

Seven Days and Seven Nights

By Kathleen Tolosa, Youth Educator

(Editor's note: Statesiders may only recognize "Palau" as the setting for a Reality TV show episode. But the lush and colorful island in the western Pacific is part of WestCare-Pacific Islands' service territory. Here is Part One of Ms. Tolosa's youth mobilization and training visit)



In the midst of deadlines and program activities, it's easy to get caught up with the adult life that it eventually becomes almost routine. Luckily, my monotonous life came to a screeching pause as I got myself well-acquainted with the sun, dirt, coconut oil, and the beyond-wonderful island of Palau through a summer camp that was also recently recognized by the folks at *National Geographic*.

It started on a Thursday. After an hour of driving from Koror state to Ngarchelong (Ngahr•eh•long) state, I was met by a group of fresh-faced youth who eagerly signed up as counselors for this year's Camp Ebiil, an annual summer camp hosted by the local non-profit Ebiil Society, Inc (ESI). At the request of **Ann Singeo**, ESI's Executive Director, WestCare Pacific Islands conducted training on character-building skills, communication,

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COVER STORY: *Seven Days and Seven Nights (Cont.)*

and synergy before the camp officially began. The counselors were also trained to facilitate experiential activities. This created a bond that encouraged mutual respect, trust, and open communication. The only thing missing was the 29 kids with the energy of a thousand suns that have yet to arrive.

Sunday came and so did the kids. This year, a few youth from Guam and Pohnpei joined as well. Each one claimed their sleeping spot in the bai, a traditional Palauan house. Equipped with sleeping bags, sunscreen, and snorkel gear, the kids were ready to take on their week-long journey with Camp Ebiil.



Kids engaging in crafting activities.



Team-building participation.

The kids were assigned to family groups and Camp Counselors. My primary task was to observe and receive training on coordinating a summer camp. My role also extended to facilitate team-building activities and mentoring as well as provide direct supervision of daily camp operations. Ebiil camp is famously known to pave the way for young participants to learn cultural practices directly from the traditional leaders. This intergenerational approach ensured that the culture and language are passed on to live and thrive even in a modernized society.

The camp made sure we had a handful of adventures, too. On the first day, we divided the groups and sent them to venture off into terrestrial ecosystems. A group hiked to the highlands to learn about forestry, another roamed in the mesei (taro patches)

COVER STORY: *Seven Days and Seven Nights (Cont.)*

to learn about lowland farming, while the rest weaved around mangrove trees to learn how it lives life on the edge. Fun fact: Mangrove trees have a nose! One of their roots sticks out of the water to “breathe” in oxygen. Our second day immersed us in traditional fishing, weaving, and herbal medicines. Remedies for asthma and nausea can be easily found in your backyard!

We also hiked our way to the tallest mountain in the state to learn about the watershed. After reaching the peak (and a much needed water break), we were rewarded with the gorgeous scenery that surrounded us.



Hiking up the mountain peak and enjoying the view.

Part Two of “Seven Days and Seven Nights” will appear in the September 1st edition of The Express.

EXPRESS FAMILY FEEDBACK

“Thank you for the great idea! I saw a young man stop and give a homeless man pushing a cart several bottles of water. Very nice!!! Your paper always inspires me in some way.”

- **Patti Munson**, *WestCare Arizona*

FLORIDA: *Soul Buddies Helping to Heal*

(Excerpted with permission from WestCare Florida – Gulf Coast newsletter)

On June 20th, the Opus Peace organization collaborated with **Ann DePoole**, Clinical Director for Outpatient Services, to present a “Soul Injury Healing Ceremony” for all Veterans that are participating in any of WestCare’s treatment programs.

Throughout the day, there were many exercises to help our Veterans recognize and acknowledge their pain. They also learned of many different tools and treatments available to help cope with their grief and eventually move to a place of forgiveness.



