





Quick Blurbs

CRAFT FAIR & BAKE SALE COMING SOON!

Are you a master of DIY? A wizard in the kitchen? We want YOU to be part of our fantastic Craft & Bake Sale this November! Gather your craft supplies, dust off those baking pans, and get ready for a day of fun, creativity, and deliciousness.

Flyer coming Soon with Dates!
Start getting ready!!!!



STEP is an Employee Owned Agency! What does that mean? It means Employees have a direct financial investment in the company, where you are basically getting a retirement a plan that requires no out of pocket contribution from employees, which will enhance your retirement along with your 401k savings"

September 2023

This issue:

Page 2: Employee Spotlight

Page 3-4: Promotion Spotlight

Page 5: New Talent

Page 5: Celebrating Dedication

Page 6: New Endeavors

Page 7: Fearless Community

Embrace

Page 8: Farwell Extravaganza

Page 9: Take me out to the Ball

Game

Page 10: Pool Party

Page 11: Amy the HandyWoman

Page 12: Diversity, Equity,

Inclusion

Page 13-14: Health

Page: 15: Horoscopes

Page 16-22: Event Flyers

Page 23: Calendar

Employee Spotlight

HeartRight: Going Above and Beyond

At Strategies to Empower People, we are committed to providing exceptional care and support to individuals with intellectual and developmental disabilities. Our employees are dedicated to making a positive impact in the lives of those we serve, and we are proud to spotlight our outstanding team members.



You will be hard pressed to find Mr. Jerry H In a bad mood. Jerry is a kind soul who is always steps up to help no matter what. No task is to big or too small! is continued drive to learn and better himself has been truly inspirational to witness.



YOU ROCK JERRY!



Quishayla, your continuous efforts, determination, and commitment to improvement have not gone unnoticed. Your journey exemplifies the power of growth and serves as an inspiration to us all. Keep up the excellent work!

Zuleika, Your thoughtful and proactive approach in providing the tools and resources needed for your employer's success both professionally and personally is truly commendable. Your selflessness is a cornerstone of our team's achievements, and we are grateful for your presence.



Promotion Spotlight

Elevating Our Agency's Talented Team

We are thrilled to announce a momentous promotion

within our agency that celebrates the incredible talent and hard work of our dedicated employees. Each day, bringing passion, innovation, and unwavering commitment to our mission, and it is with great pleasure that we recognize your exceptional contributions.

🎉 Introducing our Promoted Superstar! 🌟

Ruth Henderson

Ruth's journey started as a First STEP Housing Specialist, and her dedication and hard work have now propelled her to the prestigious role of ILS/TDS and Housing Manager.

Since joining us in January 2023, Ruth has not only demonstrated her unwavering commitment to the core principles of STEPS but has also proven herself as an invaluable asset to our team. Her rapid rise to the position of Program Manager is a testament to her dedication and passion.

With over 25 years of experience, Ruth has a deep-rooted history of serving various communities, including disabled children and adults, U.S. Veterans, the elderly, and foster youth. Her genuine passion for delivering positive outcomes shines brightly in her work. From housing assistance to independent services, job placement, and mental health support, Ruth's impact is truly commendable.

We're incredibly proud to have Ruth as a driving force within our team, and we look forward to the positive changes she will continue to bring to the lives of the I/DD community. Ruth, your purpose-driven work is an inspiration to us all!

Tiffany E

We're thrilled to share some fantastic news today – Tiffany Ehas been promoted to the position of Finance Manager!

Tiffany E has consistently shown dedication, innovation, and a commitment to our company's values. This promotion is a testament to their hard work and the impact they have made on our team.

Make sure if you run into them, give them a congratulations.

Promotion Spotlight

Elevating Our Agency's Talented Team

Sarah Graf

We are thrilled to share some fantastic news that truly exemplifies dedication, hard work, and excellence within our organization. Please join us in congratulating Sarah G on her well-deserved promotion to the position of Finance Coordinator!

Congratulations, Sarah! Your achievements inspire us all, and we can't wait to see where this new chapter takes you.

Jen Zesati

We are thrilled to share some truly exciting news that not only signifies a well-deserved promotion but also brings a significant change for one of our exceptional team members. Join us in congratulating Jen Z on her remarkable promotion to Program Manager 2 for our North division! Jen's journey with us here at STEP has been one marked by dedication, innovation, and relentless commitment to our mission. Her unwavering drive to deliver excellence has made a profound impact on our organization, and we are delighted to see her reach this incredible milestone.

