

# Shoot for the Stars

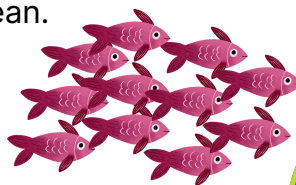
## NEWSLETTER



## CAPC EXPLORES THE AQUARIUM OF THE PACIFIC



On **August 19**, CAPC individuals and staff headed to **Long Beach** for an exciting day at the **Aquarium of the Pacific**! Participants got to explore colorful sea life and enjoy hands-on experiences discovering the wonders of the ocean.



Throughout the aquarium, participants **discovered animals** and **habitats living beneath the ocean's surface**. At the touch pools, individuals had an opportunity to get an up-close look at marine life such as sting rays, small sharks and star fish.

Throughout the day, **participants explored exhibits** featuring sharks, colorful reef fish, sea otter habitat, penguin habitat and many more animals from across the Pacific Ocean. They also **learned how rainwater travels through Los Angeles area** at the 'Our Water Future' experience, learning about the environment and why conserving water is important.

After exploring the aquarium, the summer heat had everyone ready to cool down and enjoy lunch together at the aquarium cafe. This **community outing** gave **CAPC individuals an opportunity to explore new places, spend time with friends, create meaningful memories** with their community. **Thank you to everyone who joined us** and help make the day a memorable adventure!



CAPC Consumers and staff pictured in front of the 'Reefs and Drifters' exhibit.



CAPC Consumer Janice (Left) and DSP Staff, Jacqueline (Right) pictured posing in front of the infamous blue whale!



CAPC Consumers and staff getting ready to explore the aquarium



Enjoy time to explore Harrah's Casino, grab a bite to eat, or try your luck at the casino!



MUST BE 21+ TO GAMBLE

**TUESDAY, OCTOBER 6TH**

DEPARTING FROM

CAPC WHITTIER OFFICE: **9 AM**

RETURNING

APPROX.: **5 PM**

**HARRAH'S CASINO | FUNNER, CA**

777 Harrah's Rincon Way, Funnner, CA 92082

**YOUR TRIP INCLUDES:**



CONTINENTAL  
BREAKFAST



TRANSPORTATION  
ROUND TRIP FROM CAPC



GAMES, BINGO  
& FUN ACTIVITIES  
ON THE BUS

**PAYMENT DUE VIA CARD  
OR CHECK ONLY BY  
MONDAY, SEPTEMBER 21  
AT 4:00 PM**

**SCAN THE QR CODE OR  
VISIT CAPCINC.ORG/CASINO**



**The People's  
Pantry**

**Essential Care for Essential Needs**



**Located at:**  
CAPC's Whittier Office



**Open during:**  
regular business hours



**The People's Pantry is now available  
in CAPC's Resource Center!**

The pantry offers confidential grocery assistance  
for individuals within the CAPC community who  
may need support between grocery trips.

PANTRY ITEMS

PERSONAL CARE

HOUSEHOLD ESSENTIALS



**Questions?**

**Call the front office at (562) 693-8826**

In Partnership  
with:

**STATER BROS.**  
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Superior Management  
and Realty Services Inc.

## AUGUST IS NATIONAL WELLNESS MONTH

August is National Wellness Month - a reminder to take care of your physical, mental, and emotional well-being. Wellness doesn't require big changes, smaller choices can help you feel healthier, happier, and more energized.

### MOVE YOUR BODY

Take a walk, stretch, dance to your favorite song, or participate in an activity you enjoy. Even a few minutes of movement counts!

### STAY HYDRATED

Drink water throughout the day, especially during hot weather. Keep a water bottle nearby and take regular water breaks—even if you do not feel thirsty.

### CONNECT WITH OTHERS

Call a friend, talk with a family member, join a group activity, or check in with someone you trust. Asking for help when you need it is also an important part of wellness.



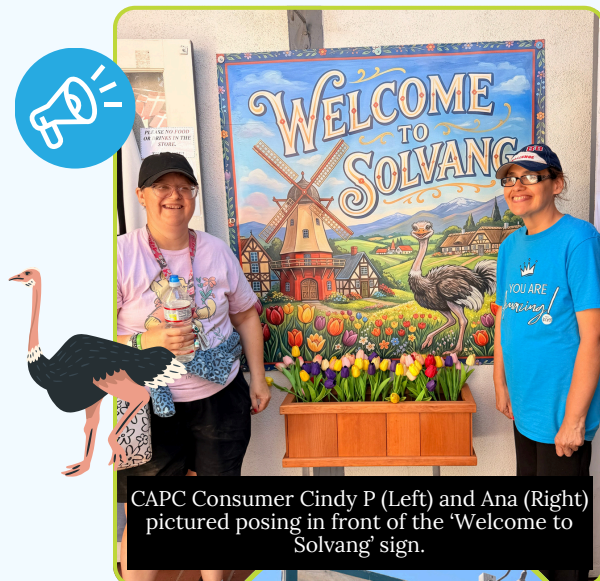
## ADVENTURE AWAITS: ANA & CINDY P. TAKE ON SOLVANG!

