



August 2012

Pacific Northwest Makes Its WestCare Debut with Women Vets Conference

By Judi Kosterman – WestCare Sr. VP.

The WSDVA–WestCare co-sponsored women veterans’ issues conference held Saturday, June 16, 2012, at the Murano Hotel in downtown Tacoma, WA, was a huge success!

The pre-conference dinner, hosted the evening before the conference by Standard Process, featured natural medicine practitioners (Chiropractors, Naturopaths, Clinical Nutritionists, etc.), VA leadership, WC leadership and returning men and women warriors. They discussed the health issues and needs of veterans and the possible solutions that natural medicine practitioners and Standard Process whole-food-nutrition supplements can potentially bring to their health and healing. A

rigorous dialogue resulted in new learning for all and a commitment from the WSDVA to embrace such solutions, encourage relationships between the regional network of practitioners and veterans, and look to VA reimbursement beyond that of Chiropractors.

The conference itself, with its new format driven by the committee of women veterans themselves, was attended by more than double the numbers of any previous women veterans’ conference held in Washington State. From the workshops focused on issues, to the services provided by health professionals to the VA staff registering and working with attendees on benefits-



(Left to right) Carolyn Calloway – American Lake VA Medical Center, WWII Navy veteran Mar-le Wendt, and Anne Sprute – WestCare Washington.

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related questions to the Fatigues to Fabulous runway show finale, the evaluation of the conference rated it Five Star!

Editor's note: Exciting collaborations are taking place in various areas of the country as WestCare melds its health and wellness expertise with areas of need. The event described above is the Express' first opportunity to welcome some new partners in the Pacific Northwest.

▼ Large crowd registers at Tacoma, WA conference.

Colonel (ret.) Debra Lewis ►



Photos courtesy of Washington state Department of Veterans Affairs

AmeriCorps member helps Conference succeed. See page 11 AmeriCorps article for details.

Kentucky

The Significance of Being a Mentor

By Victor Brooks – *Mentor*



When I signed on as mentor at the Boyle County Detention Center's Substance Abuse Program I knew what the job was all about, but it turned out to be even more. I had to be a role model and hold myself to a higher standard while holding myself accountable for my actions.

My first weeks were difficult and I wanted to quit, but then I realized that I could help myself by helping others in my community. The bonds I have formed with these men, I now call my friends, has given me a true understanding of the Twelfth Step and how I can apply it to my life.

I believe that by taking this mentorship I have learned how to be the man I need to be in life for myself and my family.



Working together...the United Way

By Jenny Magdaleno – Vocational Specialist

In mid-June, The United Way sponsored, "Day of Action," which focused on a book drive and a community food drive. The goal was to collect hundreds of books to go toward the Central Valley Book Bank which will then be distributed to schools, organizations, and other nonprofit agencies. The focus is to increase the number of children who read at grade level by fourth grade.

RMSC and TC guys had the opportunity to volunteer at this event. They assisted with the set up of booths, sort and collect books and distribute

food. The Community Food Bank brought their truck and unloaded many pallets of juices, nectarines, and strawberries. These items were sorted and bagged by our guys and then distributed to the public.

RMSC and TC volunteers had fun



WestCare clients and staff pose with their mascot-for-the-day, Parker.



assisting families in the community. Many families left with smiles on their faces knowing they would be able to feed their loved ones due to the generosity of the Food Bank, and our WestCare volunteers!

Volunteers gather in the donation storage building.



EXPRESSions from Human Resources

How The Healthcare Reform Act Helps WestCare

Submitted by Michael Shields – HR Director

Whatever your position may be on Healthcare reform, it's important to know that it does present a lot of opportunities for WestCare. More people than ever have coverage that includes substance abuse/mental health benefits under the "parity" provisions of the program. With that, WestCare can move into third party billing; serve more people than ever; generate more income which helps us to keep from layoffs when grants go away; and more jobs are created!

With these and other changes-like the new program in Oregon and others that are pending-more opportunities arise for people to take a shot at a new position where they are, or at a position in another WestCare operation.

