

M A R C H 2 0 0 7

S.T.E.P. News

Bringing you stories and information from around the office and our community.

DIRECTOR'S NOTES

Good Enough for Me?

Have you ever heard someone say, "You're such a gem"! What do you think of when you see the word "gem"? I think of beautiful, brilliant stones. I looked up "gem" in the dictionary and found one definition to read, "something likened to or prized as such a stone because of its beauty or worth and a person held in great esteem or affection".

I attended a conference recently where I was challenged and motivated to look at our services with a focused pair of glasses. Dr. Tom Pomeranz challenged his audience to put on their G.E.M. glasses

and to look critically at the work we are doing. His definition of "gem" really supports the definitions above but brings it closer to home for us here at S.T.E.P.. He said we need to put on our Good Enough for Me glasses.



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I have not stopped thinking about G.E.M. since he spoke about it. Are the homes people are living in good enough for me? Are the options and choices being presented good enough for me or for my friends and family? Would the employees we are hiring be good enough for me? Throughout this presentation and the conference, I felt many emotions. At times I was happy and proud realizing so much of what S.T.E.P. does is progressive, reliable and creative. Other times I was overwhelmed trying to think of innovative ways to look at some of the challenges we face. Dr. Tom Pomeranz said that if we always do what we've always done, we will always get what we've always gotten. He described work as the expenditure of meaningful effort. I see and hear about outstanding efforts of the individuals we provide support to and those who provide the support as well. I begin to feel a great excitement thinking about what could be.

So here is our challenge: Is it Good Enough for Me?

- Melanie Bazile

ANNOUNCEMENTS

Effective March 1, 2007

All STEP employees will be paid the same "Sleep" rate of \$7.50 per hour. All hours documented on the back of the blue PA timesheets are "Sleep" hours and will be paid at the \$7.50 rate. There will no longer be different sleep rates. A memo of this change was enclosed with employee paychecks on the February 9th Payday.

Meeting

The next **Family Advisory Committee** meeting will be Wednesday March 21, 2007 at STEP.

Congratulations!

Antonio Brown and **Lakiya Lowe** (both are STEP Personal Attendants) were married on January 27, 2007. Congratulations to you both, and may you live a long and happy life together!

Community Events

Looking for something interesting to do around town and you don't have a lot of money to spend; well here are just a few things to do in the wonderful town of Sacramento.

Grease - Roseville Theatre. Showing through March 17th. Call 916-782-1777. Tickets are \$12.00. Reservations are recommended but tickets will be available at the door if seats remain.

Twelve Angry Men-Sacramento Broadway Series
Showing through March 7th to the 17th. Call Box Office for show times 916-264-5181. This show is recommended for theatergoers 12 and over; children under 4 (including babes

in arms) will not be admitted into the theatre. Call 916-557-1999 Location Community Center Theatre.

"Twelve Angry Men has been called the greatest courtroom drama of all time."

Twyla Tharp's "Nine Sinatra Songs" - Showing through March 22nd to March 25th. Call the Box office for show times 916-264-5181. Cost \$55-\$25; Friday-Sunday \$65-\$25 children 12 & under 1/2 price all performances. Location Community Center Theatre

CROCKER ART MUSEUM

Highlight Tour Yosemite 1938 - Ansel Adams

Dates: March 1st to April 29th

Contact: Crocker Receptionist 916-264-1179 or for 24hrs recording call 916-264-5423

Fee: Free with Admission

Enjoy a tour of the special exhibit Yosemite 1938:
On the trail with Ansel Adams and Georgia O'Keefe.

Third Thursday Jazz

Date: March 15, 2007

Time: 5:30-8pm

Contact: Crocker Receptionist 916-264-1179 or for 24hrs recording call 916-264-5423

Fee: Free to members, \$10 Nonmembers

Complete Description: Join us each Third Thursday of the month from 5:30 – 8pm for a jazz concert by Northern California artist. Hors d'oeuvres and drinks are available for purchase. In warmer weather, Third Thursday Jazz moves outdoors. During intermission, enjoy a "Spotlight Tour" of a Crocker Art exhibit.

FEATURE

DEAF History Month

How many famous deaf people can you name? Take a moment to make a mental list of deaf people you have seen on television or read about in a history book, then come back and finish this article.

