



# WESTCARE EXPRESS

THE WESTCARE EXPRESS MONTHLY NEWSLETTER

APRIL 2016

## Prevention: Sometimes, it Just Means Letting Kids be Kids

Submitted by Brenda Lydik, Camp Mariposa and Outreach Director

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WestCare GulfCoast-Florida held the first *Camp Mariposa* weekend in February at Boyd Hill Nature Preserve. Camp Mariposa-St. Petersburg, in partnership with the Moyer Foundation, is an exciting new addition to the WestCare Outpatient Programs, with a focus on children in our community whose lives have been impacted by substance abuse. It allows local youngsters, ages 9 to 13, to come together, reducing their feelings of isolation, sharing their stories, and learning about the disease of addiction in a safe and fun environment.

The weekend began with several of children expressing fear of being at the camp, as they had never been away from their home or their circumstances overnight. Some were changing their minds about wanting to go to camp and were now positive that going to camp was a bad idea. Things quickly changed.

### FLORIDA: *Prevention: Sometimes it Just Means Letting Kids be Kids (Con't.)*



The camp days were filled with a scheduled mix of therapeutic, educational, and fun activities, running the gamut from making dream catchers, taking nature walks, playing ball, making 'Smores over a campfire, and teambuilding on the ropes course. By midmorning Saturday, children were laughing and excited. They were opening up, sharing their stories with their camp counselors and making connections with each other. They didn't want to see the weekend end.



The reading and burning of their "letters to addiction" at the campfire was heart-rending. Amid tears, sadness, and anger, there was a healing for them that can only be

described as transformational. One of the children shared her letter to addiction saying that addiction had taken her family away; put her in multiple foster homes, and had separated her from her brothers and sister, but she was not going to give up. She was stronger than addiction. And when the children filled out their reflection cards at the closing ceremony she had written that she *"liked how we wrote our feelings and past on paper. It really feels nice to let the past go and then burn it and it's gone"*



Over the course of the weekend we had witnessed something amazing. A group of children weighed down by sadness, fear, anger, guilt and loss, learned they are not alone, addiction is not their fault, they can care and celebrate themselves, they can make safe choices, and there is hope.

We are proud and excited to be a part of this life changing WestCare program, helping to make a difference in the lives of children and families in our community.



### WISCONSIN: *Collaborating to Put Kids to Work*



WestCare Wisconsin was asked to be a part in the Midwest Food Service Expo because of the work we do with *Power of Harambee Youth Employment Collaborative*. We did a combined exhibit with McDonald's executive **Robert Pyles**, displaying WestCare and Power of Harambee information. We had **Grimace** as the mascot, and our Community Organizer **Kenneth Brown** did drumming.

Two POHYEC participants, some of our first cohorts, were honored with certificates and a gift card for recently being promoted to restaurant managers. Mr. Pyles participated in a dialogue regarding the history of this demonstration model and we met with possible future partners and food vendors.

**Daniel Hodgson**, newly promoted Case Manager, took the lead and coordinated everything. **Betty Erby** recruited employers for our upcoming *Face Forward Teen Job Fair*. It was an amazing experience for WestCare Wisconsin and all the staff pulled together!



### WISCONSIN: *A Place for the Grandkids to Visit*

Excerpted from WDJT: <http://www.cbs58.com/story/31485890/local-veteran-receives-new-milwaukee-home#.Vum4zr5mflg.email>

A Milwaukee veteran had a happy housewarming in mid-March. He was given the keys to a new home.

Vietnam veteran **Joseph Barlow**, 62, said money troubles have long kept him and his wife **Lena** from the dream of owning their own place. *"It's been kind of rough,"* he said. *"Now it seems like it's all coming together and I love it."*

The Barlows qualified for the home from the WestCare Foundation based on income level. *"It's like a good feeling inside. It just feels good. I can't even explain it. But it feels good."*

State senator **Lena Taylor** welcomed the Barlows with a plaque. She expressed a desire to turn the neighborhood



Wisconsin State Senator Lena Taylor (center) with the Barlows

on North Swan Road to one where many veterans feel welcome. Mr. Barlow says once the home is furnished, he can't wait to have his seven grandchildren over for a visit!