Nikki Beemer

Today, we are absolutely thrilled to announce a remarkable achievement and a significant step forward in our mission to provide unparalleled care and support to the individuals we serve. Please join us in celebrating Nikki B's well-deserved promotion to Program Manager 1 for our Deaf Unit, with a specialized focus on individuals with Rubella Syndrome!

Nikki has been an exceptional member of our team, consistently demonstrating her unwavering dedication to our organization's core values of compassion, inclusion, and innovation. Her commitment to enhancing the lives of our clients has been truly inspiring, and we couldn't be more excited about the expertise and passion she brings to this vital role.

Please take a moment and commend these outstanding individuals for their dedicated and ongoing hard work and their commitment to all they do for STEP, and always being HeartRight

New Talent Joins STEP!

We have some thrilling news to share with you all. Strategies to Empower People (STEP) is growing, and we're delighted to welcome new members to our team! These individuals bring valuable expertise and a deep commitment to our mission of empowering people and making a positive impact in our community.

Please join us in welcoming:

Joanne F	Arthur D	Philip R	Carl W	Ana McG	Charlotte H
Victoria L	Malinda F	Priscilla R	Jessica M	Jessica T	Caylah H
Angelo O	Zackary R	Nakisha T	Selina R	Sandy V	
Susan F	Edwin Q	Matt W	Samantha G	Lillyanna J	
Hannah G	Ahmed A	Volner M	Joseph J	Trenton H	

Celebrating Dedication and Success

Congratulations on reaching another milestone with us as we celebrate your anniversary at STEP Agency. We want to take this moment to express our appreciation for your unwavering dedication and remarkable contributions to our team's success.

As you commemorate your anniversary, it's also a time to remind yourself of another exciting achievement - your vested amount in our Employee Stock Ownership Plan (ESOP) could be increasing! Through our ESOP, you have a unique opportunity to share in the company's prosperity and success.

Sandra J - 28YRS	Brandy S - 6YRS	Cali P - 3YRS	Gil G - 1YRS
Judith M - 20YRS	Brenda D - 6YRS	Amanda P - 3YRS	Freedom W - 1YRS
Rhaelene J. D - 14YRS	Ivona B - 5YRS	Phyllis S - 3YRS	Phyllis G - 1YRS
April K - 13YRS	Jennifer G - 5YRS	Marla L - 2YRS	Mykenzie L - 1YRS
Tiffany E - 12YRS	Montana H - 5YRS	Jessica D - 2YRS	Janie M - 1YRS
Laura C - 10YRS	Shriell C - 4YRS	Ruvim T - 2YRS	Isaiah D - 1YRS
Eddreanna S - 8YRS	Erica T - 4YRS	Shasta H - 2YRS	Natasha L - 1YRS
Starr F - 7YRS	Wyatt E - 4YRS	Stephanie T - 2YRS	Carmen C - 1YRS
Elliot D - 6YRS	Frances R - 4YRS	Lisa T - 2YRS	Brandon C - 1YRS
Marco G - 6YRS	Rose H - 4YRS	Irene K - 2YRS	Michelle B - 1YRS
Jimmy G - 6YRS	Gerardo C - 3YRS	Mercedes R - 2YRS	Ramishea S - 1YRS

To Learn more about our ESOP visit our website at www.stepagency.com or reach out directly to our HR department for more information 916-679-1555

NEW ENDEAVORS

It is with mixed emotions that we bid farewell to a cherished colleague and a dedicated member of our team, Cynthia G. Cynthia has been an integral part of Strategies to Empower People (STEP) since May 2015, and during her time with us, she has made a significant impact on our organization.

Cynthia has worn multiple hats during her tenure with STEP, serving as both Finance Manager and POS Billing Manager. Her unwavering commitment to maintaining the financial health of our organization and ensuring accurate billing processes has been nothing short of exemplary.

As Cynthia embarks on a new chapter in her professional journey, we want to take a moment to express our gratitude for her dedication, hard work, and the positive energy she brought to our team. Her contributions have been invaluable, and her presence Cynthia, your time with STEP has left an indelible mark, and you will always be a part of our extended family. We hope your new path brings you new opportunities and experiences that are as enriching as the ones you've shared with us.