Each participant received a hand made “**Soul Buddy**” to take home. The Soul Buddies are made of patchwork cloths in many designs and come with a card that says in part: *“I’m your ‘Soul Buddy.’ I can help carry your hurt and confusion when everything seems crazy. I can hear your pain even when no one else can.”*

The day ended with a ceremony honoring those who died in war while serving our county. All participants were given the opportunity to say good-bye, forgive, thank and release lost comrades. While emotional, the entire ceremony was uplifting and healing for many of the participants.

ILLINOIS: "Helpers: Help Thyselves"

By Jessica Bateman, Substance Abuse Counselor

On July 9th, **Corinne Kalat**, MS, LCPC, CADC, PCGC, CHt presented Mindfulness and Meditation training for the WestCare staff at Sheridan Correctional Center. giving staff a new spin on some old practices. It was a fun and relaxing day that brought a new awareness of self and purpose, both personally and in the work that we do with our clients each day.

In a field where burnout abounds, "Cori" explained how we can take just a few minutes from our busy day to help ourselves stay grounded and maintain our physical and mental well-being. When practicing mindfulness it's important to "get out of the rut" that we sometimes fall into when working in a helping profession, and to take better care of ourselves so that we can, in turn, take better care of our clients.



The second half of the day brought some much appreciated relaxing as we learned about breathing and how important it is to meditation. Cori explained that we are "*human beings, not human doings*" and that our state of being has a huge impact on our health and daily functioning.

Overall, it was an enlightening training with lots of humor and helpful information and practices we can use every day. We look forward to future trainings with Cori!

INDUSTRY NEWS

(Excerpted from a June 16 Baltimore Sun editorial)

"If an addict who is being treated with the anti-addiction drug buprenorphine, for example, is incarcerated, jail officials are likely to administer methadone, which is cheaper, as a substitute — even though it may not be as effective at managing the prisoner's illness or may produce side-effects that leave him or her disoriented. It's another example of the way we treat addiction differently than other illnesses, often to the detriment of the very people the system is supposed to help."

WISCONSIN: *Youth Employment Power Collaborative: The Power of Work*

By James Ferguson II

First Cohort of Power of **Harambee Youth Employment Collaborative** students completed a four week job and professional development training and are headed to work!

The July 15th ceremony was well attended by a collection of family members, other business leaders, service providers and elected officials all gathered together to congratulate the 1st class of graduates from this first of its kind, second chance youth employment collaborative.

The Power of Harambee Youth Employment Collaborative was formed to give justice involved youth enrolled in Wisconsin's Face Forward Program a second chance at leading a positive and pro-social life through the power of WORK.

Students enrolled in the project are all currently or previously justice-involved and have all completed the job training / professional development clinic, and all students earned an industry recognized certification from the National Restaurant Association. They now embark upon a new journey in the powerful world of work as the first class of students completing the Power of Harambee Youth Employment Collaborative!



WISCONSIN: *Dr. James G. White Remembered*



Ethel White at her late husband's birthday celebration.

On Saturday July 11th, the staff and Students of WestCare Wisconsin hosted a community birthday anniversary block party in memory of Dr. **James G. White**, Founder and Regional Vice President of WestCare Wisconsin.

Dr. White, who passed away suddenly on August 28, 2013, was revered for his deep commitment to improving the lives of individuals and families struggling with behavioral health and urban poverty - related quality of life issues.

His presence is sorely missed, but his passion for the mission of WestCare Wisconsin Harambee Community Involvement Center continues to live on!

IN THE NEWS: *Changes at WestCare Don't Include Mission*

By Julia Roberts, Staff Writer

July 11, 2015

(Excerpted with permission from the Appalachian News-Express)

Original Article: http://www.news-expressky.com/top_news/article_e42223f4-2741-11e5-89d5-137883917400.html

Under the summer sun, men are working — turning the soil, feeding chickens, cutting weeds. But there is a bigger purpose than growing corn and harvesting eggs. The men are creating a new life, free from drugs.



The Hal Rogers Appalachian Recovery Center, operated by WestCare, is a residential substance abuse treatment center in the quiet community of Ashcamp. Regional Administrator **Stephen Wright** said the center offers more than peer counseling, it gives clients purpose.

“Schedules and structure are part of their treatment,” Wright said.