PLEASE make sure to check the jobs that are posted on the WestCare home page (where "E-learning" classes are linked), and on the WestCare Website. We do our best to get announcements out to all employees via email, and I want to make sure you are all aware of the posting locations as well.

We have some amazing employees across WestCare! We can only grow if YOU want to grow with us! That's it from me. Be good to each other! Support each other!

PS-Just a quick "Yay" to all of the wonderful people who were born in August! (We know who we are!).



One of Life's Constants . . . Is Change

By (Letha) Jeanine Diaz – *Families First Coordinator*

WestCare Arizona is in a period of healthy adjustment with the departure of our Area Director. Since, we have all been pitching in and since we are in “grant season,” that has been no easy job for any of us.

They say that change is one of the most difficult things for us as individuals. I’m thinking that most of us have been too busy to deal with the impact of change which brings me to the real focus of this article . . . Self-Care.



We at WestCare talk of this much with our clients, our staff and it is part of “*uplifting a human spirit.*” I would challenge, however, just how much our walk matches our talk.

We all need to be mindful that our best outcomes occur when we put self-care higher up the priority list. We all know what can occur when we don’t.

So let’s give ourselves the personal challenge of:

- Each day acknowledging something we are grateful for.
- Each day having something that made us smile or better yet LAUGH!
- Each day look at what we accomplished instead of what we didn’t.
- Each day letting go of what we have no control over.
- Each day relishing the idea that we are where we are supposed to be in our journey.

Arizona



With that I wish all of you a happy month and positive outcomes!

Blanket Atlanta Celebrates and Congratulates the 2012 Graduates

By Canzada Twyman – *Program Manager*

There was excitement in the air as the WestCare Georgia Blanket Atlanta Team, program participants, family, and friends celebrated the 2012 Blanket Atlanta Champions! It was a time of rejoicing as the Honorable Judge Herman L. Sloan of the Atlanta Municipal Court charged the twenty-four (24) Champions to move towards Higher Heights, gaining a Healthy lifestyle. Each of the Champions was charged to:

- 1) Whole heartedly EMBRACE the Life of Recovery
- 2) EMBARK upon new ventures in Life!
and
- 3) EXPERIENCE a new way of thinking, new friends and new places.

We congratulate and charge you this day to Live Life and Live it in Abundance!

Georgia



Reentry Coalition For Change

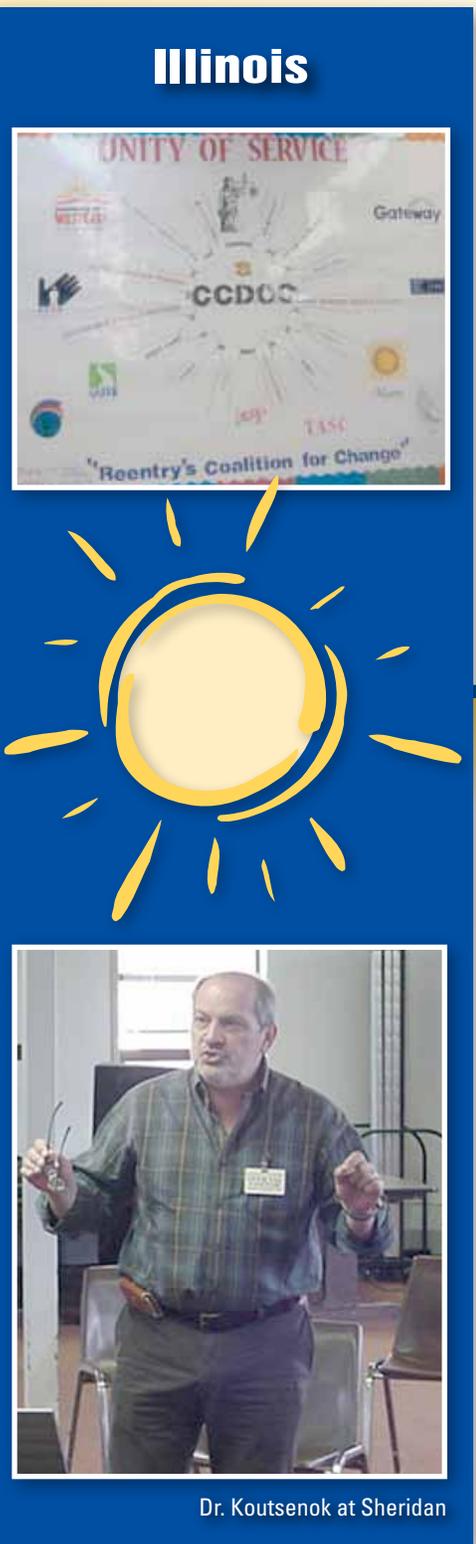
The WestCare Impact Program located at the Cook County Jail in Chicago, Illinois held the first ever jail-wide, client-centered event for programs under the Division of Diversion and Reentry Programming. WestCare developed an idea to bring all service providers together for a special event that would promote unity of services in the Cook County Jail system and highlight the positive changes happening on an individual level. WestCare hosted the “Coalition for Change” and Sonia Gonzalez, Willie Hall, and MC James McGrew really made it happen.