How did you do? If you are good, you might have gotten four or five. Seven or more? Go to the head of the class.

Most people to whom I have posed this question can name Helen Keller, the woman who overcame the limitations of deafness and blindness resulting from a childhood illness to graduate from Radcliff College with honors in 1904 and then go on to write seven books and lecture all over the world.

You might have remembered Ludwig van Beethoven, who despite losing his hearing late in life continued to compose what many believe to be some of the greatest music ever written.

Marlee Matlin, the deaf actress whose starring role in "Children of a Lesser God," (for which she won an academy award) led to roles in twelve additional movies and numerous appearances on TV shows including a two-year starring role in "Reasonable Doubts."

Heather Whitestone, crowned "Miss America" in 1994 is yet another highly visible deaf women with whom most people can identify.

And viewers of Public Television will recognize the name Linda Bove as the deaf woman who often appears along with Bert, Ernie and the other characters on "Sesame Street."

If you're really good, you might have gotten Lou Ferigno, the weight lifter who starred in "The Incredible Hulk," and Kenny Walker who played football for the Denver Broncos.

But Laurent Clerc, the "Apostle of the Deaf in the New World," who together with Thomas Gallaudet, founded the American School for the Deaf in 1816? Have you heard of him?

March 13 marks the beginning of Deaf History Month, which extends into April, and comes to a close on April 15. No, it's not a typo. You read it correctly. When I first heard these dates associated with Deaf History 'Month,' I laughed.

"I can understand that, and I did the same thing at first," says Clifton resident Mary Anne Kowalczyk, an advocate for the deaf and the president of The Communication Connection. But the dates are important to Deaf History so the deaf community has made an exception."

Deaf History month begins by commemorating the March 13, 1988 victory of the Deaf President Now movement; when students at Gallaudet University in Washington, D.C. staged a near riot, demanding a deaf president for the university. April 8 is also an important date. It marks the signing of the charter for Gallaudet University by president Abraham Lincoln in 1864. Deaf History Month ends on April 15, the day The American School for the Deaf in Hartford, Connecticut opened its doors back in 1817.

- George J. Rummo

Reprinted from the King County,
Office of Civil Rights website.



*Thomas H. Gallaudet
Founder of deaf education*



*Ludwig Van Beethoven
Great German composer*



*Kenny Walker
First deaf NFL athlete*



*Marlee Matlin
Academy Award winning actor*

Happy - Healthy Life

HIDDEN WAYS TO HELP YOUR HEART

The good news about heart disease-America's No. 1 Killer-is that a healthy heart is within everyone's reach. You know some of the rules: Eat less fat; eat more fruits and vegetables; and keep blood pressure and blood cholesterol levels in check. **But there are more ways to boost heart health:**

DON'T SKIP BREAKFAST. Most important heart attacks occur between 7am and noon-possibly because the cells that help blood to clot, called platelets, are stickiest then. Eating breakfast appears to make platelets less sticky...and less likely to clump together and block a vital artery.

LIGHTEN UP. People who overact to stressful situations are more likely to have heart trouble. In one study, people whose blood pressure and heart rate jumped the most during frustrating tests were also the ones most likely to have reduced blood flow to the heart.

5 AMAZING ALLERGY FACTS

1. Sensitive to pollen? Wash your hair before bedtime. Reason: you'll remove pollen and keep it from settling on your pillows and bedding. **Also:** Avoid irritants such as tobacco smoke, automobile exhaust, hair spray and perfume; wash your hands frequently; plan outdoor activities when pollen counts are low.

2. The best time to take an **antihistamine**, which helps block allergic reactions, is before symptoms start. **Just remember:** Some allergy medications can cause sleepiness. So never take one when safety requires you to be alert. **Suggestions:** Ask your health care provider about antihistamines that cause less drowsiness.

3. Dust Mites love to nest in area rugs and make you sneeze and itch. **If you're allergic, Australian researchers offer a simple solution:** Place area rugs outdoors in direct sunlight for a few hours until they become warm and dry. **Result:** Mites dry up and die.

4. Moving to another location is no guarantee of allergy relief. **Why:** People usually develop allergies to their new region's pollens and molds within a few years of moving. **Plus:** Most allergy-provoking grasses are whispered throughout the world.

5. As many as 20% of Americans believe they have **food allergy**, but true food allergies are actually rare. What most people consider food allergies are usually signs of digestive problems, food poisoning or stress.