“Often, an addict loses that. Their world is upside down. Here, their days are structured. We try to give them life skills, sometimes more than they have ever had before.”

The direction of the program is currently changing. WestCare came into Kentucky in 2005, due to the drug epidemic, Wright said, and was operating with a contract with the Department of Justice. When that contract was not renewed this year, the process of client referral changed. *“We used to get referrals from the criminal justice system,”* Wright said. *“But, we are now able to serve more local men. Now, the Affordable Care Act requires that substance abuse and mental health care be covered by insurance and Medicare, and we had to change how and what we do. We still get referrals from the Department of Corrections, people who are on probation or parole, but now they have a choice. The change has made us better.”*

Wright said he knows his work goes beyond what happens at the Hal Rogers Recovery Center. *“I look at the big picture,”* he said. *“The people we help, that become productive people, we are helping a family, the whole community. Every life we change — it spreads.”*

IN THE NEWS: *More Transitional Housing for Northwest Veterans*

By Capi Lynn, Salem Statesman-Journal / Danielle Peterson, Photographer

July 19, 2015

(Excerpted with permission)



Ms. Lambert and her dog Bella with American Legion Post Commander Mike Price.

“I see being able to serve them even though we might not have the beds open,” Lambert said. “I’m already working with vets and taking calls. Just because we’re not open doesn’t mean I’m not helping them find what they need.”

• • •

(To read the entire article, please go to: <http://www.statesmanjournal.com/story/opinion/columnists/capi-lynn/2015/07/18/work-continues-shelter-homeless-veterans/30358193/>)

...(WC Oregon Program Director **Elan**) Lambert is working with grant writers from WestCare, seeking funding to operate the programs and make improvements to the building (In Salem, Oregon.) She said it will cost an estimated \$430,000 annually to operate the facility, which would cover housing for 30 veterans and a full-time staff of four.

Organizations and individuals in the community have been supportive of the project. A piano, a pool table and a 50-inch plasma TV have been donated, and all 15 bedrooms have been adopted, or sponsored.



Home Depot volunteers work on interior.

QUESTION CORNER: August 2015

Last Month's Question:

“Everyone seems to take selfies these days. Show us one you are most proud of.”

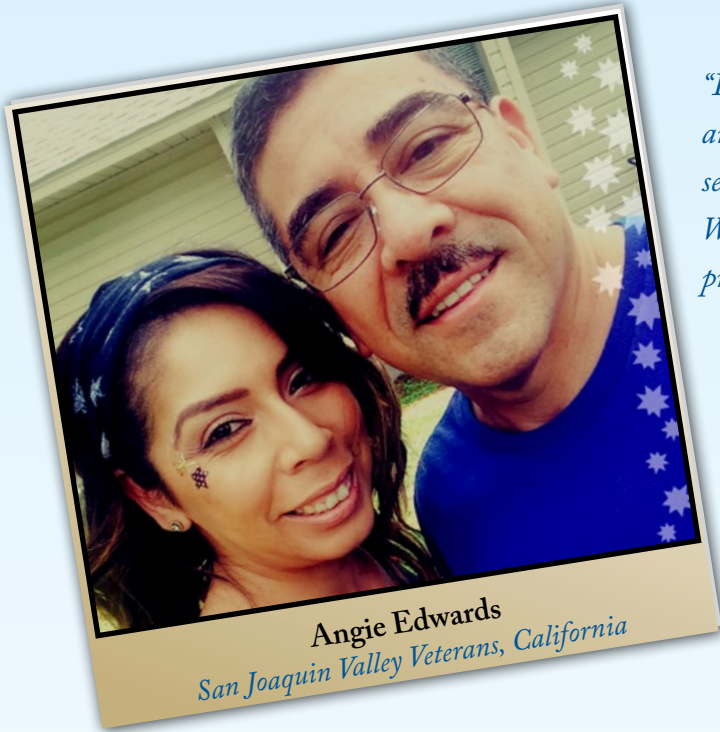


“This is one of my favorite selfies, as it includes my 6 month old daughter Jocelyn. I love spending time with her on our walks and ‘wear’ her wherever we go to bond with her through our close, face to face interactions.”

