



# S.T.E.P. News

Building on a Foundation of Quality News

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We invite editorial submissions of all kinds. Stories, pictures, milestones, events, art, poems! Send your materials to the address above, or via e-mail to [melanieb@stepagency.com](mailto:melanieb@stepagency.com)

**Copy deadlines:** We try to follow these deadlines for receiving your stories for the next issue.

Spring – February 1

Summer – April 15

Fall – July 15

Winter – October 15



**Just a Thrill Junkie!**  
John Somaduroff

Article by Sandy Jones

September 10, 2009 was a beautiful late summer day—a Thursday—much like any other day for the rest of us. Not for John Somaduroff, self-proclaimed thrill junkie. This Thursday was different, not only because he was celebrating his 55th birthday, but because he would do it from 13,000 feet!

John wanted to skydive for a long time after he saw it done on television. He saw that and said to himself, “I can do that too.” So he asked his SLS Coordinator Tammy Smith, to help him arrange it. They decided it would be a great activity to celebrate 55 relatively safe years of life. And, as John says now, “I’m 55 and still going strong”.

John’s support staff, DeeDee Bryant, wanted to really be there for him. But after almost getting sick riding the State Fair Ferris wheel with him this year, she thought she could better cheer him on from the ground.

DeeDee and John drove up to the small Lincoln Airport, where they entered a large hangar where the Skydive Sacramento crew parks the planes and relaxes when they are on the ground. John put on his cool skydiving jumpsuit and watched a video to show him and another jumper, Sarah, what to expect.

*Continued on next page*



The plane ride up...

He met his trainer and got ready to go aboard the plane. His trainer, who would be jumping with him in what's called a tandem jump, told him to hold his arms close to his sides until he tapped him and then he could spread his arms out wide and "fly".

He climbed into the plane using a ladder and sat with his trainer on a small bench seat waiting to fly high enough for them to jump out of the plane. A cameraman flew with them. His job is to jump out and film people so they can take home a movie of their daredevil jump. The cameraman may be the craziest of all—he was wearing shorts and sandals during the jump!

When it came time for the first jumper to leap into the sky, it was John. He said he was

totally ready and he "took the plunge" without hesitation! He said it was even more exciting than he thought. He could see for so far and it was a beautiful day. They plummeted in a free fall for what seemed like a long time, and then when the trainer



pulled the cord, the parachute opened, and they eventually landed very safely, and quite stylishly. It was a very exciting day for John and we are all very proud of his accomplishment. He says he's ready to try hang-gliding next, which doesn't surprise me a bit.

DeeDee said to John as we finished our interview, "Maybe next time, I'll go up in the plane with you."

John's response: "I won't hold my breath."

Way to go John! We hope all your dreams of adventure are realized.



The view on the way down. Check out the videographer's footwear!

## S.T.E.P. Stars

In each issue of STEP News we want to recognize individuals or teams that support the Five Principles in outstanding ways. The people below are "Star-worthy" and we would like to express our appreciation. Keep up the great work!

Our featured Principle for this issue is **Home of One's Own**. Here are some of the people who really personified this in a big way and were recognized for it:

*Doug Findlay*—A huge Thank You from the entire management team for your willingness to assist new clients Bob, Leonard, Buddy and Doug in transitioning from a former group home arrangement into an SLS arrangement. Although this transition presents many new challenges for you and our team, your enthusiasm and commitment in making this a smooth and successful transition for each of these gentlemen is recognized and greatly appreciated. Thank you Doug for your amazing teamwork and willingness to continue to take on new challenges within our SLS unit!

*Leslie Guffin, Cheo Kelley, Lisa Thompson, and Sokib Khan*—You all ROCK! This team continues to be consistent on task, positive, motivated, energized, focused, and dedicated to Scott's needs. Scott continues to do well each day living his life the way he truly wants, such as going to the bank, cashing his check,

shopping for household needs, and going out to places in the community of his choice.

*Danielle Batres*—I would like to thank you for helping Cindy A. fix her clothes dryer. She was going to buy a new one because she thought the old one was broken. You helped Cindy save \$100.

*Dave Wade*—Thank you for making sure Keith got all the additional support he needed to maintain his health and independence in his own home.

*Katrina Parham*—Thanks for making sure that Tatiana was a part of the whole process of interviewing, hiring, training and ensuring her needs at home are being met.

