



# LIVE WORK LEARN PLAY

CREATING LIMITLESS PATHWAYS



CORPORATE SAN DIEGO



Our Corporate Safety Officer, Keegan, sporting his Adjoin hard hat during his corporate safety presentation

Path-Now got to attend the Day of Play Resource Fair and connected with a lot of families!

The Corporate Fun Committee planned multiple surprises for Wendy's birthday! During our Corporate Safety Meeting the week, we celebrated with Crumbl Cookies for Olivia and Wendy's birthday, we decorated her office, we threw a fun birthday party with cake, and surprised her with a company-wide video shared on WWN! Happy Birthday Wonder Wendy!





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 **veterans** SAN DIEGO & IMPERIAL COUNTY



Adjoin showed our support for veterans by participating in the Wounded Warrior Project 5k Carry Forward event!



Adjoin Veterans had an amazing time at their annual Day at the Bay team member recognition event! The whole afternoon was filled with games, laughs, and food!



Happy  
Birthday  
Ivory!



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**catalysts** VISALIA



Sidney was excited to see what toy was in his Happy Meal.



Nate and Iris enjoying lunch at doghouse grill and share tea



Shawna and Sal were feeling spontaneous and took a trip to the casino



Welcoming our new case manager Jamie to the team!



Josh and Rickie made a pit stop to grab a free slurpee for 7eleven's 98th anniversary



Client Cory celebrated his birthday with friends and family with a Fortnite theme



**catalysts** ORANGE COUNTY



CONGRATULATIONS!

Congratulations to Shannon Sackos for starting her new position as Case Manager!





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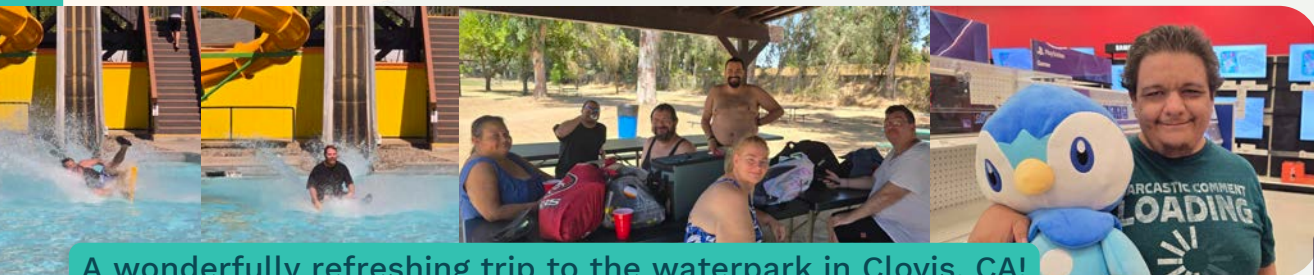
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**catalysts** MERCED



A group of clients and team members enjoyed a trip to the casino!



A wonderfully refreshing trip to the waterpark in Clovis, CA!



The Butterfly Club helped a client in Fresno pay for a laptop!



**catalysts** FRESNO



Client Patty enjoying a day at the Fresno Chaffee Zoo

Clients enjoyed the Grizzlies baseball game!!



Clients Tommy and Kenny enjoy the shade and walking the dogs



Client Daphne boxing at Core 3!



Christina Casas, thank you for 3 years!  
Happy Workaversary!



Bao Xiong, thank you for 3 years!  
Happy Workaversary!

Clients enjoyed bowling this month!



Happy Birthday  
Bridgett  
Aiyanna, & Adriana!



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 **catalysts** SAN DIEGO

Happy Birthday  
Ron & Cheryl!!



For Father's Day, a group of our clients spent the day at the Senior Center for lunch. Clients Ron and Mark both walked away winning gift cards and goodie bags.

ARTE is going strong, and the clients are LOVING IT. We started our first mural in the studio with the theme of "Inalienable Rights". Each client chose something that they felt met the definition and created a drawing to incorporate into the full wall. It is a work in progress and will be done soon. We can't wait to see what is next. The ARTE clients also took a break from ART and went bowling on a recent Friday.

Adjoin Team Member Marti recently started helping at another local nonprofit "One Safe Place". The focus of "One Safe Place" is to help anyone who has experienced family violence. At "One Safe Place", they provide free services to help people who are experiencing family violence find resources to move forward in their lives. Marti is using her cultural background as a Kumeyaay tribe member to help her native elders understand that help is available. Marti has taken on the role of "Expert Consultant" for natives 55+ experiencing Domestic Violence or stalking. She has presented at both "One Safe Place" and for her tribe elders. By sharing resources, she is helping to break the cycle of domestic violence.



