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**BAY AREA BRAVO BUCK EVENT:**  
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June 25, 2013

**COMMUNITY RETREAT:**  
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11875 Dublin Blvd. Ste. A-100  
Dublin, CA 94568

San Jose Office  
4030 Moorpark Ave., Ste. 220  
San Jose, CA 95117

Redding Office  
475 Knollcrest Dr.  
Redding, CA 96002

Dublin 925.551.3227  
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February 2013

# Successful Life Stories

a Compass SLS & ILS publication

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### Director's Note >>>

Whew! I am so full! I swear that I eat more in the month of December than I eat for the rest of the year! Why are there so many good treats that are only available during the Holidays? I mean, Trader Joe's is practically a winter wonderland of treats you "can only get one time a year." I think that makes it even more tempting—what if I miss my one chance to have minty marshmallow?!..... Well, I don't want that to happen, so I better get two boxes! :)

We are blessed to have so many choices all year round. Choices of chocolate, meat, lattes.... Choice is also one of my favorite things about Supported Living and Independent Living. We honor our client's right to endless choices: who's their staff, where they are going to live, what's for dinner, and who will be their friend (to name just a few).

I am reminded of these choices when we all get together for our annual Christmas event. It is so fun to see all the staff, clients and families get together because there is so much diversity in the room.

The people in the room represent different choices in faith, relationships, and lifestyles.

However, the love in the room is equally evident, as the love at each event is tangible. I feel so much affection between clients to each other, staff to each other and staff to clients and on and on the love goes. Our differences actually increase our capacity to love each other because love is also a choice. The more choices you make, the more you feel empowered to choose to love people, even if they are different from you. I leave each party—and I attend about five to six Compass parties in December—full on love. Love is calorie free too, so it's definitely the best way to fill up!

*Sadie Hess* Director of SLS & ILS

### A Compass Family by Eric Hess

One of the missions my wife and I pursue in our leadership of Compass is to not create a company, a business, or a social service agency, but to create a family. You may be thinking, "I've heard that before", or "How nice, but, whatever," but Sadie and I really feel this way. Let me explain.

One of the ways families—healthy families—function is that they surround and support each other's dreams, especially those dreams that have nobility and love at their core.

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### Your Love Language

by Aaron Zint

Imagine two brilliant scientists, each from a different country, joined together to find the greatest breakthrough in medical history: the cure-all pill. It will help you lose weight, get rid of acne, eradicate disease, and even do your taxes. The only hitch in this plan is that the scientists both speak different languages. Sure, they are familiar with the periodic table of elements and can navigate through many of the basics, but they each call the missing key ingredient by a different name and therefore can never uncover the magic that would be this world-changing pill.

Tragic, yes, but there is a simple solution! They need a translator.

con't on pg. 3 >>>

### Introducing ILS Managers

by Michele Gilbertson

The news is out, the papers are signed, and it is official... Tehama and Siskiyou Counties have their own ILS Manager. We are very excited about extending our borders to reach outlying counties, offering excellent service to more clients in our area.

In Siskiyou County COMPASS proudly introduces, Geeia Dexter. Geeia has lived in Siskiyou County for 13 years. Seven of those years she worked for the McCloud Community Resource Center as the Assistant/Program Director, and she worked as a Personal Service Coordinator/Case Manager for Mental Health Services through Behavioral Health.



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## Client Corner

Dream

This month, Compass would like to shine the spotlight on East Bay SLS client Monique Robinson. With perseverance and a strong will, Monique has overcome many challenges over the past several months, both emotionally and physically. 2012 had a rocky start for Monique but she worked hard alongside her Team Leader and CSS staff to get through her hard times and it is obvious to everyone that her hard work is really paying off! She purchased a brand new recliner and couch for her living room! Monique has an in-home day program called HATCH and she has been working with her instructor to find the level of willingness and motivation that she needs to increase her participation in program activities even further. Compass was excited to see Monique attend both the Bay Area Bravo Bucks Auction and the Compass Community Luau this summer; she had a great time at both events and was wonderful to be around. Monique's warm smile is infectious and we acknowledge her this month for overcoming personal challenges so that we all get to see that beautiful smile a whole lot more!