*Anne Anthony*—Thank you for all your extra help in Kelly's move. You did a lot more than you were asked to do.

Doug Findlay and Mike Martin—Thanks also for making sure Bob, Leonard, Doug and Buddy all have keys to their own home, for the first time ever!

*Sorella Romero*—Thanks for making sure Kimbo got the bars that he needed installed at his home. Makes things much easier for him!

*Stephanie Tate*—Thank you for taking the time to “smell the roses” and help Karla with planting roses of her own!

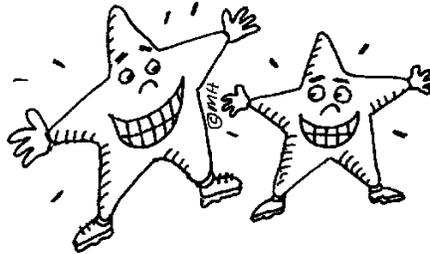
Other principles that were represented this issue:

### ***Flexible and Tailored Services and Supports:***

*Tammy Smith*—She helps me with all 5 principles and all of my

staffing needs. I feel safe and well looked-after and am very happy with everything.

*Aaron Hill*—Thank you for being willing and flexible to change your schedule and use your experience to train us all about Lawrence L.



*Ada Torres*—Thank you for working with Donna these last few weeks. You have shown compassion when working with consumers. Donna appreciates your patience, teachings, and your dependability. You are creative and able to solve problems. Donna appreciates all the encouragement to help her succeed with her goals such as losing weight, taking care of her hands and feet, and exercising. Donna appreciates all your patience for every day that she struggles. Thank you for your hard dedicated work.

*Alex Diaz*—Thank you for helping communicate with Noel when he was having a hard day—you went above and beyond your expectations!

*Ebony Ingram*—Thank you for your great response when I had a medical crisis. I appreciate you! (From Lizzy)

*Kim Herbert*—Thanks for all your help with the camping trip—especially with the fishing.

*Marjorie Dodson*—Thank you

for all your hard work assisting Sharon in the pool.

### ***Choice and Self Directed:***

*Margie Bates*—Thank you for helping Debbie with choices! Clothes, fridge, donuts, more!

*Jacquie Tenney*—Thank you for all the times you helped out by filling in on weekends, and at the last minute in M.C. household. M.C. really enjoys you working with him because you get him out in the community. You let him make his own choices on where he wants to go.

### ***Community Membership:***

*DeeDee Adakama-Bryant*—Thank you for helping me plan and achieve my goal of sky diving for my birthday. Thank you for supporting John's goals and dreams. Following the Principles, like talking to the other jumpers, helping John being totally involved.

*Mehri Mehrpour*—I thank you for doing all the work you've done for your client and to keep her positive and taking her to your cultural New Year party. She really enjoyed learning new tastes of food and culture and meeting new friends. You are appreciated!

*Sara McCollough*—Thank you for sharing a great IHSS contact with STEP. It has been very helpful. It shows you have worked to develop relationships and have the capabilities and integrity we hope for.

*Jonathan Kramer*—Thanks Jonathon for helping out with your client's recent visit with family. It was appreciated.

## Open Enrollment: Important!

Open Enrollment is on December 1. Save the Date!

You must complete paperwork at this event for your next year of coverage, even if you don't wish to make any changes.

We are also changing our 401k company this year, effective January 1, 2010. It will be required for everyone to fill out paperwork for the new company. The plan will be provided through Mechanics Bank; they will give all the information at the meeting.

**Where:** At the Carmichael Presbyterian Church, 5645 Marconi Ave.

*What is Open Enrollment?* It is the one time a year to make any changes to your existing coverage without a special "qualifying event", or to enroll if you previously chose not to, or to add/delete any dependents from your coverage.

Wow, did you realize we now have over 350 employees on benefits! STEP provides excellent benefits for its employees. This is the time of year that you need to take responsibility for your paperwork and participate in the meetings. With over 350 individuals on the plans, it is simply not possible for Patti and Amanda to meet

individually with employees.

The December 1 Open Enrollment Meetings are for Health benefits as well as the 401k plan. Plan to be there for up to 2 hours. As always, there will be a morning session and an afternoon session and this year will be held at Carmichael Presbyterian Church. Specific times will be announced soon.

Thank you to all of you for doing your part!

