

# WestCare Express

## The WestCare Foundation Employee Newsletter



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## WestCare Foundation Annual Enrollment

By Kelly Underwood – CEBS, Willis HRH

Annual Enrollment has come to a close for the 2009 plan year, and this year WestCare introduced the new high-deductible health plan through Anthem. WestCare is paying the first part of the deductible – \$1,000 for employee only and \$2,000 for family. Keep in mind that there are things you can do to help save money in the high-deductible health plan.



Consider switching to generic drugs if they are available for a brand-name medicine. They are more cost-efficient than the brand names and will help you save money in your fund. Some drugs are even available in an over-the-counter formula, saving you a lot of money on prescription costs. Check with your physician to see what will work for you. Remember the mail-order program for your maintenance prescriptions – just pay for a two-month supply and get one month free.

Take advantage of the fact that preventive care is free on the high-deductible health plan. Just tell your physician that you want a wellness or

preventive check up, and you won't have to use the money in your fund or pay out of pocket.

Only visit the emergency room in an actual emergency situation. Remember that your doctor's office and urgent care are appropriate options for conditions that are not life-threatening – and they are a lot more cost-effective.

WestCare will remain with Lincoln Financial for dental, life and disability. Anthem will continue to offer the vision plan. Look for information in the near future about signing up for the Healthy Rewards Programs offered through Anthem. Anthem will give you the opportunity to earn additional money in your fund for the high-deductible health plan when you participate in the Healthy Reward Programs.

If you have any questions, please contact your regional human resources representative.



# 12 Step Music Fest – 2008

By Nadine Hood – *WestCare Florida Keys Operations KTR Director*

The First Annual 12 Step Music Fest was held November 6–9 in the Florida Keys. The event was a weekend campout experience for members of all 12 Step fellowships. The fest was produced by No Matter What Productions, a nonprofit organization, with co-sponsors including WestCare. The fest included well-known musicians who shared recovery stories and performed with their current bands. Other activities included 24-hour marathon tent meetings for AA, NA and other 12 Step fellowship groups.

Keys to Recovery (KTR) clients, the residential SA program at the Guidance Clinic of the Middle Keys, were invited to attend the event as guests of the fest. The day was a very rewarding experience for the KTR clients. Client Steve C. said, “Being able to sit and talk to two older couples that had a combined 87 years of recovery was an awesome experience.” Another client, Josh B., stated, “Being able to attend the festival showed me what unity in recovery is all about – there were young people, old people, bikers and all different kinds of people – all clean and sober. Spending time with them convinced me that I have a family wherever I go.”

Another experience that several clients recognized as very positive was the opportunity to attend 12 Step meetings with people from all over the country. “Sitting in a meeting with this one guy that sat in the rooms with Bill W. was

the most memorable part of the day,” said Nick T.

Saturday night, the KTR clients took the main stage to express their gratitude to the crowd for such a warm welcome. The group closed with a recitation of the KTR Creed, which includes the 12 Steps. The crowd joined in and by Step 12, everyone was on their feet in a show of recovery unity. The moment was recognized by many attendees as one of the most moving of the fest.

## South Florida

### GCMC Welcomes Congresswoman Ileana Ros-Lehtinen

Left: Lynn Mapes, Board Chair GCMK; Sean Furey; Jamie Pipher; Congresswoman Ileana Ros-Lehtinen; David Rice Board Member/ Founder GCMK.



# 5 Questions with . . .

**Kirby Burgess** Kirby Burgess has been affiliated with WestCare for more than 20 years (employed for the last 2.5 years) through his previous career in Juvenile Justice Services (JJS) and now as a senior vice president with the Endowment Campaign. Kirby spent 31 years in the Clark County JJS and retired in 2005 as the director. He has always admired the spirit of WestCare and its ability to serve so many individuals in the areas of mental health and substance abuse who would normally “fall through the cracks” without WestCare’s services. Kirby moved to Las Vegas 36 years ago to attend UNLV. He and his wife, Shirley, have two children and one granddaughter who reside in Texas.

#### **What is your most rewarding experience and biggest challenge working for WestCare?**

It is my pleasure to be a part of such a talented group of people who provide services on a daily basis. The challenges we face such as the downturn in the economy and dwindling federal, state and local funds are ongoing and have really demonstrated the strength of this organization to find additional funding sources and move more toward sustainability. I am very proud to be part of a nationwide team that uplifts the human spirit!

#### **What do you do in your spare time?**

I spend a lot of time working out in the gym or hiking. I also enjoy working around my home gardening and completing other home improvement projects. I also like to frequently visit my adult children and granddaughter.



#### **What would everyone be surprised to learn about you?**

I am a “Blues Man” from the Delta Region of Arkansas. I grew up listening to BB King and other musicians and that love of music has never left me.

#### **What is your proudest personal or professional accomplishment?**

In 1996 I was chosen to give President Bill Clinton a personal tour of the Juvenile Justice Programs in Las Vegas. I rode in the presidential limousine with him and later moderated a roundtable discussion that included the president, the Nevada Congressional delegation and state and local elected officials and guests. The national media accompanied us on the tour and discussion. It was a big event and gave the services provided to youth a lot of exposure. I have plenty of pictures from that day that I will remember fondly forever. And since President Clinton came from the State of Arkansas, it really made my day. I can truly say that I’ve had my 15 minutes of fame!