### IN THE NEWS: *President Highlights Rx Drug and Heroin Summit*

Photos courtesy of the Atlanta Journal-Constitution.

Longtime WestCare supporter Congressman **Hal Rogers** of Kentucky introduced President **Barack Obama** at the recent National Rx Drug and Heroin Summit in Atlanta, Georgia. The President led a panel discussion on the first day of the three-day gathering, of which WestCare was a sponsor.





### NORTH CAROLINA: *The Girls Enjoy Cultural Day...Let's Eat!!!*

By Danielle Watkins, Recreational Residential Counselor



On March 4th, the WestCare North Carolina Girls Campus celebrated Cultural Day. The young ladies studied different cultures, learning about their traditions, values, beliefs, languages, and tasteful delights. We covered Italy, China, Mexico and The USA. Some clients wrote and performed their own poems and songs, while

others recited poems or inspirational quotes that “Uplifted” or encouraged them personally.

Staff worked individually and as a team to prepare authentic dishes reflecting the cultures presented and these pictures show just some of the delicious servings.

### *Let's Have a Laugh*

- My two year old son said, “*I don't like you, Daddy.*” I said, “*That's not a nice thing to say!*” He replied, “*I don't like you, please.*”
- So, a typo walks into a bat...
- When I'm in a hospital, ya know where it says “*Emergency Contact*”...I write DOCTOR! I mean, what's my mother gonna do??
- As I age, I only have one regret: That most of my friends I played Tag with have passed away...and I'm still “*it*”.

### IOWA / FAVA: *Unspoken Wounds: Winning the War Within*

*Submitted by Laura Lindsay, FAVA Business Manager*



WestCare Iowa's *Family Alliance for Veterans of America* was a key agency at a conference in Savannah, Georgia on post-service needs of veterans. Similar agencies are called upon to share evidence-based practices and innovative strategies that have been developed to meet the behavioral health, criminal justice, and reintegration needs of veterans, service members, and their families.

Dynamic speakers at the four-day conference included veterans who have overcome struggles they've experienced as a result of their service to the country, and military family organizations such as **FAVA** which provide resources and supportive services to veterans and their families. **Rhonda Jordal**, FAVA Program Director, was the keynote speaker on the first day of the conference, a huge honor. **Qwynn Galloway-Salazar**, part of FAVA's founding board, helped organize the conference.



*Laura Lindsay, Qwynn Galloway-Salazar, and Rhonda Jordal*



### GEORGIA: *Being Hip about Hep C*

Miltina Fraser, Outreach Coordinator



The **Black Family Expo** is a one-of-a-kind celebration of the black family: An empowering, motivational and entertaining forum that targeted their specific needs and interests. There were general sessions and seminars addressing critical issues facing black families from a pool of critically acclaimed workshops such as: Mental Illness in the African American Community, Saving our Songs Community, Teen Summit sponsored by Job Corps, and Tracing your Roots, to name a few.

WestCare Georgia is in partnership with Imagine Hope, Inc., connecting us to the opportunity to provide Hepatitis C testing and education. We have tested over 300 individuals in the Metro Atlanta area since April 2015, a huge accomplishment for our three-person team. The **Cares Team** partnered with Cobb County Community Service Board to provide Hepatitis C screenings at The Black

Family Expo. There was an estimated attendance of 3,000 at this event, and our wonderful volunteers from Spelman College provided much needed assistance to us.

There is an alarming rate of Hepatitis C transmission in the Atlanta Area with minimal medical interventions and support. This Hepatitis C initiative is extremely important to our community, and getting the word out via a platform of this size was essential and monumental. The Cares Team was able to network with various organizations within the Metro Atlanta Community. Citizens of the Metro area of all ages had the opportunity to address the importance of “*Knowing your Hepatitis C status*”.

WestCare Georgia will continue to uplift the human spirit through support and education.

### GEORGIA: *Mourning the Death of Rev. Dr. R. Abernathy III*

*By Michael Langford, WestCare Georgia Regional Vice President*

On Thursday March 17, 2016, Rev. Dr. **Ralph David Abernathy III**, son of Civil Rights icon Dr. **Ralph David Abernathy** and **Juanita Abernathy**, passed away quietly following a battle with cancer lasting more than three years. Both his parents were leaders of the Civil Rights Movement.

