

THE adjoiner MONTHLY

CREATING LIMITLESS PATHWAYS

FEBRUARY - MARCH 2025 EDITION
THE LATEST ADJOIN NEWS

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MESSAGE FROM THE CEO

BY: Wendy Forkas

Celebrating You - Happy Employee Appreciation Day! 🎉💙

Dear Adjoin Team,

In honor of Employee Appreciation Day, I want to take a moment to recognize the incredible heart and dedication each of you brings to Adjoin. Your passion, hard work, and commitment to our mission of creating limitless pathways for those we serve make a real and lasting impact.

At Adjoin, we believe in empowerment, inclusion, and innovation—values that shine through in everything you do. Whether you're supporting individuals in reaching their goals, advocating for better services, or keeping our programs running smoothly, you are the heart of this organization.

I am so grateful for each of you. Your efforts, compassion, and teamwork make Adjoin not just a workplace but a community. Let's continue to dream big, push boundaries, and change lives—together we ignite possibility!

With appreciation and gratitude,



Wendy Forkas
CEO, Adjoin



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CORPORATE SAN DIEGO



The finance team had a fun-filled afternoon escaping from prison together as a fun team-building activity! They did not escape in time.



David represented Path-Now alongside ARTE at the Leading the Charge Imperial Valley event!



David's first Path-Now lunch and learn was a success with over 100 RSVPs and around 60 to 70 people attend!

IGNITE
WELLNESS

Congratulations to the following for completing the Q1 Wellness Scorecard!

Wendy Forkas

Julia Doran

Jeff Clark

Vince Gong

Keegan Wulf

Sabrina DiMarzio

Melanie Anda-Lacson

HEALTH IS
WEALTH

Wendy had an eventful few weeks traveling to Sacramento to advocate for IDD services for Grassroots Day and again with CDSA!



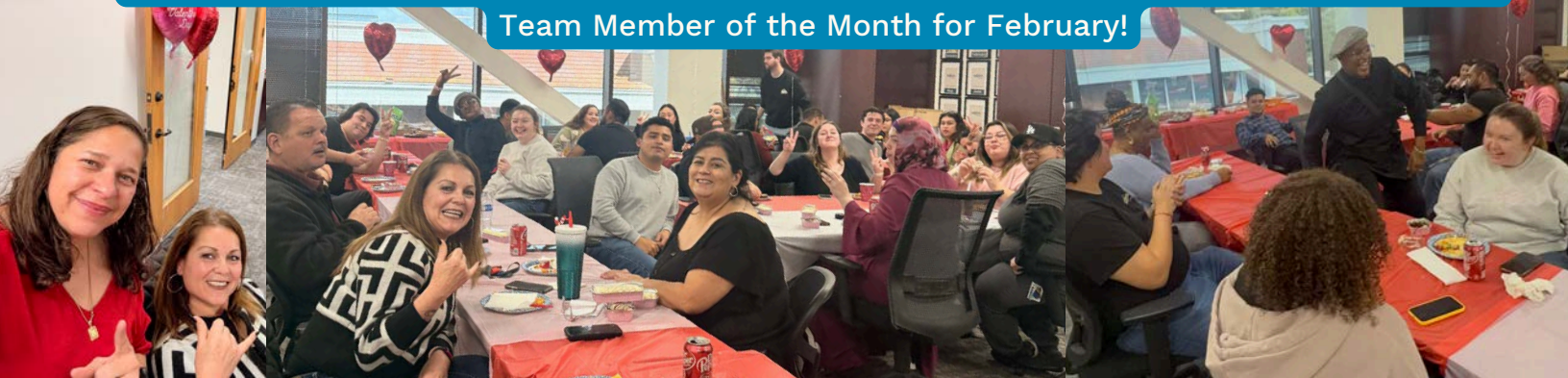
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veterans SAN DIEGO & IMPERIAL COUNTY

The Veterans Division had a packed and beautifully decorated all team meeting and Team Member of the Month celebration! Congratulations Valentina for being the Adjoin Veterans Team Member of the Month for February!



