

APRIL 2015

THE WESTCARE EXPRESS

IN THIS ISSUE

The Avoidable Truth: Melanoma. My Story.

Courtesy of WestCare Pacific Islands

By Kelly Jensen, Project Coordinator

About a year ago, I noticed a mole on my arm that I hadn't quite noticed before. But I have hundreds of moles – so I ignored it. By June, it was becoming more evident that this once small little thing had made some considerable changes and was relatively larger. I was busy doing the “work thing” because taking care of consumers was what I have built my life around, and I ignored it. By mid-July, the mole was significantly larger, warm to the touch, started bleeding and began looking like an infected wound. The inevitable couldn't wait any longer; I finally realized it was time to make an appointment to have it removed.



Kelly Jensen



Discovering Seborreic Keratosis

On my first visit to Navy Hospital, the right-out-of-school Physicians Assistant felt the mole was too large and he was too inexperienced to remove it, so he sent me home and said he would consult with the dermatologist who was on vacation. The next day, the department head at Family Practice called and wanted to see me right away. On July 23rd, the doctor excised the mole and a large area around it; he didn't like the looks of it. Five days later, I got the

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COVER STORY: *The Avoidable Truth: Melanoma. My Story. (Cont.)*

news that it was melanoma, and the next steps for treatment would have to take place in Hawaii - a long way from Guam.

I requested my leave time, for a whole 2 weeks, thinking I would have the surrounding area removed, everything would be good to go and I would be back on the plane heading home (*Enter denial*). What I didn't know was that I was being thrust head first into a crazy roller coaster ride. I am a planner, this couldn't be happening to me, I strategize everything - I have a 5 year plan, a 10 year plan and a 15 year plan. Two surgeries later, I got the horrifying news that the cancer had spread to the lymph nodes. I had two options; I could start chemotherapy - everyday for 30 days, then 3 days a week for an additional 11 months. "Are you kidding me?" Or I could do nothing. (*Enter contemplation*)

I started to undergo the most awful course of medical treatment that I ever could have imagined. In fact, many can't make it through the first 2 weeks but I did

it, the whole 30 days, still in Hawaii, and I was glad it was over. I am now able to finish my treatment on Guam, and am doing much better than I was, but still have days and weeks that can become unbearable.

As we approach **Melanoma Awareness Month** (May), I reflect on the many good fortunes that I do have. I would like to send a big shout out and thank you to all of my WestCare Family both near and far who extended words of encouragement, support and prayers. I am so fortunate to work among such great people who extend themselves both professionally and personally.



COVER STORY: *The Avoidable Truth: Melanoma. My Story. (Cont.)*

I'm back at work now, but my long term plans now include treatment, PET scans, and constant check-ups (*Enter acceptance*). From the bottom of my heart – I thank you for being such a great team to work with. Biba WestCare!



Kelly's Lessons Learned

See your doctor regularly

If you see any differences in your moles, see your doctor immediately, don't wait. If you're not healthy, your consumers can't be either – trust me, they will understand your need to take a few hours off!

Wear Sunscreen Every Single Day!

Apply every 2 hours! There are many options available that are not sticky, greasy or leave you smelling like a fruity drink! My favorites include Coola and believe it or not – Elf translucent power! It has an SPF of 45 and can be easily applied with a cosmetic brush or sponge.

Sill want a little bit of a tan?

I recommend Tan Towel (totally easy to use and no orange hands) and Million Dollar Tan (which is more expensive, but you can find very good discounts with a quick online search).

KENTUCKY: "Where Life Began... All Over Again."

(The following was excerpted with permission from a client review of the WestCare Kentucky Homeless Shelter in Pikeville.)

Moving into the homeless shelter almost two years ago was terrifying. I didn't know anyone. They're all going to automatically peg me as a bad mother just for being there. But I started to get to know people, and no one judged me. It was the most non judgmental place/group of people that I have ever encountered in my life. Still is.

Being there was a chance for me to catch my breath, and work on a long term solution. Before that, I had been frantic to keep a roof over my baby's head. I tolerated mean and nasty people, hate-filled situations, to keep from sleeping in my car. There were good people too, but most just took advantage of my desperation. When you're desperate, you don't think long term. Your mind is cloudy and you don't make the best decisions. At that point, I was still desperately trying to cling to what life I had known, even though it was gone. Dark, that was my life, dark. I didn't have the ability to see or feel the sun anyhow.