“I am most proud of this selfie because it recognizes your natural beauty as being one of a kind”.

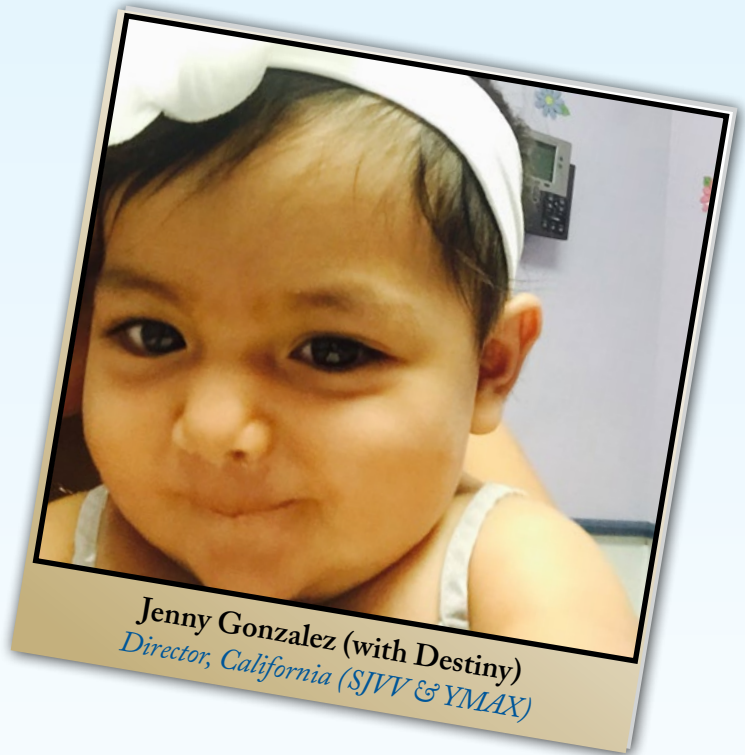


QUESTION CORNER: August 2015 (Cont.)



Angie Edwards
San Joaquin Valley Veterans, California

"I am most proud of my father who is serving his country so proudly and is so humble. As of July 30th, he will be retiring from active duty serving in the US Army after 33 YEARS! He will retire as a Chief Warrant Officer 4 – huge accomplishment. Needless to say, I am so proud and thank him every day."



Jenny Gonzalez (with Destiny)
Director, California (SJVV & YMAX)

"Like any eight-month-old, Destiny is curious about many things. But since she is surrounded by technology so much, she has already figured out how to take selfies. So, this was a nice surprise when I was looking at pictures on my phone!"

QUESTION CORNER: September Question

For September: **"What would you rather like to see in person?"**

- Last game of the World Series Hit Broadway show Beyoncé concert

Please send your answer, why, and your picture no later than August 10th to john.wallace@westcare.com.

PACIFIC ISLANDS: *Passport to Services*

Pacific Island articles by Kelly Jensen

More than 35 Guam government and private organizations took part in the Guam Homeless Coalition's annual "*Passport to Services*". Volunteers assisted by providing food, including lunch, immunizations, health screenings, clothing, hygiene products, haircuts and vital information about obtaining services and assistance.

Approximately 400 homeless residents took part in the event, which was spearheaded by our WestCare Pacific Islands Lead Veteran Advocate, **Rusell Pangelinan**. More than 50 bags of gently used clothing were donated for the event, in addition to about 10,000 cans of food!



Currently, there are approximately 1,280 homeless residents living on Guam, which is actually a 6 percent decrease from the previous year. Guam Housing and Urban Renewal Authority Planner **Amor Say** attributes the decline to several new programs on the island aimed at helping persons with disabilities as well as veteran families – which includes our SSVF program which began receiving funding October 1, 2014.

Our **Guahan Project** staff were also on hand offering both HIV/STD testing and education in addition to promoting National HIV Testing Day.

A big shout out to Rusell and the rest of the SSVF team, who worked tirelessly and effortlessly to pull off such an amazing event---and almost doubling the number of participants from the previous year! Biba!