## Funeral and End of Life Planning

*Funerals are for the Living.* Media and salespeople urge you to plan your funeral for "peace of mind." But a piece (or peace) will be missing if you have not included in the planning process those who are likely to survive you. A little planning ahead in this area can ease at least a little bit of the stress when the time comes.

On the Web:

<http://www.funerals.org/>

You'll find more than 25 pamphlets helping you separate funeral fact from fiction, while saving money in the process. For local info:

<http://www.funerals.org/affiliates/sacramento/>

Barely 25% of the people who arrange for a funeral got their information from family members and friends, according to a 1995 funeral industry survey. More than half got their information from morticians. Unfortunately, the

funeral industry has had such widespread and documented abuse that the federal government was forced to pass consumer protection regulations which, among other things, told funeral directors they could no longer lie to the public.

Enforcement of these regulations is weak and far from ideal. Even at best, survivors are vulnerable to manipulative sales tactics at a time of grief.

Funeral Consumers Alliance is a nonprofit organization dedicated to protecting a consumer's right to choose a meaningful, dignified, affordable funeral. EDUCATION is our main purpose.

A funeral or memorial service should be what you and your family want and can afford.

Funeral Consumers Alliance of Sacramento-Northern California offers:

- Collection of General Price Lists from the area
- State support through membership in the Funeral Consumers Alliance of California and Hawaii
- Federal Trade Commission access through our national Funeral Consumers Alliance, Inc. office
- An informative newsletter twice a year
- Information about pending State legislation as it pertains to cemeteries, funeral homes, and cremation practices



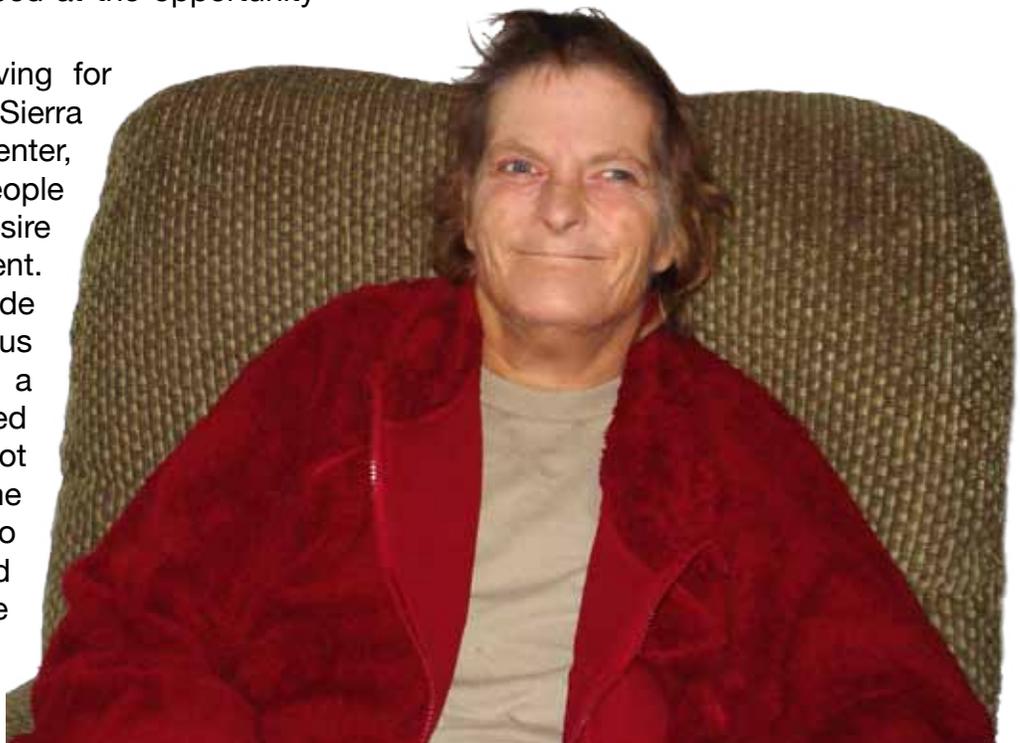
## **A Home of Her Own: Maude Naden**

*By Tracy Cummins*

I have been waiting for this day for a long time. Maude is finally in her own home in the community where she belongs. Maude has been in and out of Developmental centers all her life. When we were contacted by NBRC to support her in her move, we jumped at the opportunity for the challenge.