Having been arrested and jailed overnight at the tender aged of nine, he was known as a child of the Movement and committed his life service to Human and Civil Rights causes.

Ralph David Abernathy III served in the Georgia Legislature, both in the House of Representatives and as a State Senator. He was a visionary, and even during his illness was making plans to launch a National Civil Rights to Know campaign, which would focus on passing legislation requiring food manufacturers to inform the public of Generic Modified Chemicals, processed in foods sold to the public. He firmly believed that a large portion of America's Health Crisis can be attributed to GMOs in our food supply.

I count it a great honor to have known and labored with the Abernathy family. On behalf of WestCare Georgia, we extend our heartfelt love, sympathy and condolences to the Abernathy family.



*Rev. Dr. Ralph David Abernathy III*

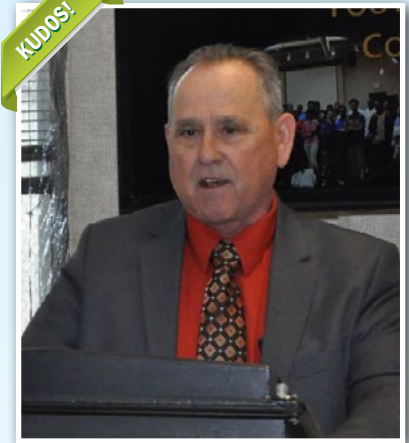


*Mr. Abernathy and Michael Langford*



### KUDOS! *Our Monthly Shout-Outs to Exceptional Individuals*

One person who deserves “Kudos” every issue of The Express is our Chief of Facilities. **Mike Lavin** has long been in charge of licensing, maintenance and renovation at nearly 100 WestCare sites. He recently told the FitzHouse and WestCare stories to community leaders in Wisconsin. Thank you, Mike, for representing us so well wherever you go.



How romantic! They got married on Valentine’s Day. In Las Vegas. Woo-hoo!! Congratulations to **Alexandra Pappas-Kirkland**, an Admission Therapist at Village South-Miami, and **Earnest Kirkland**, who said their vows in front of the Bellagio Fountains on The Strip. Blessings for a forever marriage!

When **Steve Stocker** retired after 20 years as a casework supervisor from the Illinois Department of Corrections at the Sheridan Correctional Center, he had had a close working relationship with many of the WestCare staff. In talking with his wife **Cory Kalat**, a therapist in private practice (who did a training on mindfulness for the WestCare Sheridan staff last year), they decided to keep that connection with the addiction and recovery community by providing a scholarship for WestCare staff to attend the IAODAPCA annual Spring Conference.

WestCare Illinois - Sheridan is extremely grateful for Steve and Cory’s generosity in “*Uplifting our Human Spirit.*”



### KUDOS! *Our Monthly Shout-Outs to Exceptional Individuals*



This year marks the beginning of a WestCare expansion in the Caribbean, as the U.S. Territory of Puerto Rico joins the family. Mr. **Cristian Duarte** has assumed a Senior Vice President position within the Leadership Team, and he will supervise both Puerto Rico and Virgin Island programs. Welcome!!

Look for a full story on our presence in Puerto Rico in the May issue of The Express.

A huge shout-out to the **veterans** who successfully completed their *Life Skills Workshop* at San Joaquin Valley Veterans in Stockton, California. Congratulations, guys! This course is the least that we can do to thank you for your service to our country!



In another California city, congratulations to recent graduates of the 15 week *Nurturing Parenting* class at the MLK Residential facility in Fresno. We share their pride in all that they have accomplished, and wish only the best for them and their families in the future!





By Darlene Terrill and Rick Denton



*Michael Thwing, Luther Kendrick, Rick Denton, and Leslie Farrell*

Case Managers **Luther Kendrick** and **Michael Thwing**, along with Peer Support Specialists **Leslie Farrell** and **Rick Denton**, work together to assist veterans who have fallen through the cracks in Las Vegas. Their passion to serve Las Vegas' chronically homeless is evident from the moment you meet them. As the focus of WestCare's *VIVO Project*, they are always moving forward to a resolution.