PACIFIC ISLANDS: *"Espiriton Diniseha, Meskla na kulot Libettåt!"*



The Spirit of Hope, the Colors of Freedom!

In 1898, the United States took possession of Guam from Spain, only to become occupied by the Japanese in 1941 after the attacks on Pearl Harbor. On July 21, 1944, U.S. troops began an amphibious assault with a full brigade of ships, aircraft and artillery, and landed on both sides of the southern end of the island. By August 10, Guam was declared free from Japanese resistance. Every July 21st since has been celebrated as Liberation Day, this year marking 71 years.



Liberation isn't just a day. It's a month's-long event of community bonding, partnerships and camaraderie. Leading up to the actual day itself a variety of activities take place including, vigils, memorial visits to areas linked to the islands liberation, a carnival, the crowning of "Liberation Day Queen" and last but not least, a day long parade.

The Queen candidates, from various villages, sold raffle tickets and collectively raised more than \$78,548.75 to be donated in part to a charity of their choice.



The Governor arrives at 8:55am and proclaims the day and declares the parade, as we all stand for the National Anthem and Guam Hymn in front of the Color Guard. The parade starts each year with the roar of hundreds of Harley Davidsons riding in unison along the entire stretch of the route and can be heard from miles away. It is a spectacular sight.

This year's theme acknowledges the unwavering hope and prayer of the Chamorro people throughout the occupation. It also recognizes the pride and patriotism instilled in the people and the relief they felt upon seeing the red, white and blue of the U.S. flag, flowing freely over a liberated island."

(As declared by the Guam Liberation Historical Society)

CALIFORNIA: "...and All the Little Fishes in the Sea."

By Nathaly Juarez, Nutrition Specialist I



Participants in the LiveSMART *'Eating Smart, Being Active'* nutrition class at Parc Grove Commons had the opportunity to attend a day at the Fresno Chaffee Zoo. The purpose was to engage the families in physical activity as part of the program, and it provided the parents and children with an array of fun activities that even in the scorching hot sun the kids did not want to leave.

The children were excited to learn how stingrays and small sharks live and function in the sea. Every week for the past couple of months, residents at Parc Grove have had the opportunity to receive nutrition workshops varying from meal planning to healthy recipes. The goal is to provide low-income families information about food choices for healthy lifestyles and reducing the risk of chronic diseases, safe food handling, storage and preparation and making the most of resources to feed the family.

The program is administered by WestCare California and the University of California Cooperative Extension through a generous grant made possible by Kaiser Permanente.

CALIFORNIA: *Congressional Visit*



San Joaquin Valley Veterans (SJVV) and YMAX Adolescent Outpatient programs in Hanford, received a special visit from Representative **David G. Valadao** (R-Hanford) last month. Congressman Valadao, pictured here with WestCare's staff and leadership team, is the latest in a long line of state and national elected officials to tour various facilities throughout WestCare California and pledge their support.

CALIFORNIA: *Vets Saluted Out at the Ol' Ballgame*



Our Fresno SJVV program stepped to the plate at a Fresno Grizzlies baseball game in honor of those who have served and are serving in the military. Proceeds from tickets sold by WestCare employees benefited the SJVV program. Their outreach specialist, **Raymond Gonzales**, even threw the first pitch! The Grizzlies are the Triple A affiliate of the Houston Astros.

CALIFORNIA: *Teens Work Hard, Uplift Spirits*



Teen Bible Academy volunteers with WestCare staff.



Roughly 20 volunteers from the Teen Bible Academy, whose ages range from 13 to 19, visited our MLK Residential site as part of the “*Service Week*” portion of their summer camp. While most volunteers help out by conducting service projects, this day showed a different kind of outreach with time being spent playing with, singing and teaching arts and crafts to children in the Learning Center.

The young volunteers returned to help out at our woman veterans’ HomeFront and our Orange Avenue Housing Services sites! Half of the group was hard at work planting succulents at Orange while the rest were next door at HomeFront helping sort through donations, clean garages and restock their food pantry.