Being there, at the shelter, no judgments, no immediate threat of sleeping on the street, was calm, SAFE, and gave me the opportunity that I needed to start working toward piecing myself together. I will forever be grateful for that place and the good people I met there.

I'm still picking up pieces, but the shelter was the turning point. That's where life began... all over again.

- Shelly Smith

Update from Shelter staffer Anna Coleman: "Shelly recently married another shelter resident who found a great job, and they and Wyatt now have their own apartment. A self-sustaining success story!"

FLORIDA: *To Your Health!!!*

By Maureen Kempa, Regional Director – Clinical Operations, Guidance/Care Center

The Mariners Hospital Community Health Fair took place on the grounds of Mariners Hospital drawing adults and children from the Upper Keys community, and they took advantage of the many free health screenings. They included cholesterol, blood pressure, vision, osteoporosis, glucose, oral cancer, breast cancer and more. Plus, a Kidney Early Evaluation Program was filled to capacity.

Education and Prevention information was offered by the WestCare Guidance Care Center, Florida Dept. of Health, and others. Mariners Hospital offered a chance to win a \$250 gift basket to those who visited 20 or more booths. Also at hand was a Farmers Market offering fresh produce and baked goods for sale.



Barbara Blair, Prevention Coordinator

FLORIDA: *The Brotherhood of Similar Non-Profits*

Submitted by WestCare Florida Staff

On February 20th 2015, The Village South hosted representatives from the non-profit **Hogar Crea** in Puerto Rico. During their visit, they toured the Families in Transition program, *Pregnant and Post-Partum Women* program and spoke with staff and clients.

The visitors were on a fact-finding mission to gather information and ideas on how they can improve their financial resources. Although they receive funding from the State and the Federal governments, they depend mostly on the

FLORIDA: *The Brotherhood of Similar Non-Profits (Cont.)*



efforts of the community through the sale of items by those who are in recovery. In addition, 100% of their employees are in recovery!

Hogar Crea has centers in seven states as well as overseas. It was developed over 30 years ago and has served over 50,000 persons with addiction. Hogar Crea also provides services to those afflicted by HIV/AIDS and has contracts with the Federal government to work with the Federal inmates as well as provide services to those in the Juvenile system. In Puerto Rico alone, Hogar Crea has over 80 centers providing a multitude of community services.

It was such a pleasure to have the guests from Hogar Crea to come and visit The Village South and we were honored to share our successes with them.

CALIFORNIA: Sober Spring

(Stories submitted by Michael Mygind and Gabriela McNeil)



We presented our second annual Sober Spring alcohol awareness fair at Fresno City College in conjunction with their Inter-Club Council. Fourteen student clubs were on hand with information booths that presented the many factors and risks of alcohol and substance use. Students were also challenged to take on our Drunk Chopper obstacle course while wearing impairment goggles that simulated the visual effects of alcohol use. The event was held to spread awareness prior to spring break in hopes that binge drinking will be decreased and that wise decisions will be made.

DID YOU KNOW?

U.S. Senator Gaylord Nelson is credited for creating Earth Day as a way to push environmental concerns and preservation to national exposure. On April 22, 1970, he organized a grassroots national demonstration that was the opportune setting amidst a time when protests made the nightly news. In fact, over 20 million people participated in this event.

But do you know why he chose April 22? Late April (19-25) was known for exams, springs breaks, and religious holidays. Senator Nelson knew that establishing an event during this week would ensure a large wave of student participation. He narrowed it down to Wednesday, the 22nd.



CALIFORNIA: *Cheyenne Massey Learning Center*

(Note: Cheyenne, who met an unexpected death in 2013, was the beloved Director of our moms and children program.)

A dedication ceremony was held for the **Cheyenne Massey Learning Center** at our MLK facility.

Friends, family, WestCare alumni and co-workers joined to celebrate her memory and all that she did, not only for us but also for the children of WestCare during the time that she was with us.

She was an integral part of our organization and will forever be missed. The event featured a remembrance ceremony with kind words from loved ones, a bench dedication, a hallway decorated in Little Mermaid fashion in tribute to her love for all things Disney and a ribbon cutting and plaque placement by her parents.

