

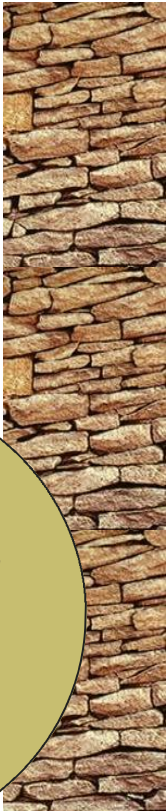
Congratulations to Joyce Sperry, an Experience Works trainee!

Joyce worked in food service for many years. She found out retirement and social security benefits were just not cutting it. Ms. Sperry joined the Experience Works Program and was placed with Community Action Agency as a participant for training in clerical. She started in the Food & Nutrition department—Oroville site.

Here she used some of her previous skills as a cook in an assisted living facility. As Ms. Sperry continued with the department, she wanted to redirect her training and learn additional clerical skills. The department was able to accommodate; therefore, her training also involved the Home Deliver Meal program. She learned interviewing skills by participating with home visits and she also helped create and maintain client folders.

Joyce also began to grow as a receptionist. She was a willing worker in all areas of the department. She now has a new job with a care home for disabled adults. We miss her sorely but our loss is their gain. Good luck Joyce.

Story submitted by: Gail McCann



Fall Quarterly issue >>>

- Department Services
- Employee's Corner
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- Health and Wellness
- Food Banking
- Success Story



Helping Families Live Healthy Lives.

*“TOGETHER, IT WORKS”*

A newsletter dedicated to our patrons, partners, volunteers, and donors of the Senior Nutrition Program and Food Bank to recognize the efforts and issues that help people and change lives. Join us at the Community Action Agency of Butte County, Inc. as we promote learning and healthy living. Website — [www.buttecaa.com](http://www.buttecaa.com)

**Food and Nutrition Department**  
*Making a good first impression!*

The Food & Nutrition Department has anti-poverty programs that seek to improve conditions of low-income families. Using a variety of approaches such as dining centers, home delivered meals, food banking and with the help of volunteers the department provides food and other necessities that enhance the well-being of our communities' low-income individuals and families.

By establishing our first newsletter “Together, It Works” we invite you to be a part of our family. Your support by donation of time or money will strengthen program services to the community. Food and Nutrition is a department of Community Action Agency of Butte County, Inc. The Agency’s mission is to serve as a catalyst in reducing poverty and its symptoms. Our motto is: “Helping People. Changing Lives”

With 16 staff members and over 200 department volunteers we serve the following counties: Butte, Colusa, Glenn, Placer, Sutter, Tehama, and Yuba. The North Valley Community Food Bank collaborates with 30 local food closets and pantries in Butte County and is a member of Feeding America. We regularly receive food from Wal-Mart, Food Maxx, Target and Walgreens. Our senior dining centers offer fellowship, nutrition education and a well-balanced noon-time meal to seniors at the following locations:

*In The Next*

- Services—New Production Kitchen
- Senior Corner—Gridley
- Health and Wellness
- Food Banking—Expanded Services
- Recipes



Community Action Agency of Butte County, Inc.  
Food & Nutrition Department  
2640 South 5th Avenue, Suite 8  
Oroville, CA 95965

Community Center 17103 N. Ponderosa Brownsville, CA 95991 (530) 321-7651	Dorothy Johnson Center 775 E. 16th St. Chico, CA 95926 (530) 343-9605	Feather River Senior Center 1335 Myers Oroville, CA 95965 (530) 534-5859	Gridley Recrea- tion Center 685 Kentucky Gridley, CA 95948 (530) 846-3264	Senior Center 928 14th Street Marysville, CA 95961 (530) 990-0758	Senior Center 877 Nunneley Paradise, CA 95969 (530) 877-5077	Wheatland Center 705 3rd Street Wheatland, CA 95692 (530) 315-3326	Yuba City Center 777 Ainsley Ave Yuba City, CA 95991 (530) 990-0852
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*The department actively seeks people with special talents and skills to assist in completing critical tasks and functions. In addition, we seek individuals with a vision toward helping families to become self-sufficient and responsible. There are opportunities for people who want to work with the homeless and enjoy working with senior citizens and children. If you are interested in volunteering your time, please contact us at (530) 538-7534, ext 242.*