HEALTHY FOOD SHOPPING Do's & Don'ts

DO read nutrition labels. **Tip:** Any food called "healthy" must contain at least 10% of the Daily Values per serving for several important nutrients (in addition to being low in trans fat, saturated fat, sodium and cholesterol).

DON'T forget fiber's finest. Load up on whole-grain breads, rolls and cereals, as well as brown rice and dried beans. When shopping, look for the word "whole" at the top of package ingredients list.

DO pick the greenest. When buying salad greens, select those deepest in color-dark greens and reds. **Why:** The dark color means higher concentrations of antioxidant vitamins A, C and E, folic acid, calcium and other nutrients.

DON'T dismiss frozen produce. Some frozen fruits and vegetables contain as many nutrients as fresh produce-sometimes more. One study found frozen green beans had about twice the vitamin C as fresh beans that sat on display and in a refrigerator for nearly a week.

DO select "TV" dinners carefully. Choose frozen meals that contain less than 10 grams of fat and the least amount of sodium and cholesterol.

DON'T pass up pasta. It's high in protein and contains B vitamins and iron.

More Dos: Avoid shopping on an empty stomach; choose fruit "juices" instead of "drinks"; buy skinless poultry; remember that a standard serving of meat or fish should be the size of a deck of cards.

SIGNS YOU SHOULD NOT IGNORE

Thanks to advances in medicine and education, self-care can remedy many health issues. But some conditions warrant a call to your health care provider.

Examples:

1. Mysterious changes. Physical symptoms that should be discussed with your provider include continued, unexplained weight loss, persistent or unusual headaches; a sore that won't heal; change in the color or size of a mole; a lump or thickening in the breast.

2. Bleeding. Rectal bleeding, blood in the urine, or blood when you vomit or cough can be signs of something simple (such as hemorrhoids in the case of rectal bleeding), but they can also signal something more serious, such as cancerous growths.

3. Blues you can't beat. If, for a period of two weeks or more you feel sad or irritable and have lost interest in activities that once gave you pleasure, you may be suffering from depression. Although serious, it is highly treatable, so speak to your provider without delay.

EARTH'S EASIEST EXERCISE

Walking can add years to your life and life yours years. And it couldn't be easier. You don't need to join a health club, wear special equipment or go into training to reap the rewards:

THE CONDITIONER: Walking conditions your heart and lungs and improves your body's ability to use oxygen more efficiently. **Fact:** In one study, women who walked briskly (3-4 mph) at least three hours a week cut their risk of heart attack and stroke by more than half.

THE PROTECTOR: Walking helps beat other health problems too. It reduces your risk of some forms of cancer and osteoporosis. It fights the battle of the bulge, reducing body fats and building muscle. Walking can even help people with diabetes reduce or eliminate their need for medication.

THE JOINT-SAVER: Walking can burn as many calories per mile as jogging does. But it delivers less of the jolt, so it's much easier on your joints and muscles.

THE DE-STRESSOR: Walking is easy on your mind too, since it lessens stress and lightens depression. Beginning walkers usually report that they feel and sleep better, and that their mental outlook improves.

THE WINNER: Best of all, walking has the lowest dropout rate of any form of exercise. So you're more likely to stick with it and get all these benefits and more, like better digestion, improved regularity and lower blood pressure.

There's nothing to it: Just put on a sturdy pair of comfortable shoes and go. **Smart moves:** Walk to the store for the Sunday paper, park a few blocks from work or get off the bus or train one stop early and walk from there; use the stairs instead of elevators or escalators; on bad weather days walk in a mall or on a gym treadmill.

FIRST-RATE CALORIE CUTTER

Here's another reason to boost fiber intake: It may reduce the calories your body absorbs from food. One study found that women and men who doubled their fiber consumption absorbed 90 and 130 fewer calories a day, respectively. **Note:** You should increase your fiber consumption gradually. (Source United States Department of Agriculture)

LOWER YOUR BREAST CANCER RISK

It's true that certain risk factors for breast cancer are beyond a woman's control. **Example:** family history and aging. Fortunately, researchers are finding that certain lifestyle choices may lower risk:

Cut the fat: Countries with high-fat diets have the highest rates of breast cancer; exactly why isn't certain. **Smart:** Choose foods high in fiber, such as beans, bran, whole grains, fruits and vegetables such as cabbage, Brussels sprouts and broccoli.