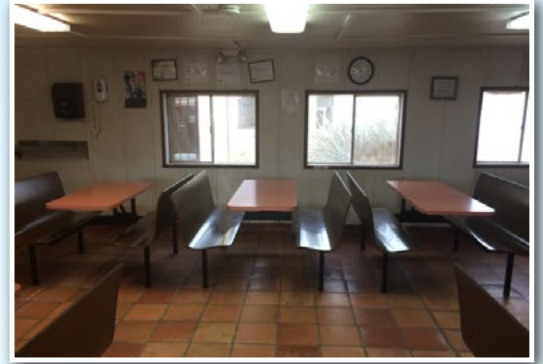
In honor and remembrance of Cheyenne, bubbles were blown by those on hand. It was truly a beautiful event for a beautiful person. Cheyenne, we will forever miss you and cherish all that you were.



NEVADA: "Party of Four, Your Table's Ready"

By Darlene Terrill, Director of Development

WestCare Nevada's **Harris Springs Ranch**, sits off a winding road in the mountains northwest of Las Vegas. It has a long history as a rustic place of solitude, an ideal setting for introspection and sobriety.



Recently, the dining room received a gift of restaurant booths from a Henderson Water Street business owner, **Janet Hawkins Cottrell**. The clients say they now have their own "Lil Denny's". Paint is being brought up the mountain to finish the newer, modern look to the room.

Ms. Cottrell said many of our clients have eaten her food at these tables over the years, so she decided to serve up this generous donation to The Ranch.

NEVADA: Students and UPS Deliver a Makeover

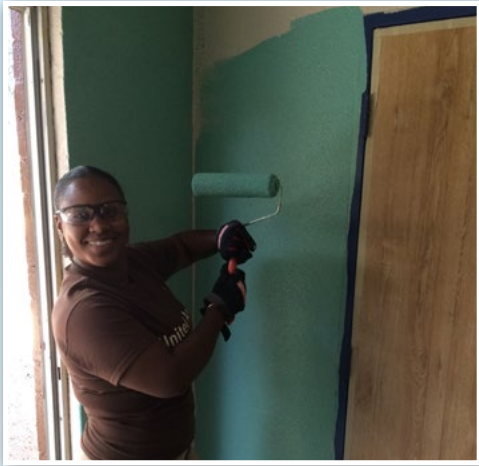
By Darlene Terrill, Director of Development



Students from the **Arbor View High School DECA** group (**Distributive Education Clubs of America**) came to the WestCare Nevada Women and Children's Campus to read stories to our children. One student named **Josh** was so taken by the experience that he went home to tell his family. His father works for the United Parcel Service Call Center as volunteer coordinator. After a tour of the campus, a makeover was arranged.



NEVADA: *Students and UPS Deliver a Makeover (Cont.)*



A total of 55 UPS volunteers and their families, Arbor View High School teachers and DECA students, and UNLV DECA students volunteered their time in painting the campus' five living rooms.

QUESTION CORNER: *April 2015*

“What was the most recent act of kindness you received or gave?”



Barbara Ruiter
EAVA / Iowa



Lilly

“When my granddaughter and I were shopping, a lady said the items on the top shelf were discounted to one dollar. My granddaughter Lilly took a ruler and pulled them to the front so we could reach them. We took one and the lady took one, as well. But she didn't say anything.

I said, ‘Thank you for telling us about the sale. The lady finally replied, ‘Thank you for your help getting them down.’ She asked Lilly how old she was.

Lilly said, ‘12 today.’ The lady handed her a small item and said, ‘Happy Birthday.’ She helped us. We helped her. And we all went away smiling.”

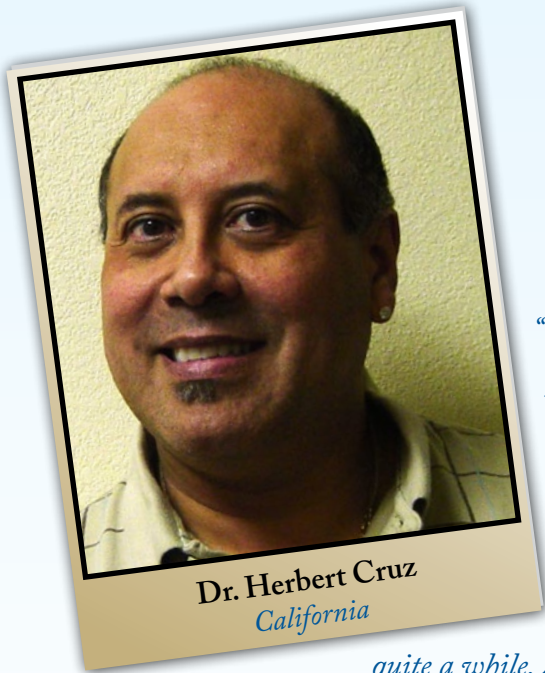
QUESTION CORNER: April 2015 (Cont.)

