



CCC Newsletter

Spring/Summer 2007



CCC employee Darlene Ward talks with an attendee at the Richmond Community Health Festival.

What's Inside?

In this edition of the Spring/Summer 2007 CCC Newsletter, you will:

- ♥ Meet the CCC Office Team
- ♥ Read about our Best Practice series of in-service training for CCC caregivers
- ♥ Get some home safety tips
- ♥ Find some useful listings to other services
- ♥ Have a laugh with Gary "Me?... I'm not a Jokester" Szlachetka
- ♥ Enter a competition to name the CCC Newsletter.

CCC Co-hosts 2007 Richmond Community Health Festival

Now that spring is in the air, San Francisco is coming alive with street fairs and festivals. It was a warm, sunny Saturday on April 28, 2007, when the 3rd Richmond Community Health Festival took place at Kaiser Permanente's French Campus.

Compassionate Community Care, along with Senator Leland Yee, Supervisor Jake McGoldrick, Kaiser Permanente, On Lok SeniorHealth, and Richmond Area Multi-Services, Inc. (RAMS) co-sponsored the event which saw about 1000 people attend.

CCC Executive Director, Cho Quanhong, was MC for the days festivities which included lion dancers, Irish dancers, stilt walker, Russian folk dancers,

break dancers, and t'ai chi instruction. Over forty local community groups and organizations participated in the day's festivities. Many attendees were lucky enough to win free raffle prizes.

Health talks on hypertension, healthy eating and hepatitis B, delivered in Chinese as well as English, proved very popular.

Attendees took advantage of the free health services available which included blood pressure checks, body mass index, bone density testing, medication reviews and body fat testing.

All in all, a good time was had by all. Don't miss out when the festival returns next year.



CCC Program Director, Gary Szlachetka, gets into the festive mood at the CCC info booth.



Executive Director, Cho, presents a prize to a lucky raffle winner; and Client Services Coordinator, Julie Fresta works back stage.



Meet the CCC Office Team



Qiu (Cho) Quanhong (aka Mrs Bird) *Executive Director*

Over five years ago, Cho set up Compassionate Community Care in San Francisco, as an affiliate member of Helping Hands Sanctuary of Idaho. Since then, CCC has grown into a successful home care provider that has received recognition from the San Francisco Board of Supervisors, California State Senator, and the Department of Aging and Adult Services.

Our hearts were all aflutter in February when our esteemed leader, Cho, walked down the aisle to marry Erik Burd.

Following their wedding in San Francisco, Cho and Erik went to China for more wedding celebrations with her family in Wuhan. Congratulations Cho and Erik!



Gary Szlachetka *Program Director*

Gary joined CCC in it's earliest days over five years ago, starting work with initially as a caregiver, before going on to become the Program Director. His experience out in the field brings invaluable insight into his role.

His sense of humor keeps the office well entertained, and makes coming to work every day a joy and a pleasure.

Just for fun...

A senior citizen was walking across a damp meadow when he heard a female voice say, "Sir, I would like to ask a great favor of you." He looked around and saw only a frog sitting on a grass pod.

"I must be going nuts he thought, "There's no one here."

The voice then said, "Please, sir. Please help me."

Again all he saw was the frog, looking straight at him. "Who said that?" he asked rather loudly.

"I did, sir. I'm the frog. I was a beautiful 19 year old princess but a witch put a spell on me.

Please help me."

The old man picked up the frog and held it in his hand. "How can I help you?" he asked. "The only thing that will break the spell is to have a man kiss me on the mouth. Please do it for me, and then I will again turn into a beautiful, sexy princess and I will really make you feel young again. I will make great love to you."

The man closed his hand about the frog and stuffed it into his pocket. "At my age," he said, "I'd rather have a talking frog."



Julie Fresta

Client Services Coordinator

Julie joined the CCC team in February this year as our Client Services Coordinator. Julie is a registered nurse from Queensland, Australia, so don't be surprised to hear some funny oz-isms being spoken around the office. (Gary finds it particularly amusing when she says she is going to the "loo").

Cynthia Dominguez

Administrative Assistant

It's Cynthia's lovely voice that most of you hear when you ring into the CCC office. Cynthia started working with CCC in February, and has proved herself to be an indispensable part of our team. San Francisco born, Cynthia is a true local, able to speak both Spanish and English proficiently.

Dennis Isner

Office Assistant

Dennis works with CCC as a part-time office assistant. Part time caterer and party animal, Dennis is also interested in local politics, having previously run in the elections for the Board of Supervisors. Born in Washington DC, Dennis has lived in San Francisco for more than ten years.

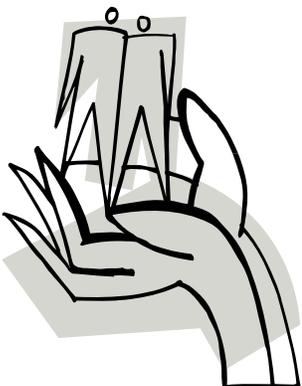
Darlene Ward

Office Assistant

Darlene is another member of our office team, who started working with CCC as a caregiver. As well as working in the CCC office part-time, helping out with filing and other duties, Darlene continues to work with us as a caregiver.



Best Practice Series - Quality In-service for CCC Caregivers



Earlier this year, CCC began the Best Practice Series of Quality In-service for CCC Caregivers. The first of this series was "The Do's & Don'ts of Quality Caregiving", which explored the best practice for client-centered care.

Following on from this was the delivery of "Responding to Chal-

lenging Situations" and "Safety in the Home Care Setting". The trainings have been well attended by CCC caregivers.

The Best Practice Series in-service training will continue throughout the year to ensure that our clients receive the best quality care possible.



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***Helping you maintain
independence at home***

Did you know?

- ♥ The San Francisco Fire Department's Senior Home Safety Program provides one hour Fire and Fall Prevention presentations with information to take home. They also provide free smoke detectors which can be picked up from their depot. And remember to ask about their "Vials of Life". Call 415-734-2101
- ♥ Family Caregiver Alliance (FCA) provides information on caregiving through education, services, research and advocacy. The organization offers support groups, workshops and publications. Many services are free or low cost. Call 415-434-3388 or visit their website www.caregiver.org

Safety in the Home Care Setting



The home care setting provides some interesting challenges for those caring for people at home. Of utmost importance is always your loved ones' safety. Here are some tips for keeping the home environment safe:

- ♥ Avoid scatter rugs
- ♥ Arrange furniture so that there is a clear pathway for walking
- ♥ Make sure there are no electrical and telephone cords across walkways
- ♥ Make sure walkways and stairs have good lighting
- ♥ Check grab bars in the bathroom and on stairways for strength and stability and replace if necessary
- ♥ Have non-skid bathmats
- ♥ Get up slowly when going from sitting or lying down to standing
- ♥ Wait until you're feeling steady on your feet before you start walking
- ♥ Remove locks on bathroom doors to prevent people from accidentally locking themselves inside
- ♥ Have rounded edges on kitchen counter tops
- ♥ Remove appliances with frayed cords or loose plugs from use
- ♥ Do not operate electrical appliances around sinks, showers, and bathtubs
- ♥ Wipe up any liquid spills immediately
- ♥ Never store household cleaners or other chemicals in containers meant for food or beverages
- ♥ Install a fire alarm in your home

Name the CCC Newsletter and WIN !!!

The CCC Newsletter needs a new name. Come up with a name that is appropriate and catchy and enter the draw to win a wonderful prize. To enter, simply ring the CCC Office on 415-921-5038 to make your suggestion - don't forget to provide your contact details so that we can notify you if you win.