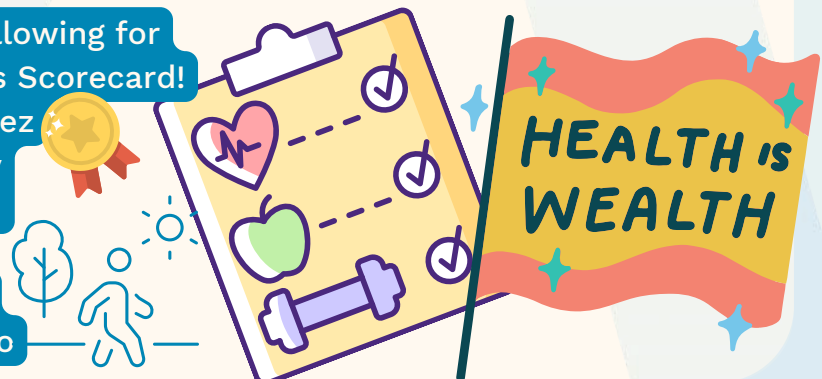
Congratulations to Maria Meyer for being recognized as Supervisor of the Quarter and to Oscar Huante for being Team Member of the Month for March!



For Team Member Appreciation Day and to celebrate all March birthdays, the Veterans Division had an amazing pizza party to celebrate all of their hard work and show their appreciation for one another! Adjoin appreciates each and every one of our team members!

Congratulations to the following for completing the Q1 Wellness Scorecard!

Valentina Rodriguez
Colleen Beasley
Linsey Stidham
Ana Jaquez
Darren Artaud
Katerine Centeno

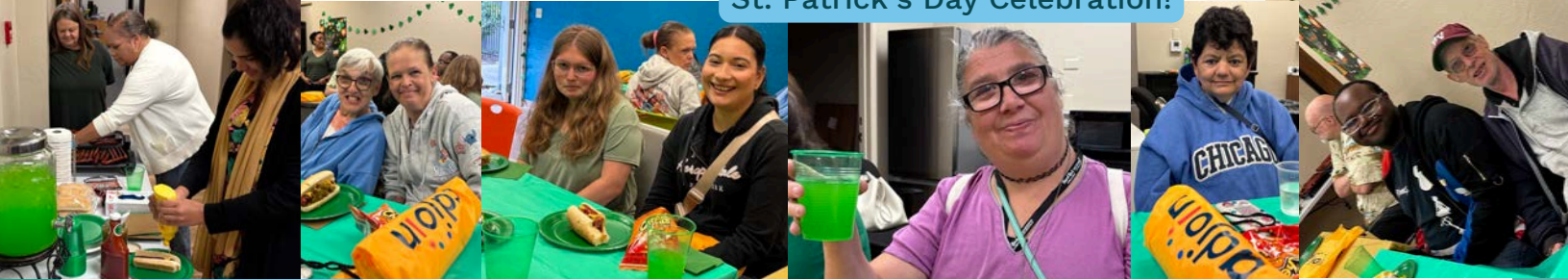


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 **catalysts** STOCKTON

St. Patrick's Day Celebration!



Team Member
Appreciation
Breakfast!



Office Collaboration Lunch!



Happy
Birthday
Christina!



 **catalysts** FRESNO

Congratulations to the following for
completing the Q1 Wellness Scorecard!

Kaila De Alba

**IGNITE
WELLNESS**



**HEALTH IS
WEALTH**



All the clients had an amazing idea to put on
a shamrock shake party for St. Patrick's Day
everyone got together and had a great time!



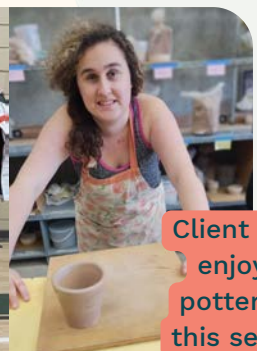
Client Kenny and
many others love
going to the gym
to listen to music
and workout with
their friend and
coaches!



Clients and our team enjoyed
the valentines dance!



Client Daphne
enjoys her
pottery class
this semester!