"I donated my whole 401K to Buena Vida Orphanage (In Mexico) one year ago.

Character is the only rank. Life isn't about how you survived the storm... it's about how you danced in the rain!"



Barbara JoAn Varner
California



Dr. Herbert Cruz
California

"While it isn't recent, I have a quite a story to share. In the early 90's, when cell phones were big bricks that you carried around, I took the train to visit my mother. I saw a homeless man asking for change. I offered him \$5 and he looked at me and said, 'That's too much. I'll do bad things with it.' So, I instead pulled out my cell phone and offered him a call to anyone that he wanted. He was very surprised as this was a time when cell phones weren't everywhere. He called his family that he hadn't been able to speak with in quite a while. Afterwards, he gave me a big hug and thanked me. It has had an impact on me

ever since. To this day, I think that he did me a greater act of kindness than I did for him."

QUESTION CORNER: April 2015 (Cont.)

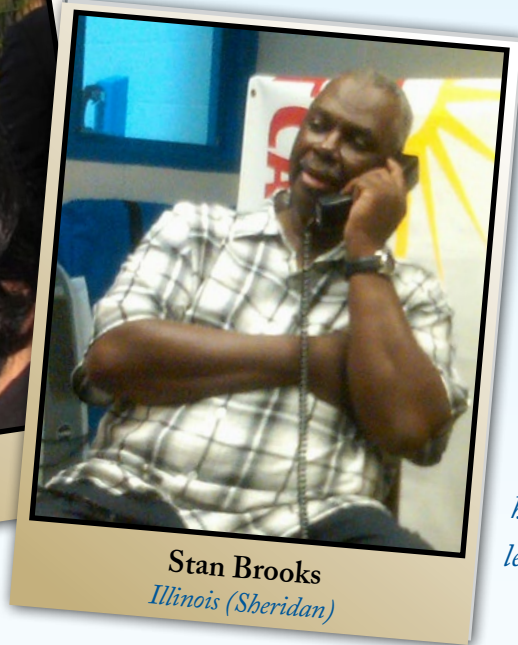
"My co-worker Trina came to my office and handed me a candy bar, and when I asked why she gave me this yummy candy bar she informed me it was one thing she was able to do, so she felt like doing it. The same day, Sharlene from residential brought over a few chocolate candy bars, and when I picked one out I was like a little happy kid and quickly went to get the money for it. But when I tried to give her my dollar, she had already left and Susan said, 'No Kari, she wasn't selling those- she was just giving you one.' It turned out to be a darn good day!"



Kari Siler
California (Bakersfield)



Patricia Pelaez
Illinois (Sheridan)



Stan Brooks
Illinois (Sheridan)

"I can say without any doubt that Stan Brooks performed random acts of kindness on a daily basis... for clients, staff, friends and family. He was an amazing man who was the heart of this TC, and I pray we all use this curve ball that life has thrown us as an opportunity to continue his legacy."

QUESTION CORNER: May Question

For May: **"Looking back on high school, what class do you wish you would have taken and why?"**

This will require a high school photo!! Hah-hah! Please send your response & photo by April 20th, to john.wallace@westcare.com.

FOUNDATION: MGM Resorts Foundation Donates \$30,000 to WestCare

By Greg Ferraro

In a generous move that reflects the importance of women helping other women in Southern Nevada, **The MGM Resorts Foundation** has awarded WestCare Foundation a **\$30,000 grant** for its **Women and Children's Campus**. The campus houses women and children who have experienced challenging situations. It provides safe shelter services for area youth as well as residential substance abuse and mental health treatment for women and their children 24 hours a day, seven days a week. This facility provides much-needed services to several thousand individuals annually.



"We are extremely honored and humbled by this generous grant from The MGM Resorts Foundation," said WestCare President **Richard Steinberg**. *"Our non-profit has been dedicated to helping women, youths and many others start fresh lives over the last several decades, and we couldn't do it without support like this from business partners and the community."*

The donation, which was presented March 12 at an event at the **Bellagio Hotel & Casino**, stemmed from the **Annual Women's Leadership Conference**. The conference is a signature program of the non-profit 501(c)(3) MGM Resorts Foundation, the presenting sponsor of the conference. The conference is the nation's new forum to promote women's personal and professional development and advancement. The purpose is to inspire women to seek their highest level of personal and professional growth by presenting participants with role models, varying perspectives and strategies for development.