Veterans helped by the VIVO team are those with a less than honorable discharge who think they don't have any Veterans Administration benefits. The VIVO team evaluates the situation and works with the veteran and links them with services available through the VA, WestCare, and other local non-profits. This includes finding housing, providing intensive case management, obtaining substance abuse treatment and supplying hygiene

starter kits. The VIVO team uses the local coordinated entry system to get the person's assessment score and obtain housing for them.

The VIVO program has the capacity to serve 100 Veterans and chronically homeless individuals. They contacted and screened almost 500 individuals last year. In February of this year, the team housed an amazing 17 people in 2 ½ days!! 13 of them were veterans and 4 were chronically homeless. The program follows the Housing First model, so the top priority is housing. Once someone is housed, other services can begin. The team's biggest VIVO success stories include **Ross Hazlett** and **Yury Zverev**.



*Ross Hazlett*



*Yury Zverev*

When the VIVO team first met Ross, he was a homeless veteran living out of his car. He wanted help for his



## NEVADA: VIVO Las Vegas!! (Con't.)

Post Traumatic Stress Disorder (PTSD) but had an *“other than honorable”* discharge. The VIVO team took action, completed an assessment and helped Ross submit a request to have his discharge status updated so he could receive benefits. They located housing for him, and guided him to clear up a warrant during Project Homeless Connect which allowed him to get a job. He worked security at the NASCAR races and is interviewing for a full-time position!

Yury was referred to the VIVO team by Clark County

Social Services in September 2015. He was chronically homeless and living on the street. Yury is also a Russian immigrant and a talented artist. Thanks to the VIVO team, he now has a place to call home and is applying to renew his *“green card”*. Just take a look Yury’s smiling face and beautiful artwork and you can see how happy he is now!

Ross and Yury are just two of the many success stories that Luther, Michael, Leslie and Rick can tell you while beaming with pride in their work, which they do every day on the streets of Las Vegas!



## WestCare Snapshots

WestCare President and CEO **Dick Steinberg** sends this photo of a new group of community council members, staff, and families who are getting still more WestCare services to people in the Caribbean.

This effort is taking place in Santo Domingo, the Dominican Republic.

Says Dick: *“A renovated facility came with its own homeless–drug addicted young man...who is our first official resident! Great community support here!”*







*From the WestCare Green Committee*

#### Make a Solar Oven Out of Pizza Boxes

.....

- Using a ruler, measure a frame of about 1 to 2 inches around the top of the box.
- Cut into three sides of the frame, so it opens like a hood.
- Cover the underside of the flap you just cut with foil.
- Then, line the inside of the box with black construction paper.
- Cover the empty frame of the box with plastic wrap (it should now look like a window).
- Close the box.
- Use a pencil, plastic straw, or twig to prop open the foil lid.

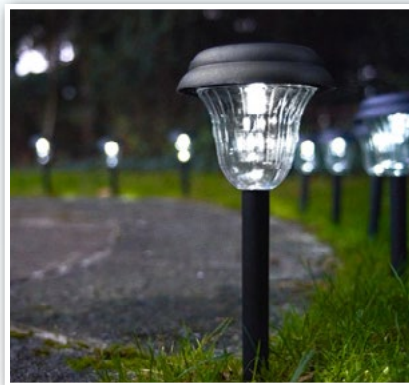
Using solar energy is a simple way to cook food because it doesn't use fossil fuels, and it's fun and safe for kids!



#### Solar Powered Outdoor Lighting

.....

Time to replace your lamp posts with this Solar-Powered LED Streetlight-Style Outdoor Light. The LED bulbs are charged by the sun and automatically turn on at dusk





#### Solar Keyboard

Wireless Solar Keyboards, such as the ones made by Logitech, charges itself with any light... Including the one on your desk.



#### How Do You Use the Sun's Energy at Home?

*"My family and I have always made Fabulous Sun Tea (outside AND in the window) and the Solar Blanket for our pool increases the temperature of the pool water by 3-5 degrees by capturing the sun's rays!"*

- Cecily (Foundation, Grants Department)







#### Trees help us breathe clean air.

Trees absorb odors and pollutant gases (nitrogen oxides, ammonia, sulfur dioxide and ozone) and filter particulates out of the air by trapping them on their leaves and bark.

#### Trees help communities.

Trees help communities achieve long-term economic and environmental sustainability and provide food, energy and income.