Thank you, Cynthia, for your dedication and the positive impact you've had on our organization. We wish you nothing but the best in your exciting journey ahead.



NEWSLETTER 99

We need YOUR voice to make our newsletter shine brighter than ever! ** Share your stories, images, and ideas with us, and let's create a newsletter that truly represents our vibrant and diverse community. Whether it's a heartwarming anecdote, a captivating photo, or an exciting event idea, we want to hear it all! Together, we can make this newsletter a platform to celebrate and connect with one another.

Send in your contributions to Social@stepagency.com by 19th of Each month. Let's make this newsletter a true reflection of our amazing community!

Fearless Community Embrace

In the heart of Citrus Heights, Ricky, a remarkable individual, demonstrated the boundless courage of embracing community connections.

Despite being blind, he fearlessly navigated a lively community event, captivating all with his confidence and determination. Ricky's fearless approach led him to police officers, fostering camaraderie among diverse groups through shared stories and laughter.

As the event's band photographer, Des had the privilege of engaging with Ricky. Our brief yet impactful conversation showcased his zest for life. Ricky's engaging discussions with police officers painted a picture of unity, breaking down barriers through human connection.

With the harmonious backdrop of the CHCMB (Citrus Heights Community Music Band), Ricky's joy was amplified by the shared experience of music and community. His journey highlighted the role of a supportive community in nurturing friendships, self-growth, and independence.





Ricky's story serves as a poignant reminder that true community access involves active participation, engagement, and enriching connections. His inspiring journey demonstrates how fearlessly embracing new horizons can lead to profound personal growth.

As you attend community events, consider Ricky's transformative

potential in connecting individuals from all walks of life, contributing to the vibrancy and unity of our communities.

FAREWELL EXTRAVAGANZA PS

Tom Smith, the dynamo of an employer we've all come to admire, is gearing up for an incredible journey as he sets his sights on new horizons in a different state. But fear not, for before he ventures off, we're unleashing a farewell extravaganza that's also doubling up as a birthday bash at none other than the sensational STEP Rocklin office!

Picture this: a gathering that's not just any gathering, but a whirlwind of festivity that'll have your heart racing and your spirits soaring. The air will be buzzing with the thrill of adventure as we bid adieu to Tom in the most sensational way possible. With a guest list that's bursting at the seams, this soirée promises to be a rollercoaster of joy and celebration.

Remember back to September 2018? That's when the remarkable journey of supporting Tim kicked off. The memories, the moments, and the milestones we've shared are imprinted in the tapestry of time. While it's tough to bid farewell, it's also the dawn of Tom's exciting new chapter, and we're cheering him on from the sidelines.



So, dear Tom, as you embark on this new adventure, know that you're taking with you not just a team, but a family that believes in you, supports you, and is beyond grateful for the incredible experiences we've shared. Here's to wishing you all the luck, success, and happiness in the world! As you spread your wings, remember that the memories we've created together will always be a part of us.

Ladies and gentlemen, lets raise your glasses, unleash your smiles, and make a toast to Tom Smith, a legend in our midst.

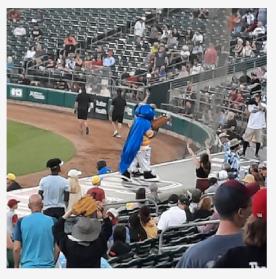
TAKE ME OUT TO THE BALL GAME!

Hold onto your hats, because this is where the excitement ramps up! Picture this: a gang of our lively employers decided to shake things up and embark on an epic journey to the Sacramento Rivercats Baseball Game. But hold on tight, because that's just the beginning!

As they strolled into the stadium, you could practically feel the buzz in the air, a symphony of cheers and laughter waiting to explode. The atmosphere was electric, and the thrill was palpable. And guess what? The game hadn't even started yet!

But then, it happened—the first pitch soared through the air, and the eyes of our intrepid crew were practically glued to the action on the field. With enthusiasm dialed to eleven, they witnessed players dashing across the diamond, pulling off gravity-defying catches, and launching that baseball high into the stands. It was like watching a real-life action movie.





But wait, there's more! In between innings, our unstoppable employers seized the chance to forge connections. They swapped stories, shared belly laugh, and let's not forget forming bonds tighter than the stitching on a well-worn mitt. So there you have it, a rollercoaster of excitement, camaraderie, and pure joy, all set against the backdrop of the Sacramento Rivercats Baseball Game. This was more than a game; it was a memory-making extravaganza, a chance to bond, a chance to feast, and a chance to let loose and enjoy every moment.