Over the last several months, WestCare has implemented ongoing improvements of its Women and Children's Campus. Dubbed a *Makeover Series*, hundreds of local volunteers, including from local churches and schools, have donated their time to renovate different rooms at the facility. The next session was held March 21 and focused on renovating five living rooms at the campus, which serves WestCare's Healthy Families Program, the adult women's serenity unit, the female veteran's living room, and the safe haven for chronically homeless with mental health disorders.

THE GREEN CORNER: *Volume Six*

EARTH DAY IS WEDNESDAY, APRIL 22nd

The theme of Earth Day 2015 is *"It's Our Turn to Lead."* For 45 years, **Earth Day** has been bringing communities and organizations together to advocate for a healthier environment and a sustainable life. The first Earth Day on April 22, 1970 activated 20 million Americans from all walks of life to share their concerns about each citizen's critical role in the environment. Their actions led to the creation of the **U.S. Environmental Protection Agency** and the passage of the Clean Air, Clean Water, and Endangered Species Acts. Now over one billion people in 192 countries participate in Earth Day activities, making it the largest civic observance in the world.



- *Earth Day Tokyo* celebrates the traditional neo-hippy festival in Yoyogi Park.
- *Earth Day Philippines* is organizing a fun run with Pro Earth Run.
- *Earth Day Vietnam* will raise awareness by coordinating a flash mob.
- *Earth Day Italia* is hosting a marathon, photo exhibition, and Concert for the Earth.
- *Beijing Hikers* organizes a hike to collect trash at parks and on trails.



What will you do on EARTH DAY?

- Join **Earth Day Network** in our effort to plant more trees.
- Create an eco-fair with local green businesses and experts to educate your community about climate change or how to reduce your carbon footprint.
- Set up a screening of an environmentally-themed movie.
- Show the world your **Act of Green** with the hashtag **#billionactsofgreen**

We Are Invited!! Earth Day Network will partner with the Global Poverty Project for a large-scale public event that for the first time joins the climate movement with movement to end extreme poverty on the National Mall April 18th!

Does your WestCare site or program plan any Earth Day events? If so, send us pictures for our next newsletter!!!



HUMAN RESOURCES: *WestCare Wellness Plan*

By Michael Shields, Vice President of Human Resources



You have been seeing a lot of information about WestCare’s new, “yet-to-be-named” Wellness Plan. We have been talking about a WestCare-wide plan for many years, and are extremely happy to finally make it a reality. Many individual Regions have presented and managed wellness programs of their own, and we thank you for that! Any steps taken down the path to better health are GOOD steps! Now that we have a national (well, “international” kinda, if you count our Caribbean and Pacific Island locations!) program, we can all take those steps!

With the program, there are some exciting rewards available. First, there is a “name the plan” contest. There is also a reward for participation. Details have been, and will continue to be sent to everyone.

And there is always good old fashioned friendly competition!!!! Who can get the most people enrolled? Who has the best results? Who has bragging rights!!!

Aside for the obvious health benefits, participation in this sort of program goes a long way when WestCare negotiates for insurance benefits every year. Healthier employees and a commitment to wellness can impact the cost of benefits positively! Healthier employees have fewer days taken off for health reasons and are more productive. Healthy employees are happier, more positive, and more able to support each other in the incredibly hard work they do with our clients every day! Healthy employees can get out and do things with their families. Quality of life improves.

Sensing a “theme” here?

As you can tell, I am pretty stoked about this! It’s been a long time coming. I have gone through the process of having a physical exam (be sure to tell your Dr. it is to be coded as a “preventive visit!”), and submitted everything through the “biometric screening” part of the process. It’s easy!!!!

I hope ALL of you do the same!! Happy spring!

Mike

ILLINOIS: *In Memoriam - Mr. Stanley Brooks*

(Editor's note: WestCare lost a giant of a man recently, with the passing of Stan Brooks, Director of the Sheridan Correctional Center in Illinois. You have received poignant messages from Dick Steinberg and Leslie Balonick, and here is another heartfelt tribute from one of his close friends and co-workers.)

By Dawn Ruzich



As I sit down to write this, I don't know where to start. How do you justly capture the life of a man such as **Stan Brooks**? I want to convey to everyone how awesome my friend was because he was truly awesome. He meant so much to so many and touched the lives of everyone who knew him. How can I describe Stan? A diehard St. Louis Cardinals fan, a sharp dresser, a technology geek, a United States Air Force Veteran, a picky eater, a storyteller, a mentor, a role model, a friend, a brother, a son, a father, a grandfather, a spouse. I doubt if there ever was a more genuine, a more authentic soul. He was the constant, the one that everyone went to, the reliable and very funny presence that we all sought. He was the heart and soul. To know Stan was truly to love him.

