

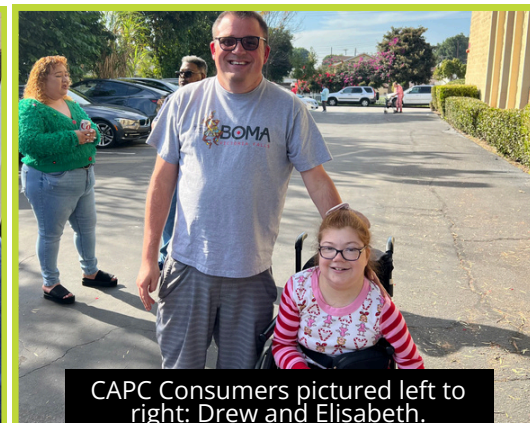
## CAPC CELEBRATES THE HOLIDAY SEASON



Consumers, staff, families, and friends gathered at CAPC's Whittier office on Friday, December 19, 2025, for a joyful holiday celebration filled with connection, laughter, and community. From festive photos, guests dressed up in holiday pajama theme attire, sweet treats, and celebrating milestones, it was a meaningful way to wrap up the end of the holiday season and celebrate all the things we've accomplished together and individually this year. Our holiday party consisted of yummy tacos served for lunch and a fun festive photos taken



at the photo booth generously provided for the event by a CAPC Board Member. The festive setup was brought to life with help from the Individual Advisory as well as CAPC Case Managers who created the backdrop for the photo booth, with additional support from one of our CAPC parent to help manage guests taking photos. The generosity of others helped make the space extra special for everyone to enjoy.



## CELEBRATING THE SEASON TOGETHER





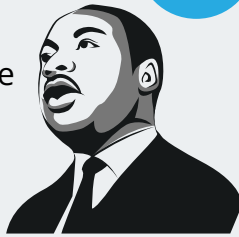
# MLK DAY IS MONDAY, JANUARY 19, 2026



CAPC's Offices will be **closed** on **Monday, January 19** in observance of Dr. Martin Luther King Jr. Day

## Did You Know?

Dr. King is known for leading peaceful marches and giving the famous "I Have a Dream" speech in 1963. We honor his message by choosing respect, inclusion, and standing up for what's right.



## Special Thank you to our Community Members



The CAPC team and community members would like to come together to give our gratitude to the Los Angeles Clippers for providing CAPC with tickets for individuals to attend a game!

## INDIVIDUAL ADVISORY COMMITTEES NEXT MEETING IS FEBRUARY 20, 2026



The **Individual Advisory Committee** consists of **individuals who represent consumers of CAPC** as a whole, where they **meet every other month** to share ideas, thoughts, and feedback on how to improve services.



**Interested in joining?**  
**Reach out to your Case Manager for more info!**

# WHAT DO YOU LOOK FORWARD TO IN 2026

with CAPC Consumer, Deanna B.



CAPC Consumer Deanna at our holiday party.

For the 2026 new year, we caught up with Deanna who shares she's excited to start a new job, either with Chipotle or McDonald's.

## What are your goals for 2026?

"A job, travel to a new destination, improve my health even more and maybe something new and exciting."



CAPC Consumers pictured in the stands at the LA Clippers game from left to right: Tom, Cindy P, Ana, and Fabian



## ACCESSIBILITY TIP OF THE MONTH

**Trouble seeing your electronic screen?**



**Use these tips to make your phone or tablet screen easier to see:**

Aa

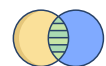
Enlarge Text Size



Use Voice to Text



Increase Zoom



Use **Bold** Text or High Contrast



# RESOURCE ROUND-UP



## ADVOCACY MEETINGS



Join **CAPC's Advocacy Meetings** where you'll learn how to self-advocate with others, speak up for yourself, share ideas, experiences, and talk about current events!



### Meetings:

Mon, Wed, Thurs



### Locations:

Whittier, La Mirada, Brea

*Times and locations vary by day*

**Contact your Case Manager if you are interested in joining.**



## PEOPLE'S PANTRY



The **People's Pantry** is open for easy, confidential pickup for all individuals within our CAPC community who need assistance between grocery trips, featuring various pantry items.



**Open during regular business hours**



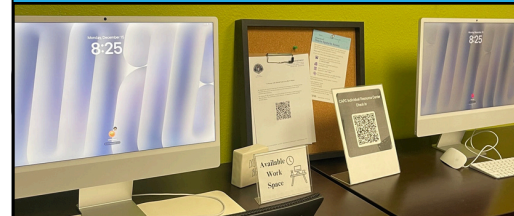
### Located at:

CAPC's Whittier Office

**If you have any questions, please call the front office at (562) 693-8826.**



## RESOURCE CENTER



The **Resource Center** is open for all members of the CAPC community to use for a multitude of reasons, from educational to employment, as well as an open workspace.



**2 Mac Monitors available for use**



**Open during regular business hours**



### Located at:

CAPC's Whittier Office

**Contact your Case Manager to schedule time to visit.**

## JOIN US FOR A VISIT TO THE NATURAL HISTORY MUSEUM



CAPC, Inc. will be taking an exciting informative trip to the **LA County Natural History Museum** on **Friday, February 27, 2026** from **11 a.m. - 3 p.m.** Participants will have time to explore and learn about the history of the planet, be up close to real fossils, check out the dinosaur exhibit, gem and mineral hall, the nature garden and more.

**PRICE PER PERSON: \$18**

\*Includes General Admission

\*Does Not Include Admission to any Specialty Exhibitions

**RSVP WITH CARD**

**OR CHECK PAYMENT**

**BY FEBRUARY 13**

**VISIT CAPCINC.ORG/NHMVISIT**

**OR SCAN THE QR CODE**



**NATURAL HISTORY MUSEUM**

LOS ANGELES COUNTY  
900 EXPOSITION BLVD.  
LOS ANGELES 90007



Scan the QR code for full NHM accessibility details & contact info:







## 2026 CAPC EVENTS CALENDAR

**Disneyland Day -**

January 22, 2026

**MLK Jr. Day - Offices Closed**

January 19, 2026

**Individual Advisory Committee -**

February 20, 2026

**Natural History Museum Trip**

February 27, 2026

**Abilities Expo -**

March 27, 2026

**Founder's Luncheon -**

June 3, 2026



**Jakob G. - 1/3      Zach O. - 1/11**  
**Chentel P. - 1/8      Ruth A. - 1/22**

**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**



## DID YOU KNOW?

These tools are  
available in CAPC's  
**Individual  
Resource Center**



### Assistive Hand Devices

Helps with limited hand mobility to:

- Write      • Paint      • Draw
- Access technology through touch-screen devices



### 2 Work Spaces with Computer Access



Fill out applications online

- Employment applications
- Access transportation
- HUD packets
- Online Workshops
- Educational Use



Contact the front desk about using the  
Individual Resource Center tools at  
CAPC's Whittier Office and we will help you get started!

