

September 2015

For any inquiries regarding our wellness program, contact Ellen Franz at
(916) 263-3907 or email
wellness@delpaso.seta.net



Super SETA Staff STEP UP!

SETA's mission statement is "Preparing people for success in school, in work, in life." We want to recognize and thank all of our staff for supporting our mission statement and helping our community members to thrive.

We also want to recognize staff who have STEPPED up and gone beyond the work environment. In this newsletter, we'll feature staff who volunteered to work with the intellectually disabled, who assisted a person in need, and a Worksite Champion. We also want to recognize and thank Team SETA UNITED for their participation in the 5K Run/Walk for Ovarian Cancer to be held on September 20!

September Wellness Activities:

September 10—Weight Management Series
September 20—5K Run for Ovarian Cancer
September 24—Card Making with Debbie Schneider

COMING SOON: 12-Week Weight Management Series

Get help in your journey towards better health. Registration for this campaign OPENS September 10, 2015. Look for your invitation!

Let's Roc! 5K Run for Ovarian Cancer

Join Team SETA UNITED in the fight against Ovarian Cancer. Contact Afiya Simpson @ 563-5120 or by e-mail @ Afiya.simpson@seta.net for more information register @ www.letsrocrun.org



WENDY TANNER

Special Olympics Volunteer

Wendy Tanner fulfilled her dream of volunteering for the Special Olympics World Games. For 9 days, from late July through early August of this year in Los Angeles, CA, Wendy, along with hundreds of other volunteers, volunteered their services assisting Olympians and their families with event orientation, "environment" control, and boosting morale for both winners and losers.

Her days were long but extremely fulfilling and emotional. The level of excitement and anticipation she experienced could only be described as "electrifying." One of her most memorable moments occurred when she witnessed a father, tears in his eyes, overcome with emotion, proudly stand by to see his daughter become a Silver Medalist.

Wendy's sage advice to all staff: "treat all persons' with disabilities the same as everyone else, step outside of your comfort zone, and VOLUNTEER for a cause -you'll be amazed how your view of the world will change!"

Worksite Champion - Veronica Lopez (Job Corps)

Veronica Lopez, Associate Teacher at Job Corps, volunteered to be a Worksite Champion at her site. She facilitated a relaxing, rejuvenating activity entitled "Satin Hands." Staff experienced soothing hand massages, using special hand creams, and were treated to Veronica's homemade salsa, created from produce grown directly in Job Corps onsite garden. Thank you Veronica for "Stepping Up" and being a role model for "wellness."

Helping a Person in Need – Ed DeHerrera

A routine morning walk for a group of SETA staff turned into a medical crisis when a man approached the walkers, asked for help, suddenly collapsed and had an epileptic seizure. Panic seized the entire group, but it was Ed DeHerrera who remained calm, provided medical assistance and comfort to the ill man until the ambulance arrived.

Ed remains humble regarding the traumatic experience. He credits his history of taking care of family members who have epilepsy and just "being in the right place at the right time" in helping to save the man's life.

Ed's compassion, his presence and his ability to remain calm during a crisis changed many persons lives that day; the lucky man whose life he saved and the SETA staff who witnessed the actions of a man focused on helping a person in need!



Want to improve your communication and leadership skills in a safe, fun environment?

If so, SETA Toastmasters invites you to be a guest (no, you don't have to give a speech) and check out the interactive learning environment. Call Staci Foster @ 263-5439.