Stan was a United States Air Force veteran and served honorably in Vietnam. He was the loving partner of **Carolyn Dickerson** (WestCare Sheridan Clinical Supervisor), the father of two beautiful daughters, and a doting grandfather. Stan had 28 years of experience in the therapeutic community. He joined the WestCare family in 2006 and was quickly promoted to Director of the Sheridan program which grew to serve 1,650 clients daily. He is known to many of you, as he was often called

ILLINOIS: *In Memoriam - Mr. Stanley Brooks (Cont.)*

to help with start-ups, training and technical assistance across the WestCare family of programs. The outpouring of love and condolences from clients and coworkers throughout the states demonstrates how many lives he impacted.

"There is no doubt in my mind that God exists because when I did not care about anything, God placed me in the hands of Stan Brooks..." (WestCare Sheridan client)



Wherever Stan went, he was always recognized. It wouldn't matter if he was in Chicago, Joliet, Springfield, or East St. Louis, it never failed that someone whose life he touched came running up to him, "Mr. Brooks, I am doing really well". They would be so proud and Stan would be even prouder. He likely wouldn't remember their name - that was definitely not one of his strong suits- but he would always know their face and amazingly remember their story. That was one of the things about Stan, even when he had to be tough, it always came out of a place of love.

There is a beautiful Hebrew proverb that says: *'Say not in grief 'he is no more' but live in thankfulness that he was.'* I was lucky and blessed to call him friend. Like many, he has been such an inspiration to me and has taught me more than I can ever explain- about compassion, humor, judgment, forgiveness, loyalty, the human spirit, being kind, about what matters in life. About being a friend. He will be deeply missed but will live forever in our hearts.

KUDOS! *Our Monthly Shout-Outs to Exceptional People*



Kathleen Costello

Guidance/Care Center, Marathon FL

The Transition Coordinator for the WestCare Offender Re-entry Program, Kathleen Costello was honored by Julie Gaither, Circuit Administrator, and Velia Castro, Senior Probation Officer, for her hard work and dedication. She coordinates the Offender Re-entry Program (ORP) for men and women who are on supervision with the Department of Corrections. Ms. Costello is highly regarded in the community and is very valuable to the Florida DOC.

Thanks to the generosity of the Circus and the Eastern Kentucky Expo Center, families from the WestCare Homeless Shelter were treated to a night of fun. The recent performance in Pikeville was one of the final nights the stately elephants will entertain before being retired.



Barnum and Bailey Circus

Pikeville, KY

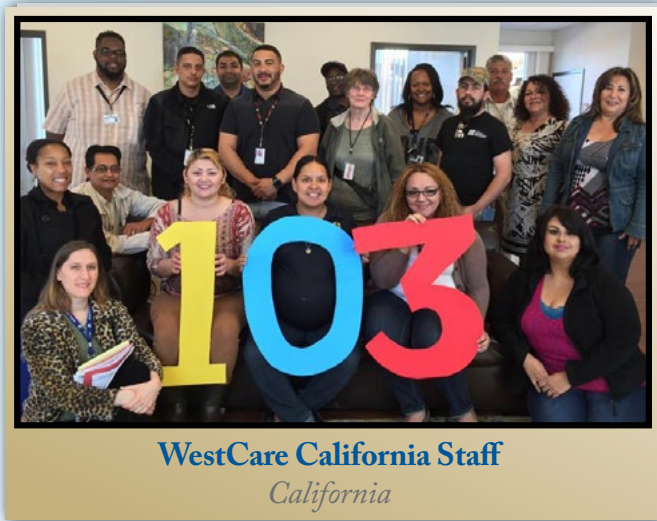
From HR Director **Susan Rinaldi**: *“Many thanks to everyone who assisted with preparation and attendance at the Job & Community Resource Fair at the St. Pete Coliseum, presented by U.S. Representative **Kathy Castor**. WestCare had a wonderful presentation and looked professional thanks to the efforts of **David Rosynsky, Maureen Gula, Renee Salyers, Wendy Ramos, Eric Singleton, Mike McElroy, Jean Jones, Katrina Tucker and Ronda Lieberman**. It all helps in getting the WestCare name out there!”*



Gulf Coast Staff

St. Petersburg, FL

KUDOS! *Our Monthly Shout-Outs to Exceptional People (Cont.)*



WestCare California Staff
California

Outstanding effort by WestCare California in taking a leadership role on the **25 Cities Initiative** outreach team (pictured). The Initiative brought the Housing Authority, VA, City, County and Fresno-Madera Continuum of Care together to find housing for 103 homeless individuals in Fresno in a 100 day stretch. 43 military veterans were among those served. The effort continues, and WestCare is proud to play a key role.