At the Café>>>

# Senior Café—Marysville



Program staff member Ernie Soliz (below) for two years has worked at the Marysville Dining Center. As Site Lead, Ernie is responsible for serving meals and interacting with the seniors. The Seniors enjoy Ernie's enthusiasm and willingness to help. Because of this Ernie has been nominated by Community Action Agency for Area 4 Agency on Aging Excellence Award in Customer Service.



Congratulations Ernie!!

### Café Volunteers:

Chuck Carver (pictured right) has volunteered at the dining center in Marysville for over three years. During this time, Chuck has become our go-to-guy. His motto is, "I can fix anything with duck tape."



### Wellness Matters >>>

## Health and Wellness

### Fast Facts You Should Know About Strokes and Heart Attacks Bristol-Myers Squibb—2009



- Stroke is the third-leading cause of death behind heart disease and cancer, and a leading cause of serious, long-term disability.
- People who have had a stroke have up to 9 times greater risk of having another stroke and are at more than double the risk of having a heart attack versus the general population.
- Most stroke survivors are left with a disability, although some recover completely or have only mild impairments.
- Most experts agree that recovery after a stroke is lifelong. Some recovery is spontaneous during the first six months, and most recovery occurs in the next two or three years.
- Stroke survivors are not alone—approximately 5.5 million stroke survivors are alive in the US today.
- Stroke survivors can help reduce their risk of a future stroke or heart attack by following their doctors' instructions, following the appropriate prescribed therapy, joining support groups and staying on their medications as prescribed.

### Greening Up Senior Living

Want a nontoxic, all-purpose scrub for countertops: Add four tablespoons of baking soda to one quart of warm water.



Betty Hammond, Volunteer at Yuba City dining center.

### Taking it to the Bank >>>

## Community Action Agency of Butte County, Inc.

### The North Valley Community Food Bank

Despite America's great wealth, over 25 million Americans go hungry daily. For over 27 years the Community Action Agency of Butte County, Inc. — Food and Nutrition Department has recognized that hunger is a non-discriminating factor that hinders an individual's ability to become self-sufficient. In times of emergency these factors can multiply quickly to easily over-whelm a person.

Because of the economic downturn, the boundaries of hunger are changing. There are more and more stories of families' financial stability deteriorating because of lost jobs and savings. The North Valley Community Food Bank is determined to help alleviate the symptoms of hunger relating to the lack of food and finances.

Quarterly, more than 145,000 pounds of food have been distributed in Butte, surrounding counties and the need continues to grow. The North Valley Community Food Bank opened its doors two years ago with Feeding America support. Today, we have 30 members locally and 23 distribution sites covering 5 counties which provide emergency food monthly to approximately 75,000 individuals and families.

As a Feeding America member, our food bank represents a board cross-section of north state residents. Nearly two-thirds are women. Approximately 68% are white and 23% are African Americans. Nearly 50% of households have at least one adult who is working. Eighteen percent of all recipients are homeless and most recipients daily make difficult choices between food and other necessities.

With the support of volunteers our staff is committed to easing hunger and increasing food security of low-income households of Northern California. If you are interested in joining our mission, please contact us at (530) 534-7534, ext 242 or visit us on the web at [www.buttecaa.com](http://www.buttecaa.com).

### Employee's Corner: 2008-09 Employee of the Quarter



Jan Hall  
Warehouse  
1st Quarter



Brian Burnett  
Cook  
2nd Quarter



Lisa Roehling  
Transporter  
3rd Quarter



Cynthia Kelly  
Admin Asst.  
4th Quarter



Helping People. Changing Lives.