CALIFORNIA: *National Effort to End Homelessness*



Management from WestCare California, led by VP **Shawn Jenkins**, and partners in the 25 Cities campaign were on hand for the annual *National Conference on Ending Homelessness* in Washington D.C. The event featured speakers and workshops that focused on the issues that we as a nation face in the fight against homelessness and the tools that we as community providers can use to solve them.



INDUSTRY NEWS

(Excerpted from Rolling Stone, July 22)

“Even if all spice overdoses were the result of purposeful binging, it is also worth taking a closer look at the population the Times describes as falling victim to the drug: the poor. It’s easy to pin pre-existing mental health issues associated with poverty (which could contribute to an adverse drug reaction) on a substance about which people know very little – just look at crack cocaine. And that kind of oversimplified thinking doesn’t do anything for public health.”



THE GREEN CORNER: *Four Effective Recycling Strategies*

Throwing your plastic bottle in the green bin does not always leave the world a greener, healthier place. Yes, recycling old materials is a great way to reduce the impact on the environment... *if it can indeed be recycled*. Here are four effective recycling strategies and some examples of ways in which improper recycling actually hurts the environment.



Plastics: There are about 7 types of plastics used in day to day life and not all of them can be recycled. Check with your local government to see what types of plastics can be handled by the recycling agency in your area. Look for recyclable symbols such as PET or type 1 plastic and H.D.P.E.

and H.D.P.E. or type 2 plastic. Consider buying this type of container when making your purchasing decisions. Anything else will be thrown straight into the landfill. And those ubiquitous thin plastic bags? One report stated that the selling price for recycled plastic bags is way below the manufacturing cost. The best solution is to B.Y.O.bag.

Aluminum: The average American drinks 2.5 cans of soda per day. That's about 778 million cans, which puts recycled aluminum in high demand. Only recycle clean, contaminant-free aluminum.



Glass: Not all forms of glass are readily recyclable. This includes drinking glasses, oven-proof glass such as Pyrex, ceramics, mirrors, window glass, and light bulbs. For glass bottles and jars it is important to remove all materials that will contaminate the manufacturing process such as jar lids, plastic lid rings, and food contaminants.



THE GREEN CORNER: *Four Effective Recycling Strategies (Cont.)*

Paper: Most people are very familiar with recycling paper products including newspaper, magazines, office/school paper, greeting cards, junk mail, cardboard boxes and paperboard packaging. Some areas don't collect milk cartons or juice containers. Never include soiled paper fibers like napkins, greasy pizza boxes, or soiled food containers in your recycled paper bin.



Conclusion: A good general rule of thumb is, if the container or packaging in question is intermixed with any other material, be it food, foil, plastic film, metal neck rings or the like, it is a waste of time, both yours and the processors' to include it with items headed to the recycling plant. The same is true for tossing in items that aren't handled by recycling agencies in your area. You can support local recycling efforts by looking for recyclable packaging when you make your buying decisions. Remember that items must be cleaned before tossing them into the recycling bin. And always, always, always bring reusable shopping bags to the store.

Want to start a recycling program at your office but not sure how to start? Contact your friendly **Green Team** grant writers: cecily.moreland@westcare.com or stacy.munroe@westcare.com.

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



Sarah Thomas-Nededog
Guam, Pacific Islands

Pacific Islands Regional Vice President, **Sarah Thomas-Nededog** and her husband **Clifford**, celebrated their 25th wedding anniversary by renewing their vows, June 23rd, at The Blessed Sacrament Chapel, Agana Cathedral-Basilica.

Congratulations to this loving couple.

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

When he had been in WestCare Wisconsin's *Face Forward* program for only a few months, 18 year old **Booker Thomas** took a leadership role and told his peers: *"We can change for the better."* Booker certainly has. He is a Captain in the City of Milwaukee Urban Beautification Program. Here he is shown with Lead Counselor, **Marcus Adams**, holding a copy of his very first paycheck! Congratulations, young man.

Keep up the great work.