For this month's employee spotlight we are honoring Vanessa from our San Diego Catalyst team! Vanessa is a case manager in San Diego and has been with Adjoin for 13.5 years!

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**catalysts** STOCKTON



This month's client spotlight: PJ!

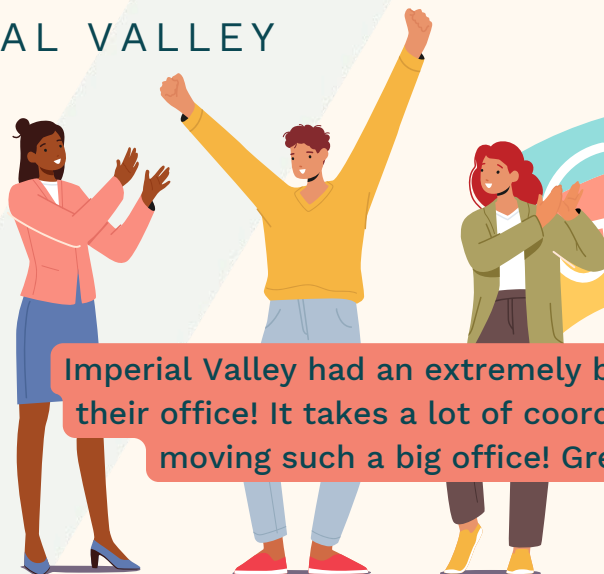
PJ has been a client of Adjoin for three years in our Independent Living Services program. She is an inspiring client who has demonstrated tremendous growth and resilience. Over the past three years, PJ has blossomed across all areas of her program, gaining employment, becoming an active community member, and emerging as a confident public speaker! PJ has spoken at various conferences and events, representing her journey with pride.



The Butterfly Club helped a client in Stockton pay for a home furnishings!



**catalysts** IMPERIAL VALLEY



Imperial Valley had an extremely busy month moving their office! It takes a lot of coordination to pull off moving such a big office! Great job team!



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## ANNIVERSARIES TEAM MEMBERS

17	Ronald Clayton Teddy Agbayani	San Diego Stockton	5	Aaliyah Cortez	Visalia
16	Eula Wilburn	San Diego	4	Jande Hernandez	Stockton
12	Christopher Solis Jacob Carter Tanya Sierra	Fresno Merced Visalia	3	Elfida Acosta Christina Casas Bao Xiong	Visalia Fresno Fresno
9	Geraldine Hood	Visalia	2	Lourdes Valverde Mary Carpena Lizbeth Lopez Luis Torres	Imperial Valley Veterans Imperial Valley Fresno
7	Esmeralda Rodriguez	Fresno	1	Marian Little Keegan Wolf	Veterans Corporate
6	Johana Ramirez	Imperial Valley			



## ANNIVERSARIES CLIENTS

34	Nick A.	San Diego	4	Guillermo F. Iris G. Daniel Q.	San Diego Visalia El Centro	1	Kristin W. Matthew M. Rebecca W. Nickolas F. Antonio P. Stephen N. Greg M. Victoria F. Diana R. Cindy M. Marquis J. Maryanne V. Elizabeth B. Tawnya J.	Visalia Stockton El Centro Fresno El Centro San Diego Stockton Merced El Centro Merced El Centro Merced Merced Stockton
30	Eduardo B. Mary M.	El Centro El Centro	3	Belen B. Ray G. Timothy C. Roberto G. Danielle S. Johanna M.	El Centro El Centro Stockton El Centro San Diego Merced			
27	Mollie W.	El Centro	2	Steve A. Ernest B. Eloisa G. Damian W. Morgan C. Scott F. Charles F. Kyle H. Maria M. Jacob M. PJ S. Paul B. David B.	Stockton Visalia Merced Merced Stockton Stockton Stockton Merced Merced El Centro Stockton San Diego El Centro			
22	Joe L.	San Diego						
20	Miguel S.	El Centro						
19	Jose A.	San Diego						
18	Chris V.	San Diego						
14	Joshua B.	El Centro						
12	Mayra Z.	San Diego						
10	Esteban C. Filiberto V. Ramon V.	El Centro El Centro El Centro						
7	Frances S. Vicki D.	El Centro Merced						
5	Cory J. Joshua S.	Visalia El Centro						



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## POLICY OF THE MONTH

### TYPES OF HEAT ILLNESS



#### Heat rash

Skin irritation from excessive sweating



#### Heat cramps

Muscle pain caused by electrolyte loss



#### Heat exhaustion

Fatigue, dizziness, nausea

#### Heat stroke

Rapid breathing, hot, dry skin  
Life-threatening emergency



### Workplace Emergency Procedure

High temperatures, humidity, and physical exertion all increase risk.