Plant a tree. Make a donation. Activate your friends and social networks.

**EARTH DAY** is Friday, April 22. Over the next five years, as Earth Day moves closer to its 50th anniversary, let's help achieve one of the most ambitious goals yet — planting 7.8 billion trees. Starting now!

## Why Trees?

#### Trees help combat climate change.

They absorb excess and harmful CO<sub>2</sub> from our atmosphere. In fact, in a single year an acre of mature trees absorbs the same amount of CO<sub>2</sub> produced by driving the average car 26,000 miles.



**We can do this. #trees4earth**



## HUMAN RESOURCES: *The “Health Advocate” Benefit*

By Michael Shields, Vice President of Human Resources

### Happy Spring, everyone!



For those of you in my Midwestern homeland, congratulations on making it through (maybe) another winter! For those of us in the Southwest, it's the time of year we cringe because three months of

100+ degrees are staring us in the face. We all have our meteorological crosses to bear!

I wanted to take a few lines to re-introduce a new benefit that was rolled out as part of the 2016 Open Enrollment. It's a great addition to the package, but I think it may have been lost in the shuffle. For those of you who, like me, keep a file on EVERYTHING, the information makes up the last 5 pages of the 2016 Employee Benefits Guide you all received.

It's called *“Health Advocate”*. It comes to you and your family at no cost. It is important enough that WestCare is bearing the entire cost of the service. With “Health Advocate” you have confidential, unlimited access to a “Personal Health Advocate” who can help you and your eligible family members resolve healthcare and insurance-related issues—all thorough a single toll-free

number. During your first call, you will be assigned a *“Personal Health Advocate”* who will begin helping you right away.

*“So, Mike, what does this do for me?”*

Here are some logjams they can help break. They can help find the right doctors; schedule appointments; answer med/treatment/test result questions; uncover billing errors; get to the bottom of coverage denials; get approvals for covered services; negotiate payment arrangements with providers; provide information about generic drug options; find in-home care; clarify Medicare Supplement plans and Medicaid, and more!

And, important to all of us, your privacy is protected.

To access the service, all you, your spouse or domestic partner, dependent children, parents and parents-in-law can call **(866) 695-8622**.

Please take advantage of this option when you run into any sort of insurance or provider problem. I know the HR Team, and Andrew Pung in particular, have done all they could do in situations like these. Now you have a new team of experts to help make sure services are provided and claims paid in accordance with the plans we have.

Thanks, and be well!



### CALIFORNIA: *Landlords and the Homeless*

Stories submitted by Michael Mygind and Gabriela McNiel



WestCare California staff organized and chaired the Fresno Madera Continuum of Care's (FMCOC) first *Landlord Engagement and Recruitment* effort. The event brought over 35 local landlords together to hear about the benefits of renting to homeless veterans, individuals and families.



Fresno Mayor, **Ashley Swarengin** joined Senior Vice President **Shawn Jenkins** and saw a presentation on the benefits of renting to our homeless population, a provider fair and a question and answer panel featuring representatives of the local real estate community.

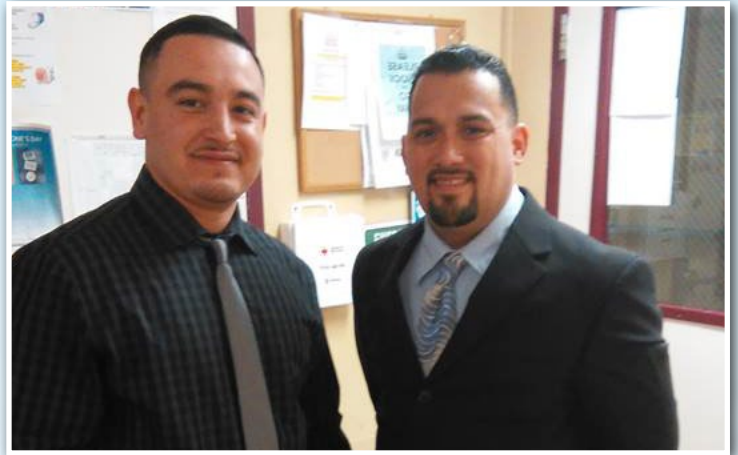
WestCare keeps charging ahead to help end homelessness within our communities!