Maude had been living for the past three years in Sierra Vista Developmental Center, and there were some people that didn't support her desire for community placement. During the transition Maude got sick, which caused us not to work with her for a while. Then she returned for our services and got sick again. At that time we were told she was too sick for us to continue and that she was going to be transferred to Sonoma Developmental Center to live out her last days.

After two placements fell through, we were once again contacted for our services. I was not going to let her get away again. In less than a week, we had a nice house in the country, staff willing to support Maude and the O.K. to move forward with our plans. On Monday October 12th, 2009 Maude moved into her new home. Maude was thrilled to sit in her own recliner and get a good nights sleep in her new bed!



# Ready or Not, Here Come the Holidays!

By Heather Campbell, ILS

In the ILS department we are focusing on Community Membership. We have decided to take on the challenge of personally getting more involved in the community and building community relationships. This is so when we ask our clients to be involved, or volunteer or meet a neighbor, we can say we have done that ourselves.

Thanks to everyone who participated in the Trick or Treating on Oct. 30th. Weren't those kids just adorable in all their costumed glory? All the little ghosties and goblins hunting down the candy livened up the office. We sure do appreciate it!

This year will be our 7th

The pumpkin contest winner "Baby Pumpkin Head" by Jennifer Alloway, Melissa Drake and Jacquie Staley



Annual Food drive, but with a little change to the Toy Drive. Our parenting clients realized that all of their children will already be receiving gifts for Christmas, so as a way to give back, they chose to adopt a family. The Parenting Group has decided to adopt a family through WEAVE (Women Escaping a Violent Environment). Any gifts donated this year will be given to those families. We will post a list of the family's Christmas wish/need list.

Cody the Dinosaur



Jen Jones and Anna Shands have treats for Ironman!



Shauna Paoliceli



The food drive again will be open to all clients who are really in need this year. If you have a client who could really use some food this year, please contact Anna or Heather with name, any specific dietary requirements, Instructor/Coordinator name.

The Drive will run from November 2nd until December 21st. Instructors

*Continued on next page*



Michelle and baby Ava



Devon Jasper Miller with grandmother Diana



Melyna and her big brother Romeo



Ava Meeks

and Coordinators will be expected to come and pick up the food boxes by noon on December 23rd!

The Meek family had a New Addition! Michelle, John and baby Ava are all doing well. She entered this world on September 30th at 8:07 am, at 8 lbs 4 oz and at 21 1/2 inches. She sure is a cutie! And looks just like her Daddy.

In other baby news, Diana Miller's daughter Alexa had a son (see photo) on October 4. He weighed in at 9 lbs 1 oz and 20 1/4". Vanessa Castorena gave birth to her 2nd child, Melyna Elizabeth Crawford, on Oct. 30. Congratulations to all!

**Community Resource Corner**  
by Lisa Barrows

As we look outside our windows we see the leaves changing, the weather changing and along with all of these seasonal changes we have IHSS changes...

Effective November 1, 2009, the State mandated implementation of a new fraud prevention process for all IHSS providers (all counties). The IHSS Public Authority will take responsibility for the new provider enrollment activities. The new responsibilities are as follows:

- For New Providers** (You are a new provider if you have not yet submitted a provider enrollment for the IHSS recipient you will get paid to work for.)
- Complete the new provider enrollment form (SOC 426)
  - Attend a mandatory 1 1/2 hour orientation
  - Complete the provider enrollment agreement (SOC 846) acknowledging that you understand and agree to the IHSS program rules and requirements.
  - Present in person an original unexpired government

issued photo ID and Social Security card with any required right to work documentation

- Complete, pay for and pass a Department of Justice Live Scan background check.
- Note- all of these steps are to be completed through the Public Authority

**For Current Providers** (You are a current provider if you have submitted provider enrollment form prior to October 31, 2009 for the person you are assisting. If you start working with a new recipient you must complete the new provider process)

- Current Providers have until June 30, 2010 to complete the new fraud prevention process listed above.

STEP is in process making arrangements to assist with the cost of the fingerprinting fees. At this time if you are required to enroll on the IHSS please meet with me to discuss options.

# Yuba Picnic, Sept. 4

By Tracy Cummins

On September 4th the Yuba City office had a picnic to introduce our new clients and staff to everyone. We had a great time. STEP supplied hamburgers, hot dogs and drinks, and everyone else brought a dish to share. There was so much food we were sending people home with doggy bags.

There was also a bounce house for all to enjoy. We danced, sang and had a wonderful time. It was such a success that I hope to make it an annual event.