Pool Party!

Get ready for a scorching summer tale that's all about making waves and forging connections!
Employers Dan and Tom threw open the doors to their neighborhood's sizzling association pool, turning their home into the ultimate hot spot for fun, food, and friendship.



With the sun blazing overhead, the scene was set for an unforgettable day of swimming, laughter, and mouthwatering eats. The heat of the day practically begged for a dip in the sparkling pool, and everyone was more than ready to take the plunge.

With splashes and giggles, the pool quickly became the epicenter of the action. The water was the perfect escape from the heat, and playful games only added to the thrill. But it wasn't just about the aquatic adventures; it was about the bonds being formed, the conversations flowing, and the shared memories being made.

Fueling the fun was a feast fit for champions. From sizzling grills to frosty treats, Dan and Tom had it all covered. As the day wore on, bellies were full, and friendships were flourishing.



So, there you have it—a sizzling summer tale that's all about seizing the day, diving into new friendships, and relishing the moments that make life extraordinary. With the sun on their skin and laughter in the air, this group created memories that would stand the test of time.

Dan, Tom, and the group knew they had shared something special—a day that would linger in their hearts long after the last splash had subsided.

AMY THE HANDY WOMAN



Amy has been nominated for her achievement with Home Decoration. Amy is an accomplished homeowner, as you can see by the photos in this entry. her home projects have inspired herself and boosted her confidence. Her dream explanded and now she wants to create even bigger home projects. Amy is he definition of a Person-Centered Active Support.

Amy had long desired to renovate her home but had never initiated her projects. With the arrival of the COVID-19 pandemic in 2023, she took the opportunity to set new goals for 2023-2024. Her DSP 4, Karen D., asked Amy about her aspirations, and she revealed her longstanding interest in home improvement. Amy swiftly embarked on her goal, beginning with her dining room.

Although Amy possessed some tools, she lacked an extensive collection. Lei B, a friend, generously offered to provide tools, educate Amy and her colleague DSP4 on their proper use, and facilitate Karen's assistance in tool utilization. Lei dedicated her personal time to this endeavor.

Over the course of two months, Amy successfully completed her dining room project, taking charge of tasks such as bead board installation, crown molding placement, and painting. Lei and Karen provided instructional support, contributing to Amy's knowledge and progress.



Amy's roommate also contributed to the projects, enhancing their collaborative nature. Karen, as Amy's supervisor, noted her remarkable growth over their eight years of collaboration, observing that Amy had discovered her passion.

Amy's achievements extended beyond the dining room, as she neared completion of her bedroom makeover.

DIVERSITY, EQUITY, INCLUSION

Our Diversity, Equity, and Inclusion Ambassadors program is expanding with new ambassadors, Daniella M. and Maria G., selected by our Deaf STEP team. They exhibit leadership, engagement, listening skills, and a commitment to fostering inclusion within our community. As ambassadors, they will educate others about the program's objectives, encourage stakeholder involvement, and seek opportunities to broaden the Deaf Team's network of partners and supporters. They are eager and ready to serve as ambassadors to educating others about its purpose and goals, encouraging involvement with stakeholders, and pursuing opportunities to expand Deaf Team's network of partners and supporters.



The DEI Ambassadors program focuses on advocating for diversity, equity, and inclusion, bridging the gap between employers and employees. The Diversity Ambassador Committee will arrange workshops, training, and Person-Centered Active Support sessions to champion various groups, embracing differences in age, race, ethnicity, abilities, disabilities, gender, religion, culture, and sexual orientation.

Danielle and Maria will ensure the planning committee includes a Deaf team advocating for Deaf Culture, providing resources, diversity training, and hosting related sessions.

Their efforts aim to raise awareness in Deaf education, promote communication access, and foster transparent information sharing within the community.

Join us in congratulating Daniella and Maria as they join the Deaf Ambassador committee within our Deaf Unit team!





Prioriting your Health: Air Quality and Lung Wellbeing

In the pursuit of overall health and wellbeing, it's crucial to pay attention to the quality of the air we breathe. With smoke from wildfires, pollution, and other environmental factors becoming more prevalent, taking care of your lung health is of paramount importance. Here's what you need to know about air quality and its impact on your respiratory well-being:



Understanding Air Quality: Air quality refers to the composition of the air in your environment. It's influenced by various factors, including pollutants, allergens, and particulate matter. Poor air quality can arise from sources like industrial emissions, vehicular exhaust, and, notably, smoke from wildfires.