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 **catalysts** VISALIA

 **AGENT OF ACTION**

Joslin Woods - Direct Support Professional

Joslin shows her clients compassion by going above and beyond for them. Her client has many medical conditions and she encourages her client not to give up and reminds her of the importance of staying on track with her self care. Joslin treats her client with respect and dignity and interacts with her client by coloring or making needed necklaces. Joslin has assisted her client in the past with overcoming cancer and now she is right there beside her client again to assist her with being healthy and showing her what Adjoin services are all about.



THANK
YOU
😊



Team Member Appreciation Day!

Congratulations to the following for completing the Q1 Wellness Scorecard!

Anavel Hernandez
Esmeralda Lopez
Tina Howe

IGNITE

WELLNESS



We celebrated Sidney's Birthday with his friends and staff. Also, V-day celebration with our wonderful house managers, and case managers, a little appreciation for everything that they do.



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catalysts MERCED

February's Employee Spotlight!: Russell!

Introducing Russell, a "renaissance man" of a DSP! He's worked in every program Merced has to offer and does it all well. He is currently in the Community-Based Day Program as well as Supported Living. In the CBDP program, he engages his group of consumers and pushes them to step out of their comfort zone. In SLS he has become an expert and a comforting familiar face. We are so lucky to have Russell on our team! Thank you for everything you do Russell!!



In February, clients went to a Valentine's dance at the recreational center and made valentines cards! for their loved ones!

For Team Member Appreciation Day, gift bags were given to the team that contained a Starbucks gift card, pen and notebook with an appreciation quote on it!



In March, clients worked on St. Patrick's Day cards for convalescent homes that they delivered. We also facilitated a cooking with Dee activity where they made and decorated shamrock cookies!

catalysts ORANGE COUNTY

Congratulations to the following for completing the Q1 Wellness Scorecard!
Shannon Sackos



HEALTH IS WEALTH

catalysts SAN DIEGO

For Team Member Appreciation Day, our San Diego office team members received a little token of our appreciation! Marti Daglio and Jaqueline Gritton are showing off their bags containing LOTS of goodies!

Congratulations to the following for completing the Q1 Wellness Scorecard!
Carlos Olivares



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 **catalysts** IMPERIAL VALLEY



Valeria is set to graduate from the ARTE program in April 2025. Since joining Adjoin, she has truly blossomed. Throughout her time in the program, Valeria has achieved remarkable milestones — she has created and sold her own artwork, traveled to and participated in various regional art events, and engaged in public speaking, presenting her work during mixers and art exhibitions. Valeria has been interviewed by regional news outlets and featured in various publications such as television, showcasing her inspiring journey and contributions to the art community through ARTE.



March's Team Member Spotlight: Lillian!

"It's been a great experience working with Adjoin as a Case Manager. Adjoin Imperial Valley provides a positive, friendly, fun, and healthy work environment. I have so many wonderful memories working with Adjoin. I work with the best, most responsible staff, Supported Living. It takes a team to assist and coordinate a client's life 24/7, 365 days a year. The opportunity to solve complex problems and creatively find solutions that have a positive impact on my clients. It's very rewarding to see the clients reach their goals and evolve as individuals."



Congratulations to the following for completing the Q1 Wellness Scorecard! Karla Rico

"As you can see here at IV Adjoin we excel in many Adjoin values especially in "FUN"! I believe that excellent service starts from being able to provide a FUN atmosphere!! We celebrated with a small surprise, "Galentine's Day" luncheon, where all came in wearing red or pink. We had a Charcuterie board, sushi, and some delicious desserts such as donuts, cupcakes and strawberry cream to complete the day!! Galentine's Day at IV is not just about Gals hanging out, but rather a TEAM, a Family getting together to celebrate their achievements." -Ceci



On March 27th, the Day Program clients had the opportunity to visit one of El Centro's Fire Departments with a guided tour of the firehouse, where they learned about the daily life of firefighters during their shifts. During the visit, the crew gave a live demonstration of how they gear up in under a minute, answered questions and took pictures with our clients. Clients thoroughly enjoyed the visit and expressed interest in making this an annual event. A big thank you to the incredible crew at El Centro Fire Station No. 3 for their time and hospitality!