The event brought together clients and staff from all specialized programming in the

By Willie Hall – *Program Director*

Jail and clients from each program performed songs, poetry, testimonies and skits. The Coalition event involved partners like Chicago Public Schools, Deer Rehabilitation Services, Gateway Foundation, Boot Camp, and the Alumni Association.

WestCare also awarded Director Rashanda Carroll with the WestCare Leadership award for her great vision, support of programming, and guidance. The event touched Director Carroll, as it did all the staff in attendance, and she spoke highly of the creativity and passion that WestCare embodies. The program was a huge success and we all look forward to next year’s event. Stay tuned!



WestCare Sheridan Experiences Motivational Interviewing

By Charlene Hamann – *Recreation Therapist*

Dr. Igor Koutsenok recently spent two days teaching the WestCare Sheridan staff many different facets of the motivational interviewing process that will help each of us teach our clients. The title of his presentation, “Everybody Wants to Change but Nobody Wants to Change,” sums up how the training is about working with clients who want to make a lifestyle change in order to make their life different than what it was before they came to jail, but nobody wants to take the first big step in starting the process of change.

What exactly is motivational interviewing (MI)? Motivational interviewing is a collaborative style of conversation to strengthen a person’s own motivation for change. Dr. Koutsenok mentioned that the best way to protect public safety is to change our clients’ behaviors. Staff learned that the main reasons people do not change is because they don’t see the problem, i.e., denial or lack of insight. They also do not know how to change and some simply do not care. At Sheridan we see all three reasons in many of the clients we provide services to daily.

WestCare staff had the chance to practice many of the techniques of MI on each other, not only one-on-one but also in a large-group setting as

well. Staff was given different exercises and discussion topics to work on as a group, and one group member was designated to speak to the entire audience once finished. Some were simple open-ended questions/answers; others were interviews, observations, and demonstrations.

Staff also learned more about affirmations, reflective listening, and empathy. You can learn a lot about a person by just listening to them. Some affirmations discussed in the training were: how to comment positively on a person’s attributes; giving statements of appreciation; acknowledging a person doing the right thing; giving simple compliments; and expressing hope, care, and support for each individual.

Dr. Koutsenok offered ways to keep learning MI. You must be willing to try it, continue learning by introducing yourself to further readings, seek supervision and coaching, form peer discussion groups, learn more by watching your clients do it, and attend more trainings.

In closing, Dr. Koutsenok was impressed by our ambition to integrate Cognitive Behavioral Therapy (CBT) and MI within the therapeutic community (truly cutting-edge) and thinks that we all are doing “remarkable work.” He asked

that we convey this final “big” message to everyone, “Don’t let people pull you into their storms. Pull them into your peace.”