Monique



DON

Donald Ryker is a very active and outgoing young man. Because he lives in a prime location in downtown San Jose, Don has the opportunity to go out into the community to get his daily coffee from Starbucks, eat out, go to the movies, and experience the local night-life. Don owns a friendly cat named Merline and a loyal dog named Leora (Le for short). He also enjoys playing soccer and painting. He has some of his art pieces displayed in his condo. Don takes classes at San Jose City College and is pursuing a degree in digital film editing. When he is not busy with his schoolwork or social activities, Don loves to play video and computer games. His favorite video game to play is "Halo". Don is a very strong advocate for himself and also has a great support system from his family and friends.

Destiny

## Family >>>

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Once again, we have the opportunity to do that for one of our own. Brooke Patmor, a long time CSS in our Redding office, is leaving us to move to the other side of the planet, becoming a teacher and missionary to orphaned children in Thailand. Many of these kids are victims of abuse and other things too horrible for me to write about. Brooke is moving there to be with them for a long time. Maybe permanently. Of course we are sad to see her leave; she's such a sweet and fun person. But we are excited for her new adventure.



Brooke

us will never have the opportunity to do what Brooke is about to do, but we do have the chance to invest in her life and the lives of those she'll touch. She needs to raise a solid monthly sum to pay for both her living expenses and the expenses of her ministry activities. Sadie and I have already committed to give to her monthly for as long as she's over there. I challenge all members of our community to do the same. Whether you give \$1 per month or \$100 per month, any gift you make will make a difference in a child's life, and it will tell Brooke that you are with her while she's on her adventure! Read more and donate at [www.BrookePatmor.com](http://www.BrookePatmor.com). I hope this doesn't offend any of you. Naturally, that's not my intent. But when a loved one takes an adventure, especially for the sake of someone else, we need to get behind them. This is what loving families do.

And now as a family we have an opportunity to partner with Brooke and send her out with encouragement and blessing. She needs prayer and more prayer, both for safety and provision. She also needs, well, us to give her money. Most of

Read more stories like this on Eric and Sadie's blog at: [www.compasscares.com/blog](http://www.compasscares.com/blog)



Love

Sometimes in ILS there are moments when a client is faced with a challenge and needs assistance in developing a plan or solution to overcome that challenge. In ILS we have many instructors with various strengths and talents—together they make a team of extraordinary people. One of these team members, who stepped up to the plate, is EronMarie Maddox. She is an ILS instructor who serves in an In Home Day Program, and EronMarie is one of those amazing people who you just want to be around. Our staff and clients say that her creativity and joy is contagious. One of her outstanding traits is her ability to provide effective instruction along with compassion, and if you know EronMarie, you know her compassion is as big as the sea. In 2012, she offered to temporarily open up her home and her life to provide safe housing and mentorship for a client in need. When EronMarie suggested the idea, there was no discussion of payment or reward; it was just in her heart to do. It wasn't enough to just offer a room, but I watched how diligently EronMarie cared and showed compassion as she would discuss living options. Not only is EronMarie compassionate, but she exhibits a strength that lends encouragement to others. Often times it is difficult for an adult with a disability to advocate for his/her thoughts and choices, especially when natural supports attempt to speak over them or for them. However, EronMarie refused to ignore this problem. She chose to listen and assist her client with understanding the value of freedom and respect. Some things in life don't have a monetary value, and EronMarie knows this very well. We see this as extraordinary!

## Staff Corner

## Introducing ILS Managers

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Geeia has a passion for working with people to help them meet their goals in life, and her knowledge of valuable resources in Siskiyou area readily available to those who need them. One of her best abilities is finding the strengths in people and challenging them to find inner strengths to reach their goals.

