

**EXERCISE, EXERCISE, EXERCISE**

If you are over 50, get the go-ahead from a doctor before starting any vigorous exercise program. But even if you only plan to start walking around the neighborhood, you should check with a doctor if you have any of the following conditions:

High Blood Pressure, Diabetes, Fast, irregular or extremely slow heartbeat during rest. Also check with your doctor if you have past heart attack, heart disease, recent chest pains, shortness of breath, recent unexplained weight gain or pain in you legs or buttocks during walking.

Once all of the above have checked out. Exercise with common sense. Drink lots of water, including a glass before and after exercising.

Avoid vigorous exercise in hot, humid weather. See your doctor promptly if your exercise makes you feel dizzy, nauseated, disoriented or unable to talk. Other signs of overexertion include pain in the chest, upper back, left shoulder or arm. To prevent strain on your heart and injuries to your muscles, try at least five minutes of low intensity warm up exercises followed by 5-10 minutes of gentle stretching before exercise.

After exercising, cool down with a few minutes of stretching and slow walking. Don't forget to congratulate yourself every now and then. For more tips see: [www.MyOnlineWellness.com](http://www.MyOnlineWellness.com)



**Community Care**  
301 South State St.  
Ukiah, CA 95482



Welcome to the first issue of Community Care Commentary.  
A newsletter brought to you by Community Care and its employees.

**FROM THE DIRECTOR'S DESK...**

*By Dennis Fay, Executive Director*



**INDEPENDENCE; WHAT DOES IT MEAN?**

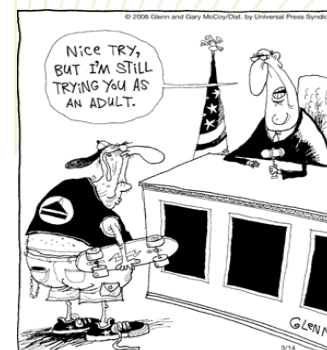
Here at Community Care, all of our programs are in support of independent living. One definition according to Webster's dictionary is "a sufficiency of means for the necessities and conveniences of life." While we serve a variety of people in our many programs, the common goal of all your Community Care workers is to "empower" our clients to gain greater independence. In this way, you should expect to get a greater sense of sufficiency and improve the quality of your life. Here are a couple of examples of how we put this goal into practice in a real way.

**Here's a little "ditty" about "Sandy"**

She began our program in 2005 with chronic, severe pain due to a back injury and osteoarthritis along with some clinical depression and anxiety, mostly due to the loss of several family members in a relatively short time. After being in our program, where her services are monitored, and availing herself of many community based services including counseling, she has been able to significantly reduce the severity of her acute and chronic pain to a level that is "very manageable." Sandy "really enjoys" taking two classes (one oil painting class at Mendocino college, another computer class at the Senior Center) as well as outings with church friends and caregivers to such events as thrift store shopping, going out to eat and a weekly group therapy session, which has helped to stabilize her mood. Sandy is one of our many "success stories" at MSSP and we hope she continues to thrive and enjoy the many services and social opportunities offered by our community and our agency.

**Frank was one of the founding members of Ukiah Chapter of People First**

Frank had a great job within the community and plenty of friends to keep him company. Due to a number of life events, he became homebound and unable to share his full life experiences with friends. Community Care's Independence Plus met Frank nine months ago. He and his care giver established two goals; stay on top of medical care and buy a new bed. In the last six months Frank has met his primary goals and much more (at last count 14 goals). He now has hosted two parties with his friends. Frank can also now independently navigate his way up and down the stairs at his apartment and is working with his Physical Therapist to gain more mobility. As of today, Frank is walking to the creek with some friends. Frank deserves a full life and a community of friends. He says he knows all of this—just ask him. We are so proud of Frank and wish him even greater mobility and friends galore. Go Frank!



**COMMUNITY CARE'S PROGRAM LEADERS**

Dennis Fay  
Executive Director  
468-9347

Kathy Johnson  
Info. & Assistance  
468-5132

Stephanie Husted  
Lake County Supervisor  
995-7010

MaryAnn McCorquodale  
Ukiah Supervisor  
468-9347

Elaine Heine  
Fort Bragg Supervisor  
964-4027

Margaret Ridgway  
Independence Plus  
468-5095

Marty Ball  
CCHAP Director  
995-1606

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**Community Care HIV/AIDS Program (CCHAP)**

The first ever Lake County AIDS Walk was sponsored by Community Care on September 20, 2008 in Clearlake. This collaboration between area agencies, clients and staff was a resounding success. All proceeds will go directly to support CCHAP programs in Lake County. With over 300 participants, this event was supported by community leaders, elected representatives and interested partners including Hospice Services, Dept of Public Health who tested over a dozen folks, Clearlake Oaks Methodist Church, Lakeside Clinic, Lucerne Medical Clinic, Planned Parenthood, NA, The Medicine Tray, Any Positive Image/Needle Exchange, and the Stonewall Democratic Club. We thank our corporate and community sponsors including Sutter Hospital, D&M Compassion Center, and Dr. Marshall Kubota. Community Care is dedicated to making this event even more exciting next year.

