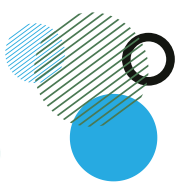


Shoot for the Stars




NEWSLETTER



CELEBRATE NATIONAL WELLNESS MONTH

August is **National Wellness Month** which means it's the **perfect time to focus on self-care** and **healthy habits**! **National Wellness Month** encourages all of us to **embrace healthy routines**, **nurture our mental** and **physical health**, and **find balance** in our daily lives. Wellness doesn't have to mean a total lifestyle haul — it can be **taking small, intentional steps** that **support how you feel every day**.

Here are a few simple ways to celebrate wellness this August:

- **Try a new movement activity** like dancing to your favorite song or doing a chair exercise while watching TV. 
- **Decorate your space** with positive quotes or artwork you create — your environment can support how you feel. 
- **Learn something new** — whether it's a fact, a craft, or a new way to express yourself, growing your skills supports your mental wellness. 

One of the ways we're turning wellness into something exciting is through our **Sizzle into Health BBQ Club**! Keep reading to see how our **summer grill sessions** are heating up the health in the tastiest way possible.

Sizzle into Health **BBQ club**



The **Sizzle into Health BBQ Club** has been in full swing this summer! Each week, members learn a new food item to prepare and grill led by our participants with assistance of our staff.

Participants rolled up their sleeves and prepared colorful, healthy skewers stacked with veggies, protein, and tons of flavors. It's a hands-on way to learn about nutritious food and how to use kitchen appliances while enjoying the summer weather.

If you are interesting in joining, contact your Case Manager



WELCOME TO THE CAPC FAMILY, VALERIE!

“My name is Valerie, I like bowling and movies. My hobbies are games on the computer and on my phone.

I love Christian music. I like to watch my favorite shows Three’s Company, Laverne & Shirley, and Mork & Mindy. “

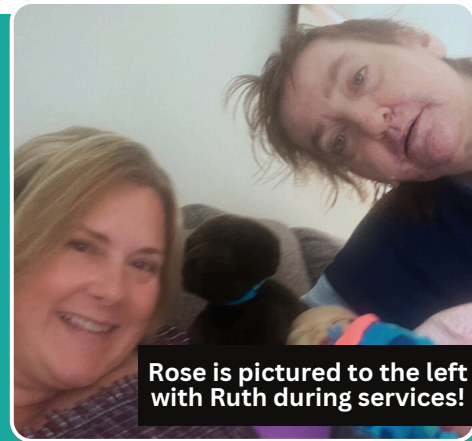
WHAT ARE YOU EXCITED ABOUT AS YOU START YOUR JOURNEY WITH CAPC?

“My goal is to work part time. Success to me is finding a part time job. I have been with CAPC for a month now and I look forward to making new friends!”



Valerie is pictured visiting our office!

FINDING JOY IN EVERY STEP: MEET ROSE AND RUTH!



Rose is pictured to the left with Ruth during services!

“ I have been privileged and honored to be a member of CAPC organization. I genuinely appreciate the services that we provide for each individual.

It brings me joy to be able to support each individuals needs. I have observed progress such as supporting Ruth as she reconnects with her community. Before she had not many opportunities to be out and about. But now she is enjoying outings again and Ruth stated that she was overjoyed to see other staff and individuals participating in activities while out in the community. I want to close by saying that I want to continue with this fulfilling journey.” - Rose S., DSP

PAUL SHARES HIS TALENTS THROUGH MUSIC & VOLUNTEERISM



At CAPC, we believe that everyone has something special to give—and Paul is a shining example of that.

Every week, Paul spends his time volunteering bringing joy and comfort to patients and staff through the power of music.

Paul has been volunteering at SoCal Post Acute Care Center in Whittier for just a few months but he has been playing the piano for many years. He enjoys playing classical hits but also plays new age music as well. His presence has quickly become a highlight for many at the center, and staff often remark on the positive energy he brings to their day. Paul’s commitment is a reminder that everyone can make a difference, no matter where they are or what their abilities may be.



Paul is pictured above playing the piano.



CAPC HIGHLIGHT



EVERY DAY INDEPENDENCE: A GLIMPSE OF DANNA'S LIFE



Danna seen with her egg salad masterpiece!

“ My name is Danna, I have been with CAPC for the last 24 years. I live independently and enjoy having parties, listening to music, singing, going to church, having dinner at church, playing card games, and Banana grams.

I I enjoy preparing meals, on this occasion I worked on preparing egg salad. It was delicious. I placed the salad on buttered bread and made a nice sandwich. Staff Jessica assisted me with mashing the eggs while I added mayonnaise. We make a good team, and I appreciate her assistance.

On another note, I have a beautiful Ragdoll Cat, her name is Carley, and I enjoy her company.

Wishing everyone a happy Summer! ”

-Danna G., CAPC Consumer

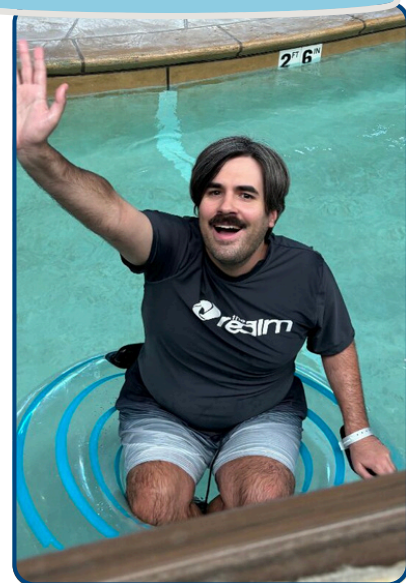
YOU'RE INVITED TO OUR 2ND ANNUAL WATER SAFETY DAY AT GREAT WOLF LODGE IN ANAHEIM



Join us Wednesday, September 10, for a day of waterpark fun and community bonding!
RSVP with payment by visiting capcinc.org/events or scan the QR code to reserve your spot today!



TAKE A LOOK AT LAST
YEARS FUN!



2025 CAPC EVENTS CALENDAR



CAPC Open House - August 21,
2025

Great Wolf Lodge - September 10,
2025

Fall Fudraiser - October 3, 2025

Golf N Stuff Halloween Day -
October 2025

Community Harvest Event-
November 2025

CAPC Holiday Party- December
2025

Abilities Expo - March 27, 2026



PATRICIA G. - 8/3
JEFFREY P. - 8/11
LIDIA P. - 8/12
LUPE Y. - 8/18
RANDY U. - 8/21
AMAYA R. - 8/22
MARK G. - 8/26

NEXT INDIVIDUAL ADVISORY COMMITTEE MEETING:



FRIDAY, AUGUST 15
CAPC WHITTIER OFFICE
STARTS AT 10 AM

JOIN NOW



Reach out to your Case Manager
if interested in joining!

INDIVIDUAL RESOURCE CENTER IS AVAILABLE FOR USE!



- Assistive Hand Devices for Writing or Technology Use
- Laptops/Key Boards available
- Access to Applications (Access Services, Job Search, HUDD Housing)
- Private room for mock interviews and prep
- Work space with a desk



CONTACT YOUR CASE MANAGER TO



SCHEDULE A VISIT!

FOLLOW US ON SOCIAL MEDIA AND STAY UPDATED:

FACEBOOK: @CAPCINC
INSTAGRAM: @CAPCINC
X: @CAPCINC



OR VISIT OUR WEBSITE:

WWW.CAPCINC.ORG



ICON DIRECTORY



Community
Resource



Events



CAPC Highlight



Community
Support