WestCare Co-sponsors The Mental Health Transformation in Action Conference

By Wendy Ramos – Executive Assistant

Jungle Island in Miami was the site of the Eleventh Judicial Circuit of Florida, Florida Partners in Crisis Miami-Dade Chapter, The Florida Department of Children and Families Southern Region Substance Abuse and Mental Health Program and the Consumer Statewide Network “Mental Health Transformation in Action Conference, Awards Ceremony and Luncheon” for consumers, law enforcement and community partners.

The South Florida Behavioral Health Network, Magellan Health Services, WestCare Foundation and Larkin Community Hospital sponsored the event. There were approximately 500 community members in attendance, including staff from The Village South and Guidance/Care Center and clients from the Key’s Personal Growth Center.

The conference was followed by an awards ceremony and luncheon presided over by County Court Judge Steve Leifman. A long-time champion of people with mental illnesses, Judge Leifman has served as special advisor to the Florida Supreme Court on mental health issues in the justice system.



Florida



▲ (From left) Sr. VP Frank Rabbito, State Attorney Katherine Fernandez Rundle, Miami Dade County Court Judge Steve Leifman

◀ Members of the Personal Growth Center and Guidance/Care Center staff

◀ Staff representing the Village South



Children’s Mental Health Awareness

By Deborah Matthews – *Guidance/Care Center Clinical Coordinator*

The Keys observed Children’s Mental Health Awareness Day awhile back. The theme of this year’s national campaign was recognizing adults who have played important roles in the lives of young people; their heroes. Heroes are ordinary people who accomplish the extraordinary by acting as a stable, positive, ongoing influence in the lives of children.

As the Florida Keys celebrated Children’s Mental Health Awareness Day, schools were asked to place the message on their marquees, staff wrote letters to the editors of local newspapers and school children were asked to write about their heroes. The kids were told that the winning essay would appear in this publication. The winning essay was submitted by 12 year old AF from Gerald Adams Elementary School. (see below)

All children need a hero and we know that the most resilient children have at least one. Keys residents were asked to consider that in times of shrinking budgets, schools and social service agencies cannot always be counted on to provide the “safety net” that so many children need to avoid falling through

the cracks. They were reminded that there are far fewer eyes on our children today despite the ever increasing demands faced by the



American family. Parents, extended family, and neighbors were asked to be mindful of every child’s mental health. They were encouraged to talk to the children in their

Florida

lives, know their friends, and encourage their spirituality. They were asked to please, step up and be a child’s hero.



MY Hero, My Grandma

By A.D., age 12

My Grandma told me before I went to school that morning to be good for John and Betty and the rest of the family and be good in school. “Do it for me!” said my grandma. When I came home from school my grandma died. I cried and my nose got stuffy. The next day I didn’t want to come to school. So I sat on my bed in the dark and cried. The next day I went to school. I did go, and when I got home I behaved. I didn’t say anything but I changed my life. I changed my life every day from that day, every day from morning to night.



Smiles Abound as Florida First Lady Visits Village South

Submitted by WestCare Florida Staff

Florida

The Village South began the summer by welcoming Florida's First Lady, Mrs. Ann Scott, to the Families in Transition Program. She was accompanied by Governor Rick Scott's Regional Representative, Jose Bermudez and state DCF Regional Administrator, Ester Jacobo.

Mrs. Scott met with staff, Program Coordinators and the Leadership Team. She then participated in a round table discussion with current clients as well as alumni, who shared their stories about overcoming their addiction, the impact of addiction on their children, reunification with their children, including comments made by one of the children on his experience with his mom's addiction and recovery.

All participants expressed gratitude for the opportunity to access the high quality substance abuse treatment received at the Village South. Mrs. Scott and her team toured the residential campus and spent the balance of the visit at the Children's Center, where she met with the children and parents and read stories. She also donated a box of children's books to the center.

Frank Rabbito, Sr. Vice President, thanked Mrs. Scott and the Governor for their interest in programs that provide comprehensive treatment services that keep families intact and out of the dependency system. This was a great opportunity for the Village to share not only the work they do but also the success of their clients.