## CALIFORNIA: *Phasing Up for Success*

The “*Phasing Up*” process for our clients in residential treatment shows not only their growth within our programs, but grants them more freedom and responsibilities.

During their first 30 days, clients are on phase one and are fully immersed in curriculum, groups and community service projects. To achieve the next phase, counselors ask them questions on what they have learned that might include the rules of the program, scenarios, buddy procedures, exit planning, relapse prevention, triggers, vocational skills and more. Clients are also asked to dress up formally as if they were at a job interview. Achieving a new phase can allow them privileges such as the use of their personal phone or permission to go on social passes outside of the facility.



There can be as few as three phases or as many as six phases, depending on what program they are a part of and their length of stay. By providing our clients with more responsibilities and privileges, we hope to make their time with us not only a more enjoyable experience, but an empowering one.



## *Did You Know? April is Alcohol Awareness Month.*

Information courtesy of the NCAAD. Read more at <https://ncadd.org/about-ncadd/events-awards/alcohol-awareness-month>

# Alcohol Awareness Month

*Alcohol Awareness Month* was established in 1987 by the **National Council on Alcoholism and Drug Dependence** to help reduce the stigma so often associated with alcoholism by encouraging communities to reach out to the American public each April with information about alcohol, alcoholism and recovery. Alcoholism is a chronic, progressive disease, genetically predisposed and fatal if untreated. Inform others and spread the word!





## CALIFORNIA: *A Two-Way Give-Back. Nice!*



WestCare clients often go into the community and do volunteer work, and when the community returns the favor... it's twice as nice!



In late March, we were thankful to have a wonderful group of volunteers from Peoples Church come and help

us clean up some planters at our MLK Residential treatment facility as part of Every Neighborhood Partnership's *I Heart Fresno Spring Break* volunteer week! Over the course of three days, volunteers would continue cleaning the area and put in a walking path for our residents.

Young folks spending their Spring Break making a difference.

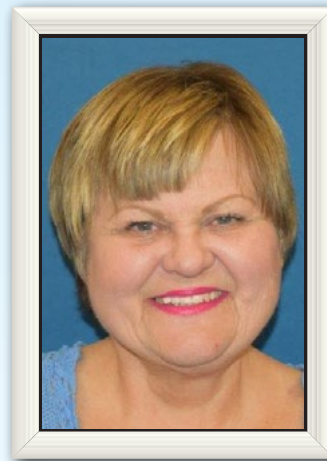
Pretty cool.

**This Month's Question:** "What movie could you watch over and over?"



*Walt Disney's Fantasia.*

– Lynn Pimentel, Deputy Administrator, CA



*Sleepless in Seattle.*

– Patricia Dunne, Veteran Advocate, CA



*Ride Along and 21 Jump Street. "I love comedies because like most people I love to laugh. I do watch them over and over so much that my husband hid them!"*

– Patricia Lara, Quality Assurance Assistant, CA



*The Shawshank Redemption. "The storytelling is top notch, there is a wide cast of intriguing characters and its perspective on life and friendship is just as powerful every time that I watch it."*

– Michael Mygind, Special Projects Officer, CA



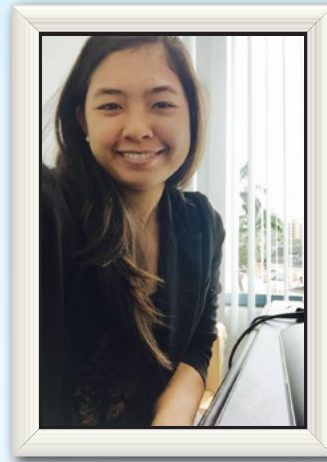
### THE QUESTION CORNER: April 2016 (Con't.)

Some new staff in WestCare Pacific Islands' programs get to know each other by answering *The Express' Question of the Month*. These three did a little team building, unaware that their answers would be published. Surprise!!



*The Grinch.* "When I was young my little sisters and I fell in love with the movie and we watched it every day for a whole summer. To this day, we still quote lines from the movie and it always makes us laugh."

– Leanna Reyes, Child Care Specialist, PI



*The Parent Trap.* "I really like the music, it opens with "L-O-V-E" by Nat King Cole and ends with, "This Will Be (An Everlasting Love)" by Natalie Cole! It was also just a fun movie to watch at age 13 because I had always wanted a sister, I enjoyed the relationship that the "twins" had."