Hydration - Provide cool, fresh water if person is conscious. Workers should drink at least 4 cups (32 oz) per hour when working in hot conditions.

Encourage regular water breaks.



## REMEMBER

New workers need up to 2 weeks to acclimatize properly.

Shade & Rest - Get the victim to a cool environment, and fan or mist the person with water. Ensure shaded rest areas are available when temperatures exceed 80°F.

Cool Quickly - Use a water-soaked towel, or ice packs wrapped in a towel, and apply to head or armpits to quickly cool the person's body temperature.



Follow-Up - Any employee evaluated for heat illness in the ER must follow-up with their doctor and be medically cleared before returning to work.

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## SAFETY SPOTLIGHT

### UNDERSTANDING WILDFIRE RISKS

Rapid fire spread due to wind, terrain, and fuel conditions

Smoke inhalation causing respiratory distress

Potential entrapment in fast-moving fire situations

## WILDFIRE SAFETY

### BEING PREPARED

Have an evacuation plan ready

Prepare your home with a fire-resistant zone at least 30 feet around.

Find a room that can be closed off from outside air, close all doors and windows, setup an air purifier if possible

O<sub>2</sub>

### THE 6 P'S OF EVACUATION

Personal computer, hard drive & disks

People & pets

"Plastic" (credit cards) & cash

Papers, phone numbers & important documents

Prescriptions, vitamins & eyeglasses

Pictures & irreplaceable memorabilia



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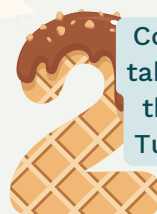


## DISCOVER ENERGY-SAVING TIPS FOR A COOLER SUMMER

As the sun's rays intensify, so does our reliance on air conditioning. Let's explore ways to keep your home cool while trimming energy bills, plus other energy-saving tips.



**1** Skip the heated dry on your dishwasher: Use the air-dry setting or open the door after the final rinse to let dishes dry naturally.



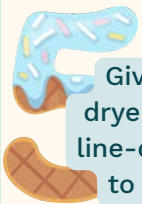
**2** Cool down with a fan: Use ceiling and tabletop fans to cool off and leave the thermostat at a higher temperature. Turn fans off when you leave a room; fans cool people, not rooms.



**3** Fire up the grill: Take the heat out of your kitchen by cooking outside. It's also a good excuse to enjoy the outdoors with your family.



**4** Delay chores: Shift some chores like laundry and running the dishwasher outside of the on-peak hours from 4 p.m. to 9 p.m. Save even more if you do laundry on the weekends before 2 p.m.



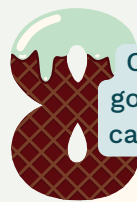
**5** Give your natural gas clothes dryer time off: Consider outdoor line-drying on sunny, breezy days to save on natural gas costs.



**6** Use less hot water: Water heating accounts for 18% of your home's total energy use, per [Energy.gov](https://www.energy.gov). The longer you run hot water, the higher your energy use and bills. To save, turn the temperature on your water heater down a little and insulate your water heater and pipes.



**7** Block the sun: During the heat of the day, cover windows to block the sun's heat. If you can, open windows at night and in the early morning to let in cool air.



**8** Charge devices while you sleep: Before going to bed, plug your devices in so they can recharge during super off-peak hours when energy is less expensive.



**9** Clean behind your refrigerator. Dusty coils make your fridge work harder. Cleaning them every 6 months can help improve efficiency.



**10** Use cold water for laundry. Most detergents work just as well in cold water. Heating water accounts for a big chunk of energy use when you do laundry.

For more ideas on how to save energy, visit [sdge.com/SimpleSteps](https://sdge.com/SimpleSteps).

Actual savings obtained in each instance may vary and will depend on various factors, including geographic location, weather conditions, equipment installed, usage rates, and similar factors. Completing multiple energy-saving measures will not necessarily result in cumulative savings.