The highlight of the hot afternoon was the water fight that Jacquie started. There were water balloons, water bottles and then whatever people could get their hands on to make each other wet. Some people ran one way to get away from the water, while others ran to get closer to the fun! By the time everyone left, half were wet and all left with a smile. It was great fun! People are still talking about it.



Steven Beales with his PA, Mary Jane Mathews



Andrea and Veronica having fun



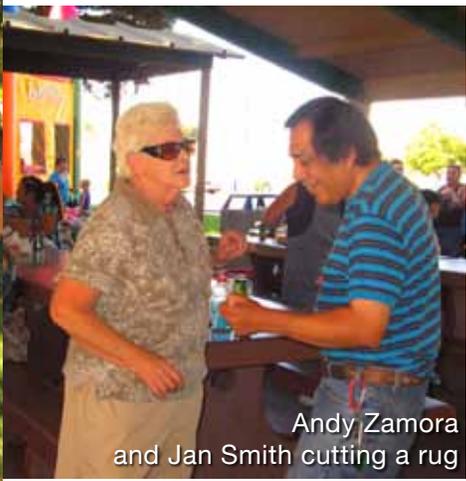
Anna Shands and Lori Colon



Laura Welts and granddaughter, Bella



Debbie Campbell dancing with Donna Fletcher



Andy Zamora and Jan Smith cutting a rug



The always-popular bounce house!



Michael Stanchfield at the picnic buffet



Big thanks to David and Cody for doing all the barbecuing!



Rosa enjoying the day

## A Great Season to Avoid Colds and Flu!

H1N1 flu (Swine Flu) is here. But if you come down with a virus this season, how do you know if you have that, or something else? It's important to be informed, and to know the differences. See this comparison of COLD to FLU symptoms:

Symptom	COLD	H1N1 FLU
Fever	Fever is RARE with a cold.	Fever is usually PRESENT with the flu in up to 80% of all flu cases. A temperature of 100F or higher for 3 to 4 days is associated with the flu.
Coughing	A hacking, PRODUCTIVE (mucus-producing) cough is often present with a cold.	A NON-productive (non-mucus producing) cough is usually present with the flu (sometimes referred to as dry cough).
Aches	Slight body aches, pains.	SEVERE aches and pains are common.
Stuffy Nose	STUFFY NOSE is usually present with a cold and typically resolves spontaneously within a week.	Stuffy nose is NOT commonly present with the flu.
Chills	Chills are NOT usually present with a cold.	CHILLS present in 60% of people who have the flu.
Tiredness	Tiredness is fairly MILD.	Tiredness is moderate to SEVERE with the flu.
Sneezing	SNEEZING is COMMON with a cold.	Sneezing is NOT COMMON with the flu.
Sudden Symptoms	Cold symptoms tend to develop over a few days.	The flu has a RAPID ONSET within 3-6 hours. The flu hits hard and includes sudden symptoms like high fever, aches and pains.
Headache	A headache is fairly UNcommon with a cold.	A HEADACHE is very common with the flu, present in 80% of flu cases.
Sore Throat	Sore throat is commonly present with a cold.	Sore throat is NOT usually present with the flu.
Chest Discomfort	Chest discomfort is MILD to moderate with a cold.	Chest discomfort is often SEVERE with the flu.

Flu Shot clinics at some nearby Rite Aid and Walgreens locations:

**Sutter Express Care/Rite Aid:**

Sutter Express Care is Open 7 Days A Week At These Rite Aid Locations:

- Greenhaven: 980 Florin Rd.
- Natomas: 2751 Del Paso Rd.
- Roseville: 4004 Foothills Bl.

Cost Is \$25

No Appointment Necessary

Phone: 1-800-972-5547

**Walgreens:**

- 6325 Fair Oaks Blvd., Carmichael
- 4331 Antelope Road, Sacramento
- 4200 Arden Way, Sacramento
- 2201 Arden Way, Sacramento

- 6144 Dewey Drive, Citrus Heights
- 7787 Sunrise Blvd., Citrus Heights
- 6819 Watt Ave., North Highlands
- 8900 Greenback Lane, Orangevale
- 4050 Sunrise Blvd., Rancho Cordova
- 3999 Foothills Drive, Roseville

## Are You Effective?

S.T.E.P. Is offering a 2-day workshop based on the 7 Habits of Highly Effective People, February 4th and 5th, 2010 from 9am-5pm. If you



are interested in attending this class (people who receive services, PA's, family members, Regional Center folks, etc.) Contact Melanie: melanieb@stepagency.com. We will set aside a certain number of spaces to join our management team, SLS Coordinators and ILS Instructors in this workshop.