Marcus Adams & Booker Thomas
Milwaukee, Wisconsin



Donations From Walmart
North Las Vegas, Nevada

Businesses large and small have been tremendously supportive of WestCare throughout our system of programs, and one of the most giving has been **Walmart**. In Las Vegas, Supercenter Store #2592 is saluted for donating over \$30,000 worth of goods, including adults' and children's clothing, electronic accessories, arts and crafts, housewares, toys and games and much more. All that goodwill is going to WestCare Nevada programs in the Tonopah, Pahrump, Mt. Charleston and Las Vegas areas. Thanks Walmart, for helping us *"save money...and live better."*

BIG props to California Deputy Administrator **Lynn Pimentel** who visited the Zero 2016 booth and channeled her inner "superhero," while attending the National Alliance to End Homelessness conference in Washington D.C.



Lynn Pimentel
Fresno, California

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



Proving Our Parenting Skills (POPS) Responsible Fatherhood Clients
Fresno, California

Congratulations to over 20 clients from WestCare California's MLK Residential facility who graduated from the *Proving Our Parenting Skills (POPS) Responsible Fatherhood* Program. Provided as a service through the Fresno Economic Opportunities Commission, the course provides resources to Fresno County fathers in need of economic stability, employment services and

activities to promote or sustain responsible fatherhood/parenting or healthy marriages or relationships. Good job, Dads!

GEORGIA: *Drug Court Alumni Group Forms*

By Ray Cox, Program Manager

The Cobb County Drug Court has a new Alumni Association. The small but dedicated group has met several times and has identified their purpose. The group has six graduates that are the motivating force, and right away they were able to obtain 140 glass hummingbird feeders that they sold at local festivals, allowing buyers to custom paint their feeders as well as purchase the nectar to go inside.

The group is proud to report that through the dedicated and selfless hard work of our members, along with generous



GEORGIA: *Drug Court Alumni Group Forms (Cont.)*

contributions, we are experiencing a very strong growth spurt! Members have been working tirelessly to collect monetary contributions along with dedicating their time and efforts to create exposure and buy-in to the group! The funds that have been raised will help current Drug Court clients in need of bus passes or assistance with medication, as well as funds to attend 12-step workshops and conferences.

In addition to the hummingbird feeder project, this group is planning a family fun day for the entire program. The group is also in the process of setting up a private Facebook page and an Alumni website that will be used to communicate activities and needs. Other goals are to establish a committee with trusted servant roles that govern the group's efforts and general conduct. And \$2,000 is the target for charitable giving through businesses and face-to-face fundraising.

As the membership continues to grow the group will focus their efforts on developing a long-term plan of success. Each alum is committed to the financial support of Drug Court clients and to helping future graduates realize their full potential!

KENTUCKY: *Muscle on Main Street*

By Anna Coleman

On the second weekend of every month, from May to October, you will find car enthusiasts from all over the United States cruising into Pikeville for ***Muscle on Main***, a festival of fun that celebrates high octane classic and cutting edge vehicles. Each event features a wide variety of show cars and trucks, guaranteed to be polished to a shine and full of horsepower, as well as some interesting feats of engineering that have to be seen to believe.



KENTUCKY: *Muscle on Main Street (Cont.)*

The festivities begin on Friday night with a block party featuring great food, awesome music, inflatables for the kids, and of course hot rods. Cruise-in begins on the following Saturday afternoon, with beautiful cars of every make and model lining Pikeville's historic streets. Muscle on Main also features the wildly popular arm drop drag racing events!

WestCare Emergency Shelter always has a vendor booth at the events to raise money for the homeless shelter. Employees of the shelter volunteered their time to work the booth and raised over \$400.



VACATIONS: *A Public Service Announcement*

If you haven't already, you should plan about taking a vacation. A vacation is a great way to unwind from the stresses of life, and it does wonders for your *mental and physical health*. In fact, regular vacations may help you reduce your risk for heart disease and avoid common health problems, such as high blood pressure. Do yourself a favor a take one soon. After all, August is perhaps the busiest month for businesses since many people take vacations at this time.

INFORMATION TECHNOLOGY: *The IT Corner*

By Sean Harrigan, Director of IT Administration

We Have a New Vice President in IT!