Best friends Cindy P. and Ana recently headed to Solvang for a fun-filled day trip exploring the town! Together, they explored the Danish-inspired city where they visited local shops, tried new activities, and made plenty of memories along the way.

Highlights from the trip was visiting OstrichLand, where they had the opportunity to see and feed ostriches! It was a brand new experience and quickly one of the most exciting parts of the trip.

*"My favorite part was feeding the ostriches for the first time and looking at all the shops," Ana shared.* Among their favorite places to explore were the candy shops and a beef jerky shop.

From feeding ostriches to browsing the unique shops the trip was filled with new experiences. Ana and Cindy P. had a chance to travel, explore, and enjoy an unforgettable adventure together! This is a wonderful reminder to go out to experience new things and bring a friend along!



CAPC Consumer Cindy P (Left) and Ana (Right) pictured posing in front of the 'Welcome to Solvang' sign.



Ana is pictured along the ostrich feeding fence about to feed the ostrich!

Cindy P. (Left) and Ana (Right) are pictured standing in front of the Ostrich Land store front!

## A NEW CAREER JOURNEY FOR CAPC CONSUMER, JAKOB!

While attending school full time, **Jakob** was also **on the search for meaningful employment** that would allow him to contribute to his household and become more independent. In **March 2026**, he reached an important milestone, finding his **first job as a warehouse clerk** at **AllStar Cable** in **Santa Fe Springs**.

**AllStar Cable** is an **established local business** that ship low-voltage electrical wires and cables to customers throughout California. As part of it's warehouse operations, **Jakob helps label products** and **support essential daily tasks**. While working there, he's learned new skills such as using a heat gun to remove labels from packaging and completing end-of-day warehouse responsibilities.

**Starting a new job** initially **made Jakob nervous**, but as the days and weeks passed, he **became more comfortable** and **confident** in his role. *"It wasn't as bad as I thought it was going to be," Jakob shared.* He's also found a **strong sense of community** at **AllStar Cable**. Jakob shares, *"What I enjoy most is having conversations with my coworkers, asking how their day is and how they're doing. I like learning and getting to know my coworkers more."*

For Jakob, meaningful employment is about more than receiving a paycheck. It means contributing to his workplace, supporting his household, building relationships, and taking steps towards greater independence. As he continues balancing work and school, his next goal is to move into a home of his own as he continues building the future he wants.



CAPC Consumer Jakob pictured posing in the warehouse of his workplace.

## 2026 CAPC EVENTS CALENDAR

CAPC Water Safety Day -  
September 2, 2026

Harbor of Hope Fall Fundraiser -  
October 2, 2026

Halloween Golf n Stuff Outing -  
October 22, 2026

Family Informational Meeting -  
November 12, 2026

Community Harvest Day -  
November 20, 2026

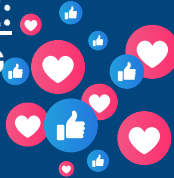
CAPC Holiday Party -  
December 18, 2026

### 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



Amaya R.

Mark G.

Lupe Y.

Patricia G.

Jeffrey P.

Randy U.

Lidia P.

Priscilla D.

Victor V.

## ACCESSIBILITY TIP OF THE MONTH

### USE YOUR VOICE TO TYPE MESSAGES & REQUESTS

Did you know your phone can turn your spoken words into text? This feature can support people who find typing difficult, tiring, or time-consuming. Remember to pause and review the text before sending—phones may occasionally misunderstand a word.

#### For iPhone Users:

1. Open the Setting app on your iPhone, and go to **General**
2. In General, select **Keyboard**
3. Turn on the switch next to **Enable Dictation**

#### For Android Users:

1. Open the Setting app on your Android phone
2. Search for **Voice Typing** or **Voice Input** and turn it on
3. Ensure microphone permissions are allowed for your keyboard under Apps > Gboard/Samsung Keyboard > Permissions > Microphone.

#### Final Step for both:

4. When you have your keyboard open, a small microphone will appear – click on it to speak the message you want to send

