



WESTCARE EXPRESS



The WestCare Foundation Employee Newsletter

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December 2013

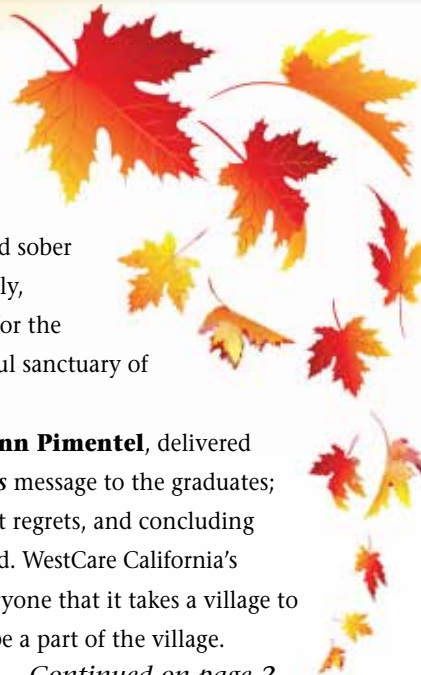
Giving Thanks . . . and Congratulations

By Harvell Floyd – AmeriCorps Vista

WestCare California hosted its annual fall graduation and sober living celebration on Nov. 14, 2013 to a packed house of family, friends, alumni and current clients, showing up to represent for the 24 graduates of WestCare California's programs at the beautiful sanctuary of the Westside Fresno 7th Day Adventist Church.

As always Deputy Administrator of WestCare California **Lynn Pimentel**, delivered a poignant and thought provoking *Living Life on Life's Terms* message to the graduates; transparently sharing her recovery experiences, living without regrets, and concluding remarks laced with a little Eminem humor to a receptive crowd. WestCare California's Sr. V.P. **Shawn Jenkins** uplifted the audience reminding everyone that it takes a village to raise a child and thanking the graduates for allowing WC to be a part of the village.

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A happy, reunited family with honored WestCare graduation co-chair Sean Whitten

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Giving Thanks . . . and Congratulations

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BMX Champion Tony Hoffman, teaching youngsters about his favorite sport through his Freewheel Project ▶



Keynote speaker **Tony Hoffman** a native of Fresno and former professional BMX athlete now a devout Christian; spoke intensely about his addictive past, passionately describing his storied struggles and recovery out of the gutter.

This fall's event was a compelling spiritual testament to WestCare's impact on the lives of people, as was heard in the God-filled testimonies of its graduates and joyous cheers of approval by the audience. They were presented by

Co-Chair **Sean Whitten**, who was given a gift of appreciation by one of the graduates, and like others in the church were brought to tears by the graduates who expressed their heartfelt thanks, and deepest appreciation to WestCare's administrators and staff for being there for them and allowing them to embrace their *"Starting from the bottom and now we're here"* theme and to take the next step in life as part of the WestCare Family Philosophy: *To be born again*. A night for all to remember and never forget!!!!



We Don't Just Repair Adults, We Also Build Children

Editor's note: Increasingly, due to highly-successful WestCare youth programs, teenagers are finding hope and direction in their young lives. Here is one example, submitted by Counselor Hilda Garcia.

James is a former YMAX client who completed the program successfully and graduated with adult clients in California this month! James is 13 years old, is a quiet young man, and possesses an intellectual mind-set that speaks for itself. He has proved to himself and his family