The Link Between Air Quality and Lung Health: Exposure to pollutants and smoke can have a profound impact on your respiratory system. Fine particulate matter in smoke can penetrate deep into your lungs, triggering inflammation and causing irritation. Prolonged exposure to poor air quality can exacerbate existing respiratory conditions such as asthma, chronic obstructive pulmonary disease (COPD), and even lead to the development of new health issues.

Use of Airnow.gov: Utilizing AirNow.gov helps you check outdoor air quality. The site provides current air quality status and indicates your specific AQI category, along with recommended precautions.

Higher air quality numbers mean that more air pollution is present and health concerns are greater.

GREEN Good air quality - 0 to 50

ORANGE Unhealthy for sensitive groups - 101 to 150

RED Unhealthy - 151 to 200

PURPLE Very unhealthy - 201 to 300

MAROON Hazardous - 301+



Stay Informed: Keep an eye on local air quality reports, especially during times of increased pollution or wildfires. Websites, apps, and government agencies provide real-time information to help you plan outdoor activities accordingly.

Limit Outdoor Activities: If air quality is compromised due to smoke or pollution, try to minimize outdoor activities, particularly vigorous exercises, which can lead to increased inhalation of harmful particles

Indoor Air Quality: Create a safe haven by maintaining good indoor air quality. Use air purifiers with HEPA filters to reduce indoor pollutants. Keep windows and doors closed during poor air quality days and avoid using tobacco products indoors.

Proper Ventilation: Ensure proper ventilation in your living spaces to allow for air exchange. Use exhaust fans and open windows when air quality improves.

Stay Hydrated: Drink plenty of water to help keep your respiratory passages moist, especially when dealing with irritated airways due to poor air quality.

Respiratory Hygiene: Practicing good respiratory hygiene, such as covering your mouth and nose when coughing or sneezing, can reduce the spread of germs and allergens.

Consult a Professional: If you have pre-existing lung conditions, consult your healthcare provider for guidance on managing your condition during periods of poor air quality.

N95 Masks: When going outside in smoky conditions, consider wearing an N95 mask. These masks are designed to filter out fine particles and can be particularly beneficial for vulnerable individuals.

Prioritizing your lung health involves conscious efforts to minimize exposure to harmful air pollutants and smoke. By taking proactive measures to improve indoor air quality, staying informed about local air conditions, and following medical advice, you can help protect your lungs and ensure your overall wellbeing.

OROSCOPES

By: Michelle Kebabjian

ARIES MAR.21 - APR. 19 Look beyond what catches your attention at eye level.

Perspective is necessary now, so pay attention to what is going on around you and at your feet.

TAURUS APR. 20 - MAY. 20 The warmth of the sun is a powerful form of expansion, opening the flowers every day, all around the world. You, too, possess the power of expansion; shine your light on your goals and watch them materialize.

GEMINIMAY. 21 - JUNE. 20

The Universe, and your guides, want the best for you, even though it may not seem like it when times get hard. The lessons coming in the next few weeks will only prove this to be true for you.

CANCER
JUNE. 21 - JULY. 22

If it feels hard to make decisions lately, watch your dreams for messages, symbols, and signs. Answers can appear in magical ways you'd never expect.

LEOJULY 23 - AUG. 23

Take pride in your unique ability to serve others from your heart. The abundant love you have to give is a gift to this world, as well as yourself.

VIRGO AUG. 23 - SEP. 22 Things can seem to be moving too fast right now, Virgo. Trust in your ability to be flexible, nimble, and take everything in stride.

LIBRA SEP. 23 - OCT. 22 What are you holding onto that only holds you back, Libra? Know that it is safe now to let these issues come to the surface to be nurtured and healed.

SCORPIO OCT. 23 - NOV. 21 Taking time to stand still and engage your physical senses will replenish your imagination and creative fire. Brand new ideas are out there, just waiting to surprise you!

SAGITTARIUS NOV. 22- DEC. 21 The past is the past, so allow yourself to feel the loss and grieve if you must. For now, let yourself feel your emotions, then release them to make room for joy that awaits you.

