

# Shoot for the Stars

## NEWSLETTER



### FAMILY DAY AT ANGEL STADIUM



Friends and families of CAPC in the stand enjoying the game.

CAPC consumers, families, and friends had a fantastic time at **Angel Stadium** for this year's **Family Day** at the ballpark, cheering on the **Angels** as they took on the **Boston Red Sox**! CAPC Community filled the stands with laughs, ballpark snacks, and plenty of team spirit – which led a few **individuals** to be **seen on the Jumbotron**! The Angels pulled off a big win. **Thank you** to everyone who joined us for this special day of fun and connection.



Friends and families of CAPC pictured in Angel Stadium.

### 2025 FOUNDER'S LUNCHEON

CAPC's Founders Luncheon was a success celebrating the people, partnerships, and community that make CAPC's mission possible. It was a special afternoon filled with connection, recognition, and a shared commitment to empowering individuals to thrive in their home communities.



CAPC Consumer Jason is seen giving a speech during our program.



Whittier Mayor Joe Vinatieri pictured with CAPC consumer, staff, & board member.



Family, friends, and staff fill a table at our Founders Luncheon Event.

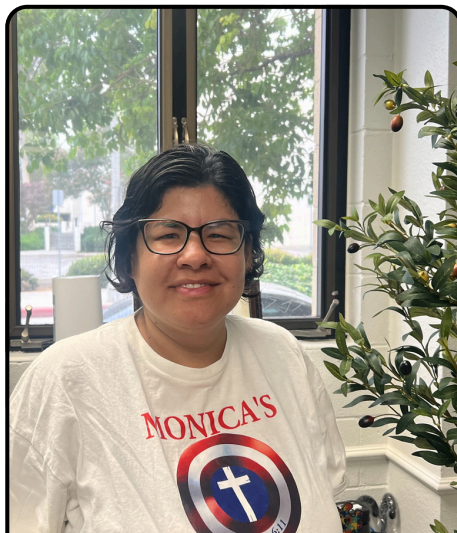


CAPC Consumer Leonor pictured with her mom at our Founders Luncheon.



## CAPC HIGHLIGHT

“Hi, my name is Michelle and I’ve been a part of CAPC for many years now.”



Individual Advisory Committee Member, Michelle.

“ I like working with my staff and going to the Wednesday advocacy meetings. I’m a part of the Individual Advisory Committee too where we talk about what’s going on at CAPC and we represent the individuals who are also in it. If you want to join the Individual Advisory Committee, come on August 15 at 10 am here at CAPC’s office. We are looking for new members who want to represent the individuals and speak up. ”

### 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!

## CHECK OUT CAPC'S NEW UPDATED WEBSITE

- ✓ Explore upcoming events
- ✓ Check Out Resources in your City
- ✓ See What's Happening Near You

Visit: [capcinc.org/events](https://capcinc.org/events)

## EXCITING TRANSPORTATION UPDATES!

The **Whittier Cruiser** is **officially on the move**, providing a **new way to get around town**. Even better — the City has announced that an **ADA-accessible vehicle** is expected to **arrive by the end of July**.

## Your Ride Awaits!



### HOW TO RIDE:

- Download the **Ride Circuit** app (required)
- Select “**Whittier**” as your **location**
- Enter your **pick-up** and **drop-off** address within the service area
- **Request a ride** — just like Uber or Lyft!

### HOURS:

Wednesday – Sunday  
10:00 a.m. – 10:00 p.m.



**COST:** **FREE**

### WHERE CAN I GO:

**Anywhere within the service area** — no fixed routes. For example, you can park in Uptown, take the Cruiser to the trailhead, then cruise back for coffee or shopping!

# CAPC HIGHLIGHT

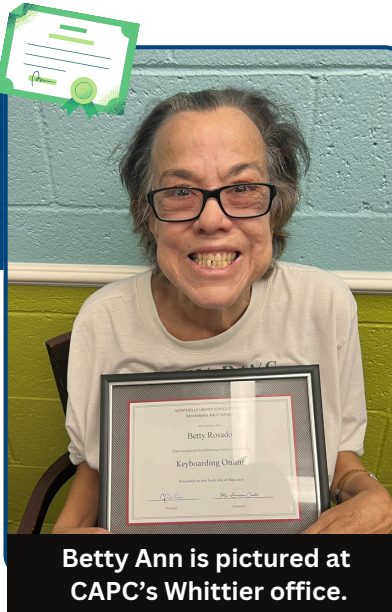


## Typing Towards Success - Betty Ann receives her Keyboarding Certificate!

CAPC Consumer Betty Ann recently earned her Keyboarding Certificate through her local adult school, and her dedication continues to shine. She is determined to maintain her skills and complete the course every time.

The class consists of typing long and short words, reaching a certain number of words per minute, and completing various courses of typing. Betty states she likes her teacher as well.

Her go-to space for practice and growth are her local library and CAPC's Resource Center. Although not easy, Betty continues to power through to maintain her consistency.



Betty Ann is pictured at CAPC's Whittier office.

## BEAT THE SUMMER HEAT! SAFETY TIPS



### DRESS FOR THE WEATHER



Light-colored, loose-fitting clothes and hats help keep the heat away.

### KNOW THE SIGNS OF OVERHEATING



Feel dizzy, weak, or extra tired? It's time to rest and cool off.

### STAY HYDRATED



Bring a reusable water bottle and take sips often — even if you're not thirsty!



### PLAN YOUR TIME OUTDOORS

Enjoy outdoor activities earlier in the morning or later in the afternoon when it's cooler.

## MEET CAPC'S NEWEST BOARD MEMBER: MEGAN!

**What is your go-to coffee order?**

Milk Tea with Boba Pearls.

**What's a food you could eat every day?**

Pho.

**What do you enjoy doing in your free time?**

I love reading, spending time with family and friends and... Disneyland.

**What was your first job?**

Kettle Corn Hut at Downtown Disney.

**What's your dream vacation?**

Italy - who doesn't want to make their own pasta and sip great wine with great company.

**What is your walk-up theme song?**

The Baddest - Big Sean



Megan was proudly inducted at our recent Founders Luncheon, and brings with her not only a passion for strengthening communities, but also valuable financial expertise from her work at Credit Union of Southern California.

For Megan, joining the CAPC Board was an easy decision. "CAPC's mission aligns so closely with me both professionally and personally," she shares. "Everyone is worth celebrating, everyone is worth care, and everyone deserves inclusion and kindness." So far, her favorite moments with CAPC have come from hearing the personal stories shared by the individuals we serve. "They're a real-time reminder of why we do what we do."

We look forward to having Megan's insight and dedication of service to help further our mission.



## 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

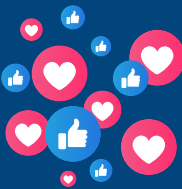
Abilities Expo - March 27, 2026

### 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

# Happy BIRTHDAY



**DAVID**  
**SYLVIA**  
**MICHELLE B**

**DANNA**  
**MIGUEL**  
**JOSEPH**



## 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!**