#### **What is your favorite TV show?**

My favorite show is the Star Trek series and movies. I really enjoy the value and “lessons” associated with the shows and the glimpse of what the future potentially holds for humankind.

# Educational Speakers and Red Ribbon Week By Dr. Margie Waters – DJJ

Since the beginning of the 2008–2009 academic school year, WestCare DJJ Education Division has provided the students with several speakers, to include Mr. Calvin Holland, a member of the Augusta Commission; Mr. Quincy Murphy, a Georgia Legislator and Businessman; and Paine College's Alpha Phi Alpha Fraternity Members, who come each Thursday to talk or tutor the students.

Chef Tom Redd, from Redd BQ Pit, delivered a motivational speech regarding his road to recovery from drugs. Also, he provided the students with a luncheon, compliments of his restaurant.

Dr. Artie Holmes of Paine College and his wife, Dr. Paulette Holmes of the Augusta Literacy Program, spoke to the students about writing and working to achieve success. Chief Greg Hart, a police investigator from Augusta, offered the students advice for staying out of the judicial system. Finally, a former resident of the facility, Sergeant Kelly, spoke with the students, motivating them to complete the program and pursue careers of their choice.

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National Red Ribbon Week was celebrated Oct. 23–31. Throughout the week, both WestCare DJJ and Boggs participated in the following activities.

## Monday

- Red Day or Red Rally where everyone (including staff) wore red for the week – red socks, red headband, red shirt, etc.
- Kick-off luncheon – The meal included “red foods” such as spaghetti, etc.
- Launched the program with the release of red balloons

## Tuesday

- Essay contest (essay, poster, poem, theme song, etc...)
- Displayed drug-free posters created by residents
- Wore red drug-free ribbons
- Red Ribbon Week activities with crime prevention speaker, Chief Hart.

## Wednesday

- Wore clothes backward for “Turn Your Back On Drugs” day
- “Slam Dunk – Drugs are Junk” basketball game (residents vs. staff)

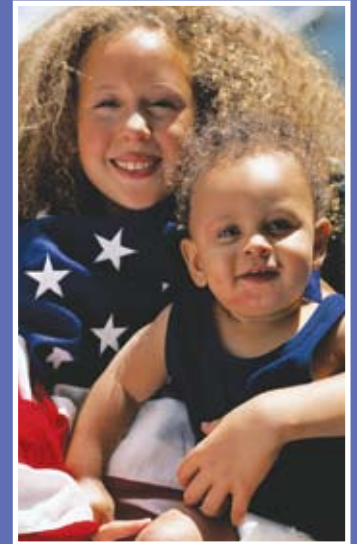
## Thursday

- Students wrote and signed their own personal pledge to live drug free
- “Hit a Home Run, Drugs Are No Fun” softball game (residents vs. staff)
- Drug-free cookout – Students socialized, played volleyball, and participated in contest and dance

## Friday

- Held an “Other Things to do Besides Doing Drugs” spade and video games tournament
- Wrote a reflection about how the drug-free events affected you

## Georgia




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# Spotlight on 13-Year WestCare Employee John Zirkle

By Kim Mitchell – *Office Manager, WestCare Arizona*

## Arizona



John Zirkle, our longest-tenured employee in Arizona, grew up in the tri-state area. John began working at our CRRYS shelter in March 1995 as a casework aid and worked his way up to assistant coordinator. In January 2007, he transferred to the Bullhead City CIC office where he began doing our DUI screenings. John is now in charge of the DUI Education and Treatment Program, where he teaches people the consequences of drinking and driving. He is also a community liaison for the Ft. Mohave Indian Tribe. An avid Dallas Cowboys fan,

John also enjoys the outdoors, including hunting, fishing and camping with his family (which includes his eight-year-old son and four-year-old daughter). In 2005, John donated one of his kidneys to his ailing sister. He currently spends his time caring for his father, who recently suffered a stroke, and for his mother, who is legally blind. We are thankful to have John remain with us over the past 13 years to see the growth and changes here in Arizona!



# Kentucky



Above: WestCare Kentucky residents unload several thousand rolls of toilet paper they received as a donation from Operation Unite Coalitions in Rockcastle and Bell Counties.



For the third year in a row, WestCare Kentucky celebrates Halloween by hosting trick or treat for the children who live in the area. This year the residents and staff at the facility dressed as Star Wars characters.

## Traveling TP Trophy By Dale Morton – Operation UNITE

Rockcastle County High School may have captured the first Traveling TP Trophy, but everyone involved with the competition agreed the ultimate winners were four regional substance abuse treatment facilities. WestCare Kentucky, Chad's Hope, Hope in the Mountains and Healing Rain centers each received a portion of the 5,077 rolls of toilet paper collected in the "Wipe Out Drugs Toilet Paper Challenge" held in September between Rockcastle County High School and Bell County High School. The challenge was issued in conjunction with the annual "Tackling Drugs: Saving Communities" UNITE Bowl football game between the two schools on September 19.