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10 TIPS TO USE LESS NATURAL GAS & SAVE ON YOUR ENERGY BILL

Reducing natural gas use at home may contribute to energy savings and it's better for the environment. Check out these energy-saving tips to help you save on your bill during the cold weather:

1

KEEP YOUR FURNACE AND AIR FILTERS CLEAN

Check furnace filters once a month and replace them regularly. A dirty air filter can increase your energy costs and cause problems with your equipment.

2

BLOCK THE CHILL

Caulk and weather-strip around drafty doors and windows. Use a door sweep, door sock or towel at the bottom of doors with a gap. Also remember to shut your chimney flue when not in use to prevent warm air from escaping.

3

LOWER YOUR WATER HEATER THERMOSTAT

Lowering the thermostat on your water heater to 120°F, if possible, will save energy and avoid scalding. Find water heater rebates from \$75 to \$500 at sdge.com/rebates.

4

SET YOUR CEILING FAN TO RUN CLOCKWISE

This causes the fan to produce an updraft, forcing the hot air that rises to your ceiling down and into the rest of the room. In the summer, you can switch the fans to counterclockwise to keep the room cool.

5

SCHEDULE A NO-COST GAS APPLIANCES CHECK WITH SDG&E

Book an appointment online at MyEnergyCenter.com. Select the Services tab, Services Overview and then Gas Appliances Check. Learn more at sdge.com/GasCheck.

6

USE THE "ENERGY SAVER" SWITCH ON YOUR DISHWASHER

Set it on a low temperature setting when feasible. Also, think about turning off the heat drying cycle – you don't need it! Only run full loads and turn the appliance off after the dishes are washed. And make sure to run it during off-peak hours before 4 p.m. or after 9 p.m.

7

KEEP YOUR BLINDS AND CURTAINS OPEN DURING THE DAY AND CLOSED AT NIGHT
During the day, let the sunlight and warmth in. When the sun goes down, close your blinds to keep the warm air in.

8

LOWER YOUR THERMOSTAT

Try lowering your thermostat a few degrees and throwing on a cozy sweater and socks or cuddling with your fur baby! You can also invest in a smart thermostat. Rebates are available at sdge.com/rebates.

9

MAKE SURE YOUR HOME IS WELL-INSULATED

Without good home insulation, the hot air your natural gas heating system emits can escape through cracks, doors, windows, the attic and garage.

10

USE WATER EFFICIENTLY

Take shorter showers and wash clothes in cold water. Consider installing low-flow fixtures, insulating your hot water pipes and using a water heater timer.

Visit sdge.com/winter for more bill-saving and energy management resources.

Actual savings may vary and will depend on various factors, including geographic location, weather conditions, equipment installed, usage rates and similar factors.

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ANNIVERSARIES TEAM MEMBERS

21	Jeannie Leuma	San Diego	4	Amy-Noelle Moore	Stockton
17	Eleanor Ramos	Stockton		Alicia Yanez	Imperial Valley
	Hugo Sanchez	Fesno	3	Ma Yang	Fresno
12	Esteban Camacho	Visalia		Kaila De Alba	Fresno
11	Chelsea Coffin	Stockton	2	Deanna Gonzalez	Stockton
	Esther Boring	Imperial Valley		Dortorea Madison	Merced
9	Brenda Urquiza	Imperial Valley		Tonja Araujo	Merced
7	Anavel Garcia	Visalia		Elizabeth Aguirre	Fresno
	Justin Souza	Fresno		Joslin Woods	Visalia
6	Brianna Walker	Fresno		Rosa Lopez	Imperial Valley
	Johnny Benavidez	Fresno	1	Sabrina Cordova	Visalia
	Cecilia De Lucas	Imperial Valley		Helena Roque	Visalia
	Guadalupe Reyes	Visalia		Claudia Hayes	San Diego
5	Edgar Casillas	San Diego		Isela Duran	Imperial Valley
	Melissa Coria	Imperial Valley		Tina Garcia	Visalia
				Jonathan Castaneda	Visalia



