program!

The winner for this month is...

**Nicole O'Neal**

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



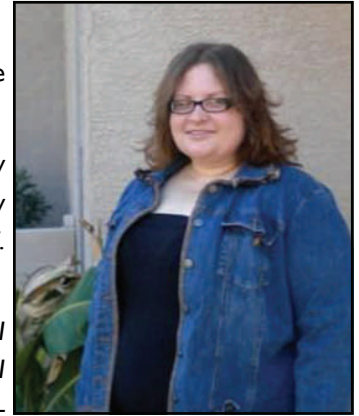
## Sara K: A Recovery Story

The Outpatient Clinic recently received this letter of thanks from one of its clients, Sara K. A huge THANK YOU to the dedicated staff at the Outpatient Clinics, your work inspires us all.

*“My life has been quite a journey. For the first 26 years I was just going through the motions. Not really interested in accomplishing positive goals for myself or helping others. I thought all I’d ever be is some crazy dual diagnosis lady who would always be in the system, just having to always settle with just ‘getting by’. Then something finally gave, and I said enough is enough.*

*That was a year ago. Through the help of a 12-step program, individual counseling, and some footwork I was able to gain sobriety and quit smoking cigarettes. Something I never dreamed possible for myself. I have goals and aspirations for myself today, and I know I’m not a crazy lady who will always be in the system. All because I did the right thing. Because that’s really all it is. Doing the right thing.*

*If you had told me six years ago that I would have a year of sobriety under my belt and that I would willingly be off nicotine as well, I would have told you where to go and how to get there.”*



## DRIVING WITH A CLUE

By Richard Broch

Remember this childhood game when walking? - “Step on a crack, you break your mother’s back!”

O.K., now remember this adult version - “Drive across a solid painted line, and you could receive a moving violation.”

A painted line, white or yellow, on a road-way will either be solid or “dotted”( and it’s not dotted to save on paint ).

The dotted line indicates it’s lawful to cross-over, to pass, change lanes, etc. But if the line is unbroken, you are not to cross-over; i.e., approaching an intersection, no passing zone, bicycle lane marking, gore area on the free-way, etc.

There is a reason for all of this. And bottom line is – it’s much safer when everybody is on the same page while driving within a few feet of each other. It is a law of physics – two objects cannot occupy the same space at the same time, at least without changing the appearance of one another. So, if you’re driving along, and you want to change lanes for whatever reason, and you will have to cross a solidly painted line, DON’T DO IT!

Yes, it’s just another thing to watch for. (SAFE) driving is a full-time job.



## On The Spot Awards



Richard Broch gives Theresa Triplett a safe driving award.



Michael Franczak, Steve Hilger and Ramsey Riddell present a Spot Award to Barbara Smith-Odum



Juniper Holmes receives Spot Award from Cheryl Anderson



Randy Gray presents a Spot Award to Tina Feeney while Adalesa Meek and Michael Franczak look on.



Larry Fry receives his Employee Recognition from Adalesa Meek, Tina Feeney, Cheryl Anderson, Michael Franczak



Santa Claus paid us a visit and wished everyone Happy Holidays!