CAPRICORN DEC. 22 - JAN. 19 When you forgive yourself as well as others, you will discover your authentic voice and a new path will emerge. Old wounds don't have to become scars, if you just let them heal.

AQUARIUS JAN. 20 - FEB. 18 If there's something important you need to express, take the time to go within and find the right frequency and vibration before you speak. Remember- you create your reality through your thoughts, words, and actions.

PISCES FEB. 19 - MAR. 20 The coming days will bring excellent opportunities to release that which no longer serves you. Just as trees drop their leaves in the fall, you are being called to drop old ways of thinking, and outdated beliefs.











12:30-3:30pm

950 Tharp Road. Bldg 1200 Suite B Yuba City, CA 95993

RSVP: Kim Porter

916-209-3590 or kim.porter@stepagency.com



WHEN: October 14th, 2023

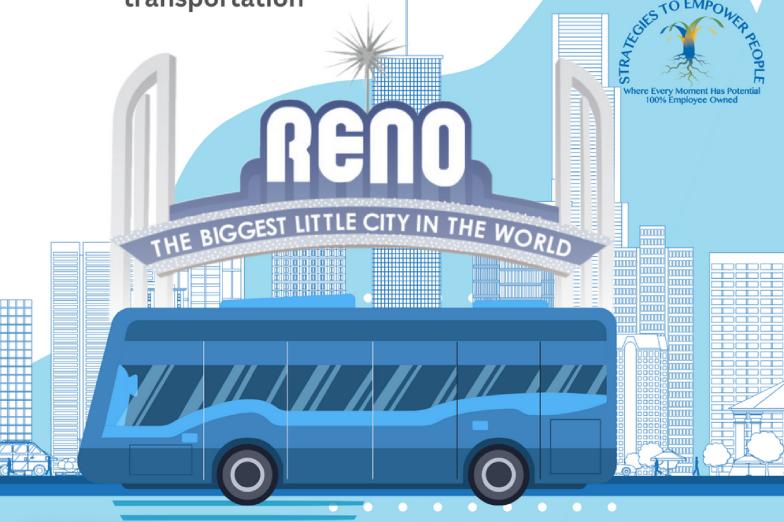
TIME: 8am - 8pm *Bus leaves at 8am, Arrive at 7:30am

COST: \$50 per seat & \$2 tip for Driver

MEET LOCATION: 2330 Glendale Ln, Sac, CA 95825

CONTACT: DesMalone@stepagency.com

OTHER: Please bring snacks/drinks and personal spending money for the trip. Cost only covers transportation







SEPTEMBER





	24	17 • HAPPY • CONSTITUTION • DAY •	10	ω		SUNDAY
Non A	25	18 COLLINS CAMPING	11 9.11.07 PATRIOT DAY ***********************************	4 Closed LABOR DAY		MONDAY
	26	19 Ganesh chaturthi	12 COPTIC NEW YEAR	J		TUESDAY
Mawklid al-Nabi	27 Med Track Training	20 Med Track Training HeForShe	13 Med Track Training	6 Med Track Training BOOK DAY	A Section of the sect	WEDNESDAY
National Son's Day	28	21 Professional Drive 2-3pm lce Cream Social 3-5pm	Dare To Dream Professional Drive 2-3pm Paint Day Professional Drive 11am-2pm	Dare To Dream Professional Drive 2-3pm		THURSDAY
Hispanic Heritage Celebration Pitru Paksha begins	1 AND AND 62	NATIVE AMERICAN HERITAGE DAY	15 PAY DAY!	8 WIRDOWS DAY	1 PAY DAY!	FRIDAY
Sukkot	30	23 Bisexuality Day	16 ^{National Working} Parents Day DEAF BBQ STOCKTON	9	2	SATURDAY

Dare To Dream:
Engages in empowering discussions covering a range of vital topics, including Safety, Building Healthy Relationships, and Mastering Self-Advocacy.

Professional Drive 11am-2pm Come Paint, Hang Out During we will come up with ideas to raise funds for additional events Paint Day:

Ice Cream Social:
Glendale Lane 3-5pm
Join us, enjoy ice cream,
enjoy the comradery.

together as we learn more of the culture and Hertiage Hispanic Heritage Celebration: Yuba City 12pm-3pm Join us, Celebrate Hispanic Heritage

Take a look at the flyers in the newsletter for additional information including RSVP and Address