DCF Regional Administrator Ester Jacobo, First Lady Ann Scott and WestCare Sr. VP Frank C. Rabbito



Ann Scott visits the Children's Center

Staff, Leadership Team, Coordinators, clients and alumni gather with special guests



August Calendar

August 2nd

9am - 10am Florida FLGC-CAC
Weekly Fund raiser Conf. Call
12:00 Noon/ET - 9:00am PT

August 8th

Pacific Islands-CAC Meeting
11:00am Guam Time
Core Pacific Bldg., Tamuning, Guam

August 9th

9am - 10am Florida FLGC-CAC
Weekly Fund raiser Conf. Call
12:00 Noon/ET - 9:00am PT

August 9th

FAVA Board Meeting
3:00pm PT / 5:00pm CT

August 14th

Florida FLGC-CAC Meeting
3:30pm PT / 6:30pm ET
City Center, 100 2nd Ave

August 16th

9am - 10am Florida FLGC-CAC
Weekly Fund raiser Conf. Call
12:00 Noon/ET - 9:00am PT

August 21st

Executive Committee Meeting
8:00am PT / 11:00am ET

August 21st

California CAC Meeting
1:30pm - 3:00pm PT

August 22nd

Florida FLG/CC-CAC Meeting
9am - 10am
Marathon Site, Florida

August 23rd

9am - 10am Florida FLGC-CAC
Weekly Fund raiser Conf. Call
12:00 Noon/ET - 9:00am PT

August 25th

FAVA Grand Opening
8:00am-Noon / Central Time
100 North Clark Street
Forest City, Iowa

August 27th

Arizona CAC Meeting
6:00pm - 7:00pm PT
Bullhead City, Arizona

August 30th

9am - 10am Florida FLGC-CAC
Weekly Fund raiser Conf. Call
12:00 Noon/ET - 9:00am PT

August Observances

August is National Immunization Awareness Month

By Sherry Huang – www.parents.com

As your child heads to school, make an appointment with the pediatrician to have her receive the necessary immunizations required by your state. Vaccines guard your child against illnesses and diseases that may be encountered outside the home. Parents.com consulted Dr. Daniel McGee of Helen DeVos Children's Hospital in Grand Rapids, MI to find out what parents should know about immunizations.

Why are immunizations and vaccinations necessary and still important?

The illnesses that are included in the vaccines are real, not just something that occurred in grandma's day. According to the Centers for Disease Control (CDC), there have been more 150 cases of measles in the United States this year, as well as thousands of cases of whooping cough. Measles outbreaks are occurring more frequently than in previous years.

What are some diseases easily preventable by vaccinations? How effective are vaccinations against these diseases?

Measles, chicken pox, whooping cough as well as certain types of pneumonia and meningitis are the most common vaccine preventable diseases. Immunized children who come down with an illness will usually have a less severe sickness.

Are there any vaccinations parents or adults should get to protect their family?

The only way to prevent whooping cough in children, particularly those under six months of age, is to make sure everyone who will come in contact with them is immunized. This is a concept known as "cocooning." In fact, 75 percent of the time when an infant comes down with whooping cough, it comes from a parent, sibling, or grandparent.

As kids head to school, are there any new immunization protocols? What should parents be aware of?

Immunization schedules change each year. Although not a new shot, there is a new recommendation that adolescents receive a booster dose of the meningitis vaccine if they received their first dose before age 16. Every person aged 6 months and up should also receive the flu vaccine.

What are the vaccinations all schools require?

What are the vaccinations children should always get?

This varies from state to state. The best thing to do is follow the Centers for Disease Control guidelines which are endorsed by the American Academy of Pediatrics and the American Academy of Family Physicians. With the exception of the HPV vaccine, almost all of the shots recommended by the AAP are required for school.





Road Trip!! . . . In Search of America

By John Wallace – *Express Editor*

At certain times in life, wanderlust grabs us with its warm and inviting talons and sweeps us into a travelling frenzy we all dream about but rarely fully experience. Imagine how the original settlers felt!