## Budget Reduction Info Important to Consumers

The State of California has a big budget hole because of the bad national economy. Every state agency is taking actions to provide services during this budget problem. See this document online at [stepagency.com/budgetlist.pdf](http://stepagency.com/budgetlist.pdf).

Following is a sample of some of the major items:

- Medi-Cal no longer pays for optional services like dentists, chiropractors, optometrists, speech therapy, etc.
- Regional centers must first try to use generic services, like IHSS, Medi-Cal, public school, etc. before buying the same kind of service.
- Supported living providers must help consumers to get IHSS.
- All people who provide and receive IHSS will have to be fingerprinted and have a background check.
- Regional centers will help consumers use public transportation rather than buy special transportation.
- Regional centers must use the service providers that cost the least and can meet consumers' needs.
- More services will be added to the Medi-Cal waiver program to bring in more federal money.
- DDS will close the Sierra Vista facility in Yuba City.

The best way to stop the spread of the epidemic is to spread the awareness!



## Yuba Picnic Water Fight Fun!



*The names have been left out... to protect the guilty!*



## Jen's Super-Sweet Word Search!

U	I	G	J	R	S	E	I	T	R	A	M	S	P	O	P	I	L	L	O	L
P	I	R	E	W	T	Z	Y	K	W	M	A	F	Q	Z	Y	M	S	U	G	N
Q	O	Q	L	X	R	N	F	S	A	O	G	H	T	Q	E	D	N	X	Q	O
A	J	Q	L	M	A	X	T	R	Q	U	U	P	N	G	J	E	R	I	A	M
W	A	E	Y	B	T	M	L	E	C	N	M	A	I	D	H	W	O	F	R	A
I	M	A	B	K	T	Q	G	V	B	T	M	S	M	T	B	A	C	A	R	N
D	V	K	E	X	E	Y	F	A	R	O	Y	W	R	I	U	H	Y	L	K	N
F	X	N	A	E	E	D	K	S	E	A	B	E	E	L	B	A	D	G	H	I
X	G	O	N	V	W	N	P	E	T	Z	E	E	P	Q	B	Z	N	Z	Z	C
I	M	K	S	R	S	A	E	F	A	V	A	T	P	M	L	X	A	Y	X	A
N	B	W	W	M	R	C	A	I	L	K	R	S	E	S	E	S	C	S	A	G
H	W	Y	I	O	E	N	N	L	O	L	S	U	P	F	G	L	O	D	N	L
S	G	Y	N	J	K	O	U	D	C	Y	G	L	U	T	U	L	P	C	T	Y
H	W	H	T	E	A	T	T	D	O	O	V	I	H	R	M	A	L	R	Z	T
M	V	Z	E	U	E	T	B	Y	H	J	C	C	L	U	T	B	A	F	X	I
T	C	N	R	L	R	O	R	R	C	Q	H	O	G	F	J	T	J	M	A	N
A	N	C	G	O	B	C	I	N	P	D	N	R	S	F	B	L	Q	R	A	I
F	L	W	R	I	W	V	T	C	A	L	T	I	K	L	D	A	G	E	J	V
F	D	T	E	A	A	H	T	M	F	E	H	C	U	E	Z	M	L	L	G	I
Y	J	O	E	Y	J	G	L	A	F	D	S	E	D	F	X	G	Q	A	B	D
A	T	Z	N	G	Y	W	E	Q	W	D	Z	I	C	B	K	E	M	J	J	R

BUBBLE GUM  
 CANDY CORN  
 CHOCOLATE  
 CINNAMON  
 COTTON CANDY  
 DIVINITY  
 GUMMY BEARS  
 JAWBREAKERS  
 JELLY BEANS  
 LICORICE  
 LIFESAVERS  
 LOLLIPOPS  
 MALT BALLS  
 PEANUT BRITTLE  
 PEPPERMINT  
 SMARTIES  
 SWEET TARTS  
 SWEETS  
 TAFFY  
 TRUFFLE  
 WINTERGREEN



**S.T.E.P.**

STRATEGIES TO EMPOWER PEOPLE

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