Stay Active: Research suggests that exercise helps prevent breast cancer. One study found that women who exercised at least four hours a week cut their breast cancer risk by 60%, while those who worked out 1-3 hours a week reduced their risk by 30%.

Limit Alcohol if you drink. More than 40 studies have linked heavy alcohol use to an increased risk of breast cancer.

Keep Screening: Do monthly self-exams and see your health care provider regularly. **Lifesaver:** Ask about having mammograms-when to start and how often to have one.

QUICK HANDS-ON STRESS RELIEF

Got a minute? Get a message – a self –massage, that is. These moves can help relieve pain tension around your head, neck, shoulders and hands:

The scalp soother. Place thumbs behind your ears and spread your fingers on top of your head. Move your scalp back and fourth slightly by making circles with your fingertips for 15-20 minutes.

The eye easer. Close your eyes and place your ring fingers directly under your eyebrows, near the bridge of your nose. Slowly increase pressure for five seconds, the gently release. Repeat 2-3 minutes.

The shoulder saver. Place your left hand on the right side of your neck by your shoulder. Press fingers firmly into the muscle while tucking your chin in toward your chest. Hold this position for about 10 seconds, release, and the repeat on the left side.

The palm pleaser. Lace your fingers together, leaving thumbs free. Slowly knead your left thumb into the palm of you right hand for about 20-30 seconds. Then repeat on your left hand.

BET YOU DIDN'T KNOW

Men are 20% more likely than women to sneeze in a dusty room ... a cup of coffee-flavored yogurt can contain about as much caffeine as a 12 ounce can of cola... dandruff is not caused by dry scalp-fact is, it is more common with oily scalps...whispering when you are hoarse is actually worse for your vocal cords than speaking normally "RX", the symbol appearing on prescriptions, means "take", from the Latin word for recipe.

"It's not the years in your life but the life in your years that counts!"

-Adlai Stevenson

LOOSE THE SALT BUT NOT THE FLAVOR

Cutting back on the salt in your diet is one way to help control blood pressure. Many people consume much more salt than their bodies need – on average, at least 12 times as much, according to the American Heart Association. If you're used to salty flavors, know that you can shake the salt habit without feeling deprived.

Here's how:

- Limit processed foods, which are usually high in sodium. Eat more fruits, vegetables and other low- sodium foods instead
- Drain and rinse canned vegetables before preparing them, they'll keep a little of their salty flavor, but you'll rinse away about a third of the sodium, according to the USDA.
- Try packaged foods labeled as low sodium
- Season vegetables, poultry and fish with lemon than salt.
- Try cooking with salt-free seasonings, such as vinegar and herbs.
- Prepare plain brown rice or white rice instead of flavored rice mixes. Flavor with herbs or olive oil.
- Snack on "lightly salted" popcorn and pretzels and "no-salt-added" peanuts.

Remember: Try adding these tips gradually to use to a lower-salt life. You'll eat healthier without sacrificing taste.

"HELLO, SUGAR"

Brown sugar, white sugar – they're both sucrose. **The difference:** Brown sugar has a small amount of molasses added for color and flavoring. But it has no nutritional advantages over its white counterpart.

- Article contributed by unknown source.

Crippen Cartoon

by David Lupton



Jen's Tricky Trivia

Thanks to all who submitted correct answers to the February trivia questions, especially since my QUESTION had an error! My question read " Who was the only U.S. President to serve 4 terms?", but it really should have read "Who was the only U.S. President to BE ELECTED to 4 terms?" President Theodore Roosevelt was elected to 4 Presidential terms but died during his 4th term, therefore did not serve 4 full terms. Many thanks to Juan Estrella who caught my error! His attention to detail earns the trivia prize for February.

In relation to Deaf History Month:

Who was Pedro Ponce De Leon & what did he do?

All correct answers will be collected and one winner will be drawn on the last Friday of each month. Answers can be submitted by e-mail or in writing, no verbal answers accepted, to:

Jen Jones
jenj@stepsite.com

DEPARTMENT NOTES

ILS Independent Living Services

After a long wait and struggle, the ILS & Day Program finally received their rate increase. This hasn't happened in 8 years, so we are very excited about this!