Accepting the Editor's challenge extended to all WestCare employees, Central Kentucky Area Director Renee Alexander mapped out a near-two week sojourn in July that could be described as "How the West was Seen."

Renee and her children, Chelsea and Chase, along with family friends Cade and Teresa Berryman, ventured to 12 states in 12 days! (Possibly to honor the first twelve years of this century?) As briefly represented in these photos, their stops included the Grand Canyon, Hoover Dam, Las Vegas, Aspen, Indiana and many more.

There's still time to roam the highways, byways, and roads less-travelled as we wind down the summer of '12. And we can thank Renee for the riding in the advance wagon!



△ (Grand Canyon Nat'l Park)
The intrepid quintet visits The Big Ditch



△ (Aspen) 'We're not in Kentucky anymore, Toto!'



△ (Grand Canyon, Renee, Chelsea, Chase)
Now THIS is a picture to frame!

August is Children's Eye Health and Safety Month



It's August and school is right around the corner. Enrollment forms and orientation schedules are being completed, immunizations are being done (will address in tomorrow's article) and well visits are being accomplished – but what about your child's eyes?

According to the American Academy of Ophthalmology, nearly 25 percent of school-aged children have vision problems. Of children ages three to five, close to one in 20 have a problem that could result in permanent vision loss if left untreated. Eighty percent of preschoolers do not receive vision screenings. August is Children's Eye Health and Safety Month – a great signal for you to get your child's eyes checked before school starts.





AmeriCorps Spotlight

By Dan Bernal – AmeriCorps Peer Team Leader

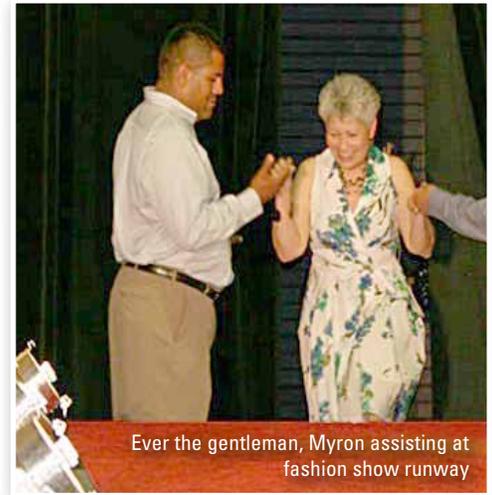
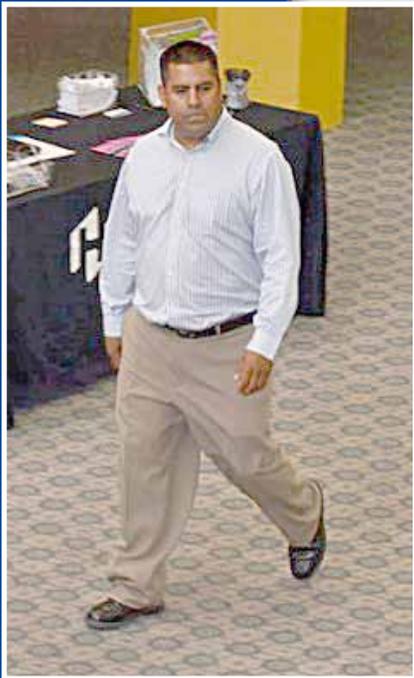
AmeriCorps Member Myron Gaitan continues to “Uplift the Human Spirit” as he serves in Washington state by providing outreach to veterans and assisting them with the transition from military to civilian life. Myron provides help and support with housing, jobs, education, and other financial and life changes after a warrior leaves active duty. Myron states that what motivated him to become an AmeriCorps Member was “the opportunity to assist other veterans; to give back to veterans and their families.” Myron is supervised by Army Veteran and retired Chief Warrant Officer Anne Sprute.