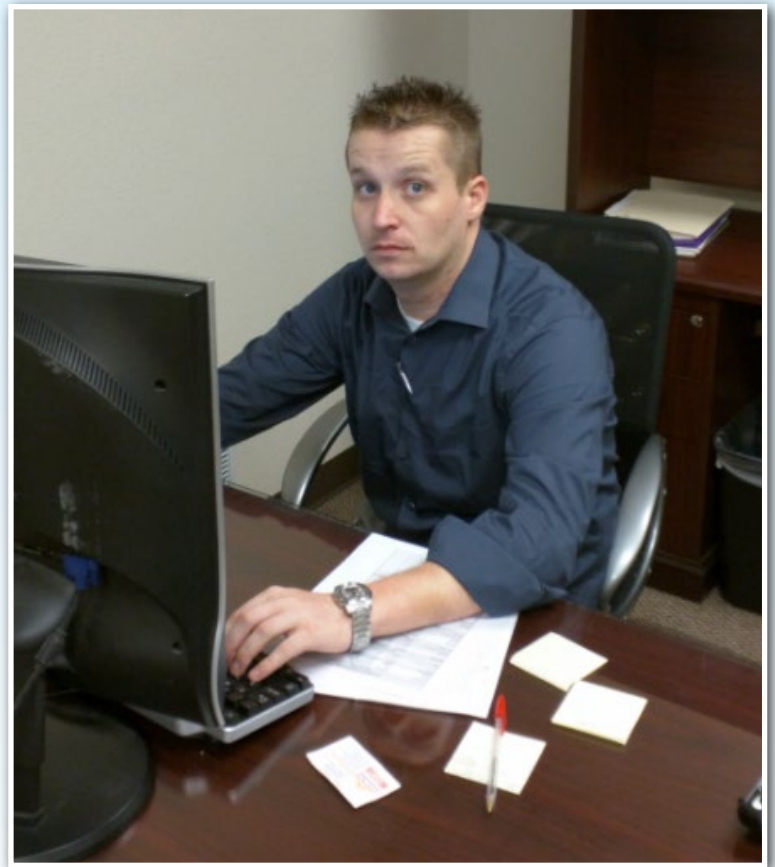
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It is with great pleasure that we announce the arrival of our new Vice President of Technology, **Jason Deutsch!**

Jason comes to us with a BS Information Systems Management from Brigham Young University, backed up with 18 years of experience working with large and small organizations in IT.

He's worked with big hitters like the Department of Defense, the Department of Energy, ExxonMobil, and W.W. Grainger, as well as with small and medium sized businesses as an IT consultant.

Jason is filling a very important role in our department providing strategic leadership and planning that will help us to continue improving our service levels, and to provide greater value to all of our programs.



All of us here in IT are glad to have him aboard, and we look forward to working with Jason to build a world-class IT department that enables our business units and improves productivity across the board.



WESTCARE CALENDAR OF EVENTS: *August 2015*

AUGUST

S	M	T	W	T	F	S
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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	31					

August Observances

- Admit You're Happy Month
- Romance Awareness Month

August 2015 Special (and Wacky) Days:

- 1 - National Mustard Day
- 2 - Friendship Day
- 2 - International Forgiveness Day
- 2 - Sisters Day
- 6 - Wiggle Your Toes Day
- 11 - Son and Daughter Day
- 13 - Left Handers' Day
- 15 - Relaxation Day

August 13 (12:30pm-1:30pm PT / 2:30pm-3:30pm CT)
FAVA - CAC Meeting (Forest City, IA)

August 13 (2:30pm-3:30pm PT / 5:30pm-6:30pm ET)
Florida - Village South CAC Meeting (Miami, FL)

August 15 (9:00am-10:00am)
Pacific Islands - CAC Meeting (Guam)

August 18 (8am-9am PT / 11am-12pm ET)
Executive Teleconference Meeting

August 21
Fresno VA Homeless Summit
Location: Clovis Vet Memorial District

August 26 (4pm-5pm PT)
Arizona - CAC Meeting (Bullhead City, AZ)

August 29
California - Macy's Shop for a Cause Fundraiser
Location: River Park in Fresno, CA