One of Geeia's personal hopes is to continue to learn, understand and grow with COMPASS to provide quality service to all of our clients. Her personal dream is to someday reconnect with her youngest daughter in Alaska. Geeia anticipates the day she gets to see her again to express the love that she has for her. In ILS, we believe in dreams and are not afraid of meeting challenges in order to reach our dreams. One of Geeia's challenges is to adapt to different cultures while understanding the way people live in a specific culture. She has overcome many struggles to become a stronger person.

Geeia is a competent and caring manager, and when asked what defines a success story to her, she stated, "I worked with a client for three years; this client would not come out of her bedroom. While working with her, I discovered that her mother had instilled the fear of life upon her which resulted in high anxiety of being out in public. After working with this client each week for those three years and providing tools and resources needed, she was able to obtain a high school diploma, get a job, move into her own home, gain independent life skills, meet a man who is now her fiancé, and she is currently working on getting her driver's license. I believe this happened by utilizing her strengths and dreams as well as using tools to overcome fears and anxieties of being out in the public.



Holly



Geeia

In Tehama County, COMPASS proudly introduces Holly Murray. Holly has been with COMPASS for three years working as a Case Facilitator in SLS in Shasta County. Holly is bringing her experience, education and her fun-loving personality not only to SLS but also to provide quality ILS services to Tehama County. She is known for her ability to capture the hearts of individuals combined with her ability to make them feel part of a bigger community. In her time at COMPASS thus far, her relational strength has been a rock for the SLS team to lean on. She gathers information and resources and can whip out a relevant fact at a moment's notice. Holly has been impacted by the dream culture of COMPASS, and she has been working on developing her own photography business for the last year. She loves being a part of her client's lives, and taking part in the manifestations of their dreams. Just to name a few of her client's dreams that were accomplished in the last year were: writing a book, attending a Giants game, and receiving a Dynavox. She is excited to be transitioning into ILS and learning another component of COMPASS.

As many of you know, Holly's husband is a Police Officer for the City of Red Bluff, so transitioning to Tehama County just feels like the natural thing to do. Both she and her husband have a heart for people who live there, desiring to release vision and hope everywhere they go. Holly's passion is to utilize all the great things that COMPASS offers to assist clients to live successfully in their own homes in the community. Holly is equipped to help the consumers of Tehama County live healthy, productive lives and reach their dreams.

## Love Language

>>> cont'd from pg 1

This scenario is not too far away from our own situation. We are given the task of uncovering something world-changing everyday—our very own relationships. The key ingredient is love, but the common problem is that everyone expresses love in a different way. In other words, we all speak a different love language. As a result, we sometimes miss out on the life-giving aspect of relationships and can only see the problems they seem to invite. So, here is your official love language translator. These are the five basic languages of love that most people can identify.

- Touch: for this person, physical contact fills up their love tank. They give lots of hugs, shoulder pats and the occasional nudge to show their affection. Reciprocate! Initiate! They crave it!
- Words of Affirmation: encouragement, a smile, positive energy directed at them and especially a compliment that is specific such as, "Your shoes are amazing, I love the color and sparkle," make them feel on top of the world. Practice saying the nice things you are thinking. It goes a long way.
- Acts of Service: take out the trash, offer to help, open the door for them. In other words, just Do Something for them. They feel

love when you take action on their behalf. Gifts: this person is the best gift giver. They get you not only what you want, but they present it well too. This does not require money! It could be an interesting find on the sidewalk. The key is that they want to know that while you were apart from them, you were thinking of them. Quality Time: spending time with this person is a must, but more than that, it must be time spent focused on them. Sure, it will go back and forth because they love focusing on others and being good listeners. But ask them about themselves and give them your undivided attention, and they'll fill right up. We do not express love in only one of these ways. Sometimes, we speak three or more love languages. But if we can begin to recognize our own primary language of love, as well as the language of those we are in relationship with, chemistry can happen and our world can change.