– Gina Shiroma, Admin. Assistant, PI



*Titanic.* "Because despite of its history, each time I watch it, I remain hopeful that in the end, the ship will not sink and Jack marries Rose."

– Noshista Benavente-Delgado, Family Educator, PI

**For May:** "Do you play an instrument? Tell us more." Send your response & photo by **April 20** to [john.wallace@westcare.com](mailto:john.wallace@westcare.com).

### PACIFIC ISLANDS: *Alii! WestCare Opens Operations in Palau*

By Ann Singeo, Project Coordinator



L to R: Sr. VP Sarah Thomas-Nededog, COO Maurice Lee, Attorney Rachel Dumitruk, Palau Project Coordinator Ann Singeo

*Alii* (Hello, Pronounced “Ah-Lee”) from the beautiful islands of The Republic of Palau! Yes indeed, a long awaited goal has finally been realized! The Pacific Islands has finally opened and begun operations in Palau to implement the *Personal Responsibility Education Program (PREP)* which was awarded by the Department of Health and Human Services’, Administration for Children and Families (DPHHS/ACF). Social services for young people in Palau, especially in the smaller communities, are severely lacking. Our new office will strive to provide identified and much needed services right in the communities where these children live.

With the new local office space finally identified, as Project Coordinator I have been busy interviewing and identifying staff to fill open positions and hope to begin

official program implementation in the communities this month! Project staff will be working closely with community partners to initially meet island youth where they convene in order to learn and practice new skills and knowledge that keep them from partaking in tempting and risky behaviors. From there, plans will allow project staff to begin integration of the developed curriculum activities. We are proud to know that the curriculum that will be utilized embodies and embraces the Palauan values and principles that provide for healthy adolescent development and promotes the islands spirit of a “community raises a child.”

Palau is very humbled to be able to “*Uplift the Human Spirit*” in our beautiful island community.



### MINNESOTA: *Day on the Hill*



The Minnesota Commanders' Task Force (CTF), together with the United Veterans Legislative Council (UVLC) and the Minnesota Association of County Veterans Service Officers (MACVSOs) held a joint Veterans *Day on the Hill* event on March 16 in St. Paul to announce their joint 2016 legislative agenda.



This year's rally was held at the Cedar Street Armory. It is a day when Veterans of all eras in Minnesota unite as one common voice, and are encouraged to participate and meet with their legislators by appointment at the conclusion of the event.



WestCare's **Dave Turner** (left) is shown with a veteran from Brainerd, Minnesota.

*Photo courtesy of Mark Persons.*

## WESTCARE EXPRESS CALENDAR OF EVENTS: April 2016

**April 13** (10am-11am PT / 1pm-2pm ET)  
**Eastern Kentucky - CAC Meeting** (*Pikeville, KY*)

**April 14** (8am-9:30 ET)  
**Friend Raiser Breakfast** (*St. Petersburg, FL*)  
**Note:** *Convenes at the Staybridge Suites*

**April 19** (8am-9am PT / 11am-12pm ET)  
**Executive Committee Teleconference Meeting**

**April 20** (12pm-1:30pm PT)  
**Nevada - CAC Meeting** (*Henderson, NV*)  
**Note:** *Convenes at Foundation Offices*

**April 23**  
**Heart to Heart Fundraiser Dinner & Silent Auction** (*Reno, NV*)  
**Note:** *Convenes at the Atlantis Resort*

**April 27** (4pm-5pm AZ Time)  
**Arizona - CAC Meeting** (*Bullhead City, AZ*)

# APRIL

SUN	MON	TUE	WED	THU	FRI	SAT
					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

### April Observances

- Alcohol Awareness Month
- National Autism Awareness Month
- National Child Abuse Prevention Month
- National Donate Life Month
- National Facial Protection Month
- Irritable Bowel Syndrome (IBS) Month
- National Minority Health Month
- Occupational Therapy Month
- National Sarcoidosis Awareness Month
- STI Awareness Month
- Sexual Assault Awareness & Prevention Month
- Sports Eye Safety Awareness Month
- Women's Eye Health and Safety Month