Sarah Thomas-Nededog
Pacific Islands

Congratulations to WestCare Pacific Islands Vice President **Sarah Thomas-Nededog**, who was awarded the Lifetime Achievement Award by the National Association of Social Workers. The NASW banquet was held March 20 at the Hyatt, Guam.

US VIRGIN ISLANDS: *Spreading the WestCare Word on Capitol Hill*

By Ruth Roberts

WestCare Virgin Islands Vice President **Kendall Tutein** and **Ruth Roberts**, Program Manager of the Virgin Islands Department of Health Prevention Strategic Planning Project, represented the **St. Croix District Prevention Coalition** at the **Community Anti-Drug Coalition of America National Leadership Forum** and **SAMHSA'S 11th Prevention Day** in Washington DC.

US VIRGIN ISLANDS: *Spreading the WestCare Word on Capitol Hill (Cont.)*

It was a four-day event packed with opportunities to learn the latest strategies to fight underage alcohol and drug use. The Forum brings together over 2,700 participants representing coalitions from all regions of the country and internationally, government leaders, youth, prevention specialists, addiction treatment professionals, recovery advocates, researchers, educational institutions, law enforcement professionals, and faith-based leaders.



With Delegate Stacey Plaskett (Kendall Tutein 2nd from left, Ruth Roberts 3rd from left)

The highlight of the forum was Capitol Hill Day. CADCA hosted a congressional reception on Capitol Hill for the Forum's participants where they were able to meet several distinguished members of Congress and their staffers. After the reception, the Virgin Islands delegation met with **Stacy Plaskett**, US Virgin Islands Delegate to Congress. A presentation was made to Ms. Plaskett and her staff about the efforts of the district coalitions to address underage alcohol and drug use in the US Virgin islands and how her office can assist regarding federal prevention funding efforts. Delegate Plaskett stated that she was very excited to hear what the Virgin Islands coalitions are doing and assigned one of her staff to serve on the Virgin Islands Prevention Advisory Council.

A very productive four days.

WISCONSIN: *Staying a "Cut Above"*



Safe and Sound and WestCare Harambee's *Barbershop Mondays* is an opportunity for youths to connect with adults and learn about opportunities for leadership in the community. In return for a free haircut, youths are asked to participate in future community service projects. We are asking other community centers to join in this way to open dialogue, and build leaders for the future.

WYOMING: *For a "Model TC," it Takes a Team*

By Michael Seeley, Program Director

Everything we do at WestCare Wyoming's sex offender treatment program revolves around those who make up the heart and soul of the program. Two key players in that core are Senior Counselor **Christal Wagner** and Reentry Coordinator/Data Entry Specialist **Samantha Hattan**.

Christal has been a therapist with SOTP for two years now, and her perspective on how to meet the needs of the clients we serve provides a necessary balance to our overall approach to treatment. Samantha not only provides for



WYOMING: For a "Model TC," it Takes a Team (Cont.)

the upkeep of all the client tracking necessary for our continued functioning, works cooperatively with DOC on admissions and discharges and generating reports required by DOC's central offices, she is also a highly valued asset to the Program Director, **Michael Seeley**. She helps track the needs of the satellite sex offender programs at Wyoming's Women's Center in Lusk, and Wyoming's Honor Conservation Camp in New Castle.



Without the ongoing commitment to professionalism from Christal and Samantha, SOTP would not have become the model Therapeutic Community it is known to be. We are also very pleased to have two new therapists at SOTP.

Tiffany Browder joined us in December, and **Dr. Kever Czapinski** joined the team just recently.