We want to thank everyone who wrote the letters, attended the rallies but mostly we would like to thank **Jacque Dillard-Foss** for going above and beyond advocating and negotiating for this to happen. Now that this has happened we are finally able to give our instructors the raise they long deserve.

Did you know that Yuba City has been up and running for a year now and is solid? They continue to get new referrals for both ILS & SLS. Right now we are currently serving 5 SLS arrangement and 10 ILS arrangements. Tracy Cummins and Shelly Taylor have done an outstanding job with getting this program up and going. STEP is looking into hiring a part time office staff to help support their growing needs.

Our newest adventure will be working with the deaf population in Yuba City by providing ILS services. To make this happen, we will be working with both **Diana Miller** and **Sam Holden**. We are also going to be implementing regular PA training for the staff in Yuba City.

- Anna Shands

* *STEP Stars* *

The ILS Department would like to acknowledge to following people:

Mike Martin and **Jamie Young:** Thank you for taking up extra clients on short notice while Charlene was out.

Katrina Parham: For assisting Patricia in her recent move and providing ongoing support to Anna C.

June, Stephanie & Christy: Thank you for being so willing to take on new challenges and being flexible with your caseloads.

Jude: Thank you for your ongoing support to Gary and all the changes that have been going on in his home.

Mike Martin: For advocating for Rick over the last year.

Michelle Armstrong: WHAT MORE CAN WE SAY FOR HANGING IN WITH JAMES ALL THIS TIME AND NEVER EVER GIVING UP ON HIM!!!!

Diane Benton: for you ongoing support and assistance with Alesia.

Annette Butler: Thank you for helping Debbie with all the medical issues that surround her new baby. Also, thank you very much for assisting Raquel and John with their most recent move.

Dante Viney: Thank you for taking up and running with Peter while Lydia was out.

Melanie Bazile would like to acknowledge the following people:

Jennie, Sarah, Rob, Wendy and David in Eureka: Thanks for hanging in there with Ally. You are giving everything you've got and we really appreciate your dedication!

Lynn Frampton- I appreciate that you are willing to look outside the box and I think you are an inspiration.

Sam Holden, Tom Sontag, James Fox, Artye Morriese and Rob Hilliard- Thank you for being there for Hugh!

Sarah Wade- Welcome aboard as our full-time Interpreter. We are so happy to have you!

MARCH Birthdays

Katherine L Cavanaugh	1 Mar
Justin Smith	2 Mar
Tim Davis	2 Mar
Caroline Walsh	3 Mar
Nehemiah Brock	4 Mar
Michael Emory	4 Mar
Matthew Scott	4 Mar
Patricia Johnson	4 Mar
Matthew Scott	4 Mar
William Marks	5 Mar
Bradley Boulger	6 Mar
Cesiah Cuadra	7 Mar
Raquel Valdez	7 Mar
Troy Hadley	7 Mar
Dominic Adams	8 Mar
Hugh Long	8 Mar
Kelly McGurran	11 Mar
Wendell Dondonayos	14 Mar
Ronald C Russell	16 Mar
Jeffrey Nascimento	16 Mar
Bobbie Jean Smith	18 Mar
Melinda Woolman	18 Mar
Leonard Gowans	18 Mar
Tina Harris	19 Mar
Jose Aguilar	20 Mar
Sarah Gee	20 Mar
Beth Engle	21 Mar
Jude Dela Concepcion	22 Mar
Yukari Kurashige	23 Mar
Desaree Esquibel	23 Mar
Ruby De La Cruz	24 Mar
Pauline Ballard	24 Mar
Charolette Barnes	24 Mar
David Wade, Jr	25 Mar
Laura Tighe	25 Mar
Katrina Robinson	26 Mar
Patricia Dixon	26 Mar
Aaron Brochu	26 Mar
Matthew Callaghan	27 Mar
Franceasca Marie Price	30 Mar
Thomas Cavalieri	30 Mar
Larry Bartman	30 Mar
Amanda Lee	31 Mar
Dana Fabian	31 Mar
Atif Shabbir	31 Mar

S T E P

Strategies To Empower People

5945 Palm Drive
Carmichael CA 95608

Phone: 916 679 - 1555

Email: step@stepsite.com

Website: stepsite.com

Building on a foundation of quality.