Myron is no stranger to selfless service, as he served as an Army Contact Engineer, deploying a remarkable five times during his active-Army career. Myron showcased his Engineer maneuverability and survivability skills as he was instrumental in the success of the 2012 Washington Women Veterans Conference held in Tacoma, WA on June 16, 2012. From ensuring that vendors and service providers had their space and times, to escorting women veteran models up the red carpet runway during the “Fatigues to Fabulous” Fashion Show, Myron seemed to be in all places at all times. (More on the Conference can be found on the front page of this issue, and at: <http://www.dva.wa.gov/2012womensconference.html>. As the highlights of his service to date, Myron says: “Having a tearful veteran thank you for saving them over \$500 a month in medication costs,” and “Giving and assisting a veteran with the paperwork for disability and getting them back pay for disability benefits.”

Myron is looking forward to continuing as an AmeriCorps Member with building the partnership with the Washington Department of Veterans Affairs and the Orting Soldier’s Home project, and what he enjoys most about his AmeriCorps experience is “making a difference in the lives of our veterans.”

Thank you Myron for your continued service!

Myron made sure Women Veterans Conference went smoothly



Ever the gentleman, Myron assisting at fashion show runway

Women’s Equality Day – August 26

On August 26, 1920, the 19th Amendment granting women the right to vote was certified as part of the U.S. Constitution. Referred to as the Susan B. Anthony Amendment, it states, “The right of citizens of the United States to vote shall not be denied or abridged by the United States or by any State on account of sex.”

The U.S. Congress designated August 26 as “Women’s Equality Day” in 1971 to honor women’s continuing efforts toward equality.

For more information, go to: www.evans.amedd.army.mil/EO/observances/wed.htm



HEALTH *focus* from Human Resources

**Good Advice from United Health Care.
Have a Question? Call 1-888-887-4114.**

Helping you better understand and manage your health

- 1) Be connected with a nurse who takes the time to understand your specific health needs.
- 2) Talk to a team of health professionals who have access to the latest medical tools and resources.
- 3) Get information about conditions, medications, treatment options and more.
- 4) Call day or night any time you have questions.
- 5) Save yourself time, get immediate answers no waiting, no worrying and no cost to you.



Immediate answers to your specific health questions



Get answers now.

Instead of worrying about a health concern, call and talk with a registered nurse. Save yourself the time and stress of a busy waiting room.



No cost to call.

This service is already part of your health benefits. Call day or night - any time you need to - and it won't cost you a thing.



24 hour support.

Our experienced, registered nurses are available any time, day or night to answer your health questions and concerns.



Kudos!

WestCare Honors Their Employees and Clients

Our monthly shout-out to members of the WestCare family, who stand tall and 'uplift' others in their care and peers around them. Please submit your nominees by the 15th of each month.

WestCare employees have earned special recognition from their supervisors:



FAVA Staff Members

From Iowa / FAVA

Fava Staff

Congratulations to the FAVA staff (including Allegiance and Victory). for their participation in a Veterans parade in Des Moines, Iowa.



Georgia Gilbert

From Florida

Georgia Gilbert

Kudos to Georgia Gilbert, Behavioral Health Tech Supervisor, who has been with the Village South for 13 years. She recently received her certification as a Certified Behavioral Health Technician. Congratulations Georgia!



Youth Workers in Training at Harambee Cafe

Submitted by Claudia Brewer – *WestCare Wisconsin*

The Harambee Community Center is providing a safe haven for the children residing in a low to moderate income neighborhood in Milwaukee's historic Harambee community. The "Movies with Meals" Program, which operated June 26th through July 31st, offers a late-afternoon nutritional meal for children ages 1 to 18 to enjoy while they watch educational movies, read books, play games or socialize. The Summer Cold Bag Lunch is brought to the Harambee Café site by the Social Development Commission (SDC), which established the Youth Food Program in 1970 to provide free lunch and supper to needy children in Milwaukee's central city. The WestCare Wisconsin office location is one of many sites throughout the city of Milwaukee that offer this public service to help uplift the human spirit!