INFORMATION TECHNOLOGY: The IT Corner

By Sean Harrigan, Information Technology - Systems Administrator

New Beginnings for Our Valued Team Members

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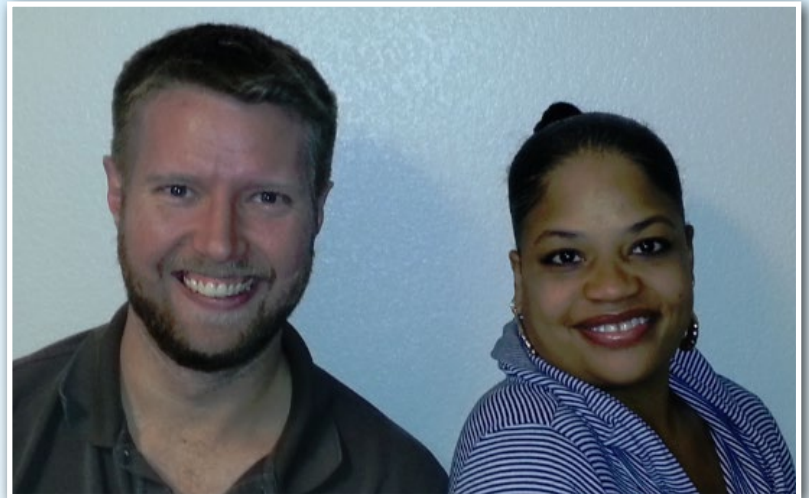
It is with regret that we announce the resignation of two of our long time, and valued team members here in WestCare IT.

As of March 25th we will be without the services of **Katina McKenzie**, Business Analyst, who will be leaving WestCare after six years of service. Katina has played a critical role in helping to bring new programs and contracts

INFORMATION TECHNOLOGY: *The IT Corner (Cont.)*

online in the WestCare Clinical Data System. She also provided end user support to the users of the Clinical Data System, where many of you have interacted with her. We're going to miss her smiling face around here and wish her the best of luck in her exciting new ventures.

Also, as of March 25th **Matthew Sullenberger**, Director of IT Operations, will be leaving us after nine years of service. Matthew has played a pivotal role in the massive growth of infrastructure and responsibilities in the IT department. He has worked in all facets of IT here at WestCare, starting



Matthew Sullenberger and Katina McKenzie

in Florida in the applications development team. We're going to miss Matthew and his sometimes irreverent humor, and we wish him all the best in his exciting new ventures as well.

A Short But Sweet Goodbye from Katina:

"It was a great 6 years and I enjoyed working with everyone. Thanks."

A Personal Message from Matthew:

"It has been a great pleasure working and growing with WestCare. I've seen the IT infrastructure expand from a few dozen locations across the country to the hundred-plus locations we now serve, and assisted in the growth from 30 servers to the several hundred we now require to keep all of WestCare's technology running. I've been all over the country and seen firsthand almost all of our programs and the people WestCare is touching every single day, and I know we are helping people."

Having worked here for nearly my entire adult life it is going to be a strange thing not having it as a main component of my day anymore. I'm sure I will still wake up at random times throughout the night and reach for my phone to check for notifications that servers or networks are down somewhere in the world for quite some time! I will miss everyone that I have worked with for so many years. Thank you all for letting me share in a little piece of your world."



WESTCARE CALENDAR OF EVENTS: *April 2015*

APRIL

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

Symbols of April

- Birthstone: Diamond
- Flower: Daisy and the sweet pea
- Zodiac signs: Aries and Taurus

History:

- In the initial Roman calendar, April was the second month of the year until January and February were added in 700 BC.
- It is thought that the name April comes from the Latin word “to open” and describes the trees and blooms opening at springtime.

Fun Facts About April:

- April is the same as October in the Northern Hemisphere.
- The diamond of April symbolizes innocence.
- In England there are many cuckoo festivals. The arrival of the cuckoo bird in April is a signal that spring has arrived.

April 5 - **Easter Sunday**

April 14 (3pm-4:30pm PST / 6pm-7:30pm EST)

FLGC - CAC Meeting

April 15 (12pm-1:30pm PST)

NV - CAC Meeting

@ FND Office - NV Conference Room

April 20 (9am-10am PST / 12pm-1pm ET)

Central KY - CAC Meeting

@ 108 Main St., Irvine, KY

April 21 (8am-9am PST / 11am-12pm ET)

Committee Pre Board Teleconference Meeting

April 22 - **Earth Day**

April 25 (2pm-3pm PST / 4pm-5pm CT)

WI - CAC Meeting

@ WestCare Office, Milwaukee, WI

April 29 (5am-6am ET)

FLGC - CAC Friend Raiser Breakfast

April 29 (4pm-5pm PST/AZT)

AZ - CAC Meeting

@ Bullhead City, AZ