ANNIVERSARIES CLIENTS

30	Melissa B.	San Diego	14	Martin Q.	El Centro
				William M.	El Centro
29	Gylida G.	El Centro	13	Carmina D.	San Diego
				Victor A.	El Centro
28	Teresa T.	San Diego	12	Jack C.	El Centro
				Kelly G.	Stockton
25	Yvonne G.	El Centro		Glenn S.	Stockton
21	Marie B.	San Diego	11	KC A.	San Diego
18	Cinthyia A.	Fresno	9	Larisha V.	Stockton
				Cheryl V.	El Centro
17	Anthony B.	San Diego		Lisa R.	Stockton
	David S.	San Diego		Veronica J.	Fresno
16	Donald M.	El Centro	8	Chris B.	San Diego
	Maryanne S.	El Centro		Socorro F.	El Centro
15	Juan E.	San Diego		Ernest C.	El Centro
				Ruben H.	El Centro
				Debra F.	El Centro
			7	Luis R.	El Centro
				Jennette H.	El Centro
				Patricia P.	Visalia
				Ricardo G.	El Centro
			6	Avery Q.	San Diego
				Adrian D.	El Centro
				Ulises V.	El Centro
			5	Tamirat C.	El Centro
				Dale Y.	Fresno
				Jaision W.	Fresno
				Patsy J.	Visalia
				Nicholas D.	Stockton
				Patricia S.	El Centro
				Jorge D.	El Centro
			4	Javiva P.	San Diego
				Navneet G.	Stockton
				Keith W.	Stockton
				Ruben S.	Visalia

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POLICY OF THE MONTH POWER OUTAGE & NATURAL DISASTER PROCEDURES

POWER OUTAGE PROCEDURES

PREPARE AND PLAN

Keep a flashlight on hand in case of a power outage. If a power outage occurs, turn all devices completely off, and refrain from opening the fridge or freezer.

SEASONAL RESPONSE

In the warm of Summer, close window shades and blinds, and ensure water is available. In the colder Winter months, open the shades to allow sun and warmth in. Keep an extra layer available just in case.

KEEP IN CONTACT

If a supervisor is not in-office and staff feel it's necessary to leave the building, staff will inform the supervisor that they are leaving the building and will call / check back in 60 minutes to see if power has been restored. Community Resource Binders are available in each office for accessing community services during an extended outage.

GENERAL DISASTER RESPONSE

PREPARE

Offices are equipped with first-aid kits and fire extinguishers, and staff has been trained in their usage.



POST-EVENT

Check for injuries to self and others, meet at the designated evacuation point, inform regional manager / program manager of the disaster event

AFTERMATH

Police or other authorities will provide immediate instructions, the regional manager will determine when to reconvene at the alternate location designated in the Continuation Plan.

EARTHQUAKE RESPONSE

OUTDOORS

Drop to the ground, away from power lines, trees and buildings.

INDOORS

Drop, cover, and hold on under a sturdy desk or other furniture.



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SAFETY SPOTLIGHT

Beach Safety On Land



Stay
hydrated



Utilize
sunscreen

Be aware of
weather or any
other special
conditions like
water quality, etc.

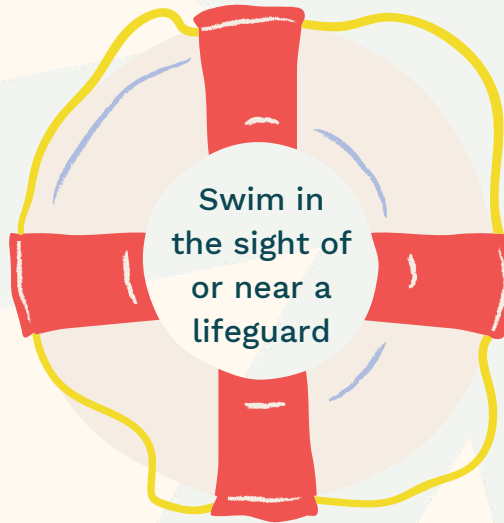


BEACH SAFETY

Beach Safety In the Water



Swim in
the sight of
or near a
lifeguard



Be informed and aware
of what marine life you
may encounter



Be aware of Rip
Currents
Swim parallel to the
shore to escape current