Voter Participation

While some of the Harambee Community Center youth were not old enough to vote in the June 5th Governor Recall elections, they certainly were old enough to play a role in this historic political event by canvassing the neighborhoods sharing words to encourage those who could vote!

An Ounce of Prevention

WestCare Wisconsin has our eyes on the prize . . . prevention. We're active in the community and doing our share to uplift the human spirit by providing safe and positive alternatives to our youth at risk of missing the mark to achieving victory!

Public Service

The young men and women of the Imani I Program at Harambee Community Center rolled out the welcome mat for the residents and other participants attending a town hall meeting hosted by **Alderman Milele Coggs** in Milwaukee's 6th Aldermanic District on June 27th at 5:30 p.m. The district residents expressed their delight having so many young citizens in attendance helping out at the meeting. But most importantly, they had the chance to engage in discussions and ask questions about city services as well as issues that are impacting their neighborhoods and our city as a whole.

Wisconsin



▲ Milwaukee Youth Council: Jewell Carter, Kayla Schmeling, Tracy Dent, Zachary Komes, Emmie Carter, Frances Klein, Destiny Taylor, and Alderwoman Milele Coggs



Voter participation drive



Learning skills at Harambee Café

National Dog Day – August 26th



National Dog Day has two goals: to honor dogs, and to rescue dogs from homelessness and abuse. It's an opportunity for us to recognize and appreciate the value and importance of dogs in our lives.

This day is intended to honor dogs for all that they do for us. In addition to giving love and companionship, dogs help us out in countless ways. They are watchdogs for our safety. They lead the blind. Dogs aid in search and rescue, and they seek out bombs and drugs.

The second goal of National Dog Day is to rescue dogs in need. On occasion, dogs need us to save them from homelessness and abuse. The goal of the National Dog Day foundation is to rescue 10,000 dogs a year. Lend a hand to help a dog in need today, or any day.

Human Resources – New Hires

Rolling Out The Welcome Mat

The WestCare Foundation has made several significant hires this summer. The announcements were made by Human Resources Director Susan Rinaldi:

Mary Coburn ▶

Allow me to introduce **Mary Coburn**, Executive Assistant to John Sheehan, Executive Vice President/Chief Operations Officer, WestCare Foundation.

Mary will be working out of the Administrative Offices in St. Petersburg, FL and can be reached at (727) 490-6767, ext. 30141. She comes to WestCare with over 30 years of Administrative experience at BayCare Behavioral Health. In her spare time, Mary is a Pet Therapy volunteer with Hospice, and also enjoys working out.

We are very fortunate to have her join the WestCare family.



Elizabeth Roosevelt ▶

Please join me in welcoming **Elizabeth Roosevelt** to the WestCare Family. Liz joined WestCare Foundation in St. Petersburg, Florida as Vice President, Health Systems Integration. She holds an undergraduate degree in Psychology and a Masters in Business Management from the University of Florida. Liz brings with her over 9 years of experience with BayCare Health System in the areas of Physician Practice Management, Managed Care Contracting, Billing, Psychiatric Consultation Coverage, and Recruiting/Medical Staff Relations. In addition, Liz has extensive work experience in Annual Giving and Development with St. Anthony's HealthCare Foundation and St. Joseph's/Baptist HealthCare Foundation located in the Tampa Bay area. Liz will be leading key aspects of our strategy for healthcare reform including a system approach to development of physician networks, managed care contracting and implementation of a unified electronic health record. We are very fortunate to have her as part of the WestCare team!



The Month of August

August Birthstone:

The Pearl, Ruby or Diamond

Sign of the Zodiac and Dates:

Leo – July 23 - August 23

Characteristics of Leo:

Those born under the sign of Leo possess positive characteristics and personality traits and are often described as: Honest, Generous, Self-motivated, Warm-hearted and Enthusiastic

August Birth Flowers:

Gladiolus or Poppy

To celebrate Friendship Day on the first Sunday in August, Sisters Day on Aug 5 and Senior Citizen's Day on August 8