"We had a lot of fun with everything, but the kids seemed to keep the serious cause in the backs of their minds during the whole campaign," said Nancy Hale, secretary of the Rockcastle UNITE Coalition.

"We were amazed at how the community bought into it," Hale continued. "Our local hospital had a drive themselves, and their board matched what the employees donated. Plus, everyone who brought in a pack of toilet paper got their names put into a drawing for a paid day off."

In the end, Rockcastle County students collected 4,003 rolls while Bell County students contributed 1,074 rolls. (The result was different on the field, however, as the Bobcats blanked the Rockets 38-0 to capture the game trophy.)

"Operation UNITE and their community coalitions have done an outstanding job in supporting treatment, education and prevention of substance abuse in Eastern and Southern Kentucky," said Jenifer Noland, WestCare vice president of External Affairs. "WestCare Kentucky's Hal Rogers Appalachian Recovery Center is dedicated to treating citizens throughout the region, and we are truly grateful for this generous donation."

## \$1,000,000 in Pledges – Campaign Update!

*By Jim Schaitel – WestCare Foundation Endowment Campaign*



We're very excited to announce our first MILLION DOLLARS! On Thursday, November 6, 2008, Dick Steinberg, CEO WestCare, filled in the first major milestone on the campaign thermometer. Although the campaign has not officially launched, we've received generous five-year pledges from a number of senior and middle-management personnel at WestCare. Five-year pledges like this from staff further encourages us that we will meet our goal of \$10.4 million! Watch for a campaign-launch announcement soon!

While we wish everyone from WestCare could have joined in the celebration, we gathered the team from the Foundation office and took a few minutes to color in the campaign thermometer, express our thanks, and enjoy a piece of our million-dollar cake!

Campaign leadership and volunteers are being recruited in Arizona and Nevada as we prepare to launch both states. We will also be heading to Georgia and Kentucky to bring those Boards up to date and begin organizing their campaigns!

We're expecting a few quiet weeks over the Christmas holidays but will be launching full force after the first of the year! We're looking forward to working with you in your region to help make this campaign a success! Best wishes to you and your families over the holidays!



WestCare Foundation Endowment Campaign



Campaign Corner

# Big Veteran Celebration in California

By Seanna Herring-Jensen – *Special Projects Officer, WestCare California*

On November 11, San Joaquin Valley Veterans (SJVV), a project of WestCare California, entered one of the largest Veterans Day Parades in the country. The Fresno Veterans Day Parade is the largest in the west, nearly four hours long, and broadcast in several parts of the country! Clients of SJVV were able to ride in smooth style in a super-stretch 2008 Cadillac Escalade limousine sponsored by HS Limousine Service. The limousine is 100% fully equipped! Diamond white exterior, with 20-inch rims, this limo leaves little to be desired! It has three flat-screen televisions, including a 42" plasma screen television; leather seating; disco floor; special grid lighting; fiber optic lighting; DVD/CD; and iPod hook up station!!!

SJVV is a unique program for WestCare. The services are considered "projects" that empower the individual. The veterans have one-on-one assistance as they maneuver through their projects. Each

project, once attained, is an obstacle overcome by the veteran. At every opportunity, SJVV collaborates with the public agencies and veterans service organizations to ease the veteran through their transition with the least amount of stress as possible.

Services to veterans include food, clothing, reading glasses, IDs, bus passes, and referral services to temporary housing, education, employment, and court services.

SJVV works with several community agencies such as the VA, the Vet Center, Fresno County Veteran Service Office, the City of Fresno and veteran service organizations such as Vietnam Veterans and the Purple Hearts.

We are a vital part of the annual Stand Down, the Veterans Job and Resource Fair, and several other events in our community. We are also a leading partner in the local Integrated Services Family Support

## California



Above: WestCare Veterans celebrate Veteran's Day. ▲

Network (ISFAC) through the National Guard. Recently, SJVV was awarded a pilot grant from the VA that will allow for 20 female veterans to stay in transitional housing for two years, receive reintegration services, and keep their children with them through the process. This is a first for the VA and SJVV is excited to be a part of it.



▲ Above: Our recent graduation on 11-13-08. It was the largest one to date.

## November 2008 CA Graduation

These were some of the comments of the clients who attended the graduation either as a graduate or as a guest:

- "I've never worn a cap and gown before, I am so excited"*
- "I can't believe how much fun I had, and I wasn't even loaded"*
- "I can't wait . . . that is going to be me"*



**WESTCARE EXPRESS NEEDS YOU!**  
 To Submit An Article or Photograph

We are asking our team members from every region in WestCare to submit interesting and informative articles to be placed in our monthly employee newsletter, *WestCare Express*. You can submit articles on a variety of subjects – current and upcoming events, programs, new and existing projects, employee highlights, success stories – write about anything concerning WestCare, its employees and the wonderful, positive work we are all doing in each of our communities.

*For more information, please contact Jenifer Noland at [jenifer.noland@westcare.com](mailto:jenifer.noland@westcare.com)*