**COMMUNITY CARE NEEDS YOUR HELP**

*By Dennis Fay, Executive Director*

**HOLIDAY DONATIONS HELP SUSTAIN PROGRAMS**

Most of you are aware that state funding for our in home independence programs was greatly reduced this last July. The new California budget cut Multipurpose Senior Services (MSSP) and HIV/AIDS support programs by 10%. Linkages programs were also cut by over 7%. Community Care does not charge fees to any of our enrolled clients. We are totally dependent on program funding, donations, fundraising and grants. If you or your children, friends or relatives would like to contribute to our programs, please ask them to make a tax deductible contribution using the attached self addressed envelope. If they prefer to donate online, please have them visit our website at: [www.CommunityCare707.com](http://www.CommunityCare707.com) and click the Donate to Community Care tab.

If you would like to consider adding Community Care to your estate planning, please discuss this with your family, lawyer or estate planner. Should you wish to include us in your endowment, have your estate planner contact me personally at [dennis\\_fay@live.com](mailto:dennis_fay@live.com) or at 707-468-9347. Know that all donations and contributions will be used directly to benefit all of our clients by offsetting overhead expenses incurred by the state budget reductions. Contributions are gladly accepted on your behalf and we encourage your family to donate in your name. Until next time, I wish you good health, friends and family to love and abundant independence.

**HAPPY HOLIDAYS TO ALL OF OUR CLIENTS FROM ALL OF US AT COMMUNITY CARE**



Community Care gives back to the Community and Clients



**INDEPENDENCE PLUS**

Community Care Independence Plus held it's annual client picnic on October 16, 2008. The sixty or more consumers and their family members attended and enjoyed a barbeque prepared by their case coordinators and staff of Community Care. All those in attendance left the events with a raffle prize, a smile and great spirit. We sure hope all of you had as much fun as we did. Keep up the good work on independent living and keep in touch. We are sure proud of each and every one of you. Keep Smiling!

**MSSP & LINKAGES PROGRAMS**

When we met 79 year old Alma in July of 2006, she was still adjusting to life with severely diminished vision. Medication set-ups were ordered right away and bathroom safety equipment obtained. When her eye care required trips to a specialist in Santa Rosa, escort transportation was provided to the Low Vision support group. After a referral to the Earle Baum Center, Alma is now able to cook for herself. The Center's representative helped her with techniques for shopping and outfitted her stove with raised knobs, enabling her to again cook at home. According to Alma, "The communication with Community Care has been fantastic. Just knowing I can pick up a phone and talk to you folks when I need to has been very important to me." We will miss Alma, who is soon moving near her family.



*Adelaide Bijou Fay and her grandpa Dennis Fay*

**DENNIS FAY, COMMUNITY CARE'S NEW EXECUTIVE DIRECTOR**

I recently retired as a Public Health Officer (Lt Col) in the US Air Force Medical Service. I served for over 28 years in this capacity and have extensive healthcare executive experience. I served at the Pentagon, several overseas tours (England and Italy) and have some combat experience (Iraq/Afghanistan). It has been my pleasure to lead some of the finest men and women in the Public Health arena. I have a BS in Environmental Health Science from Cal State University Los Angeles and a Masters in Public Administration (Healthcare Administration) from Troy State University Alabama. I am a Board Certified Healthcare Executive (CHE) affiliated with the American College of Healthcare Executives, Chicago Ill. I taught as an adjunct instructor of Chapman University, Orange CA. I have a lovely wife (Jo Anne) and we have been married for 36 years. I have three grown kids (Michael, Ian and Alison) and a precious grand daughter Adelaide. We recently finished construction of our "dream home" in Lake County near Kelseyville. When not saving/improving lives at Community Care, I love to golf, boat and fish. But the most important thing to note is that I have a deep and abiding commitment to those we serve in all of our programs here at Community Care. I also have a deep and abiding commitment to our staff. It is their efforts that make such an improvement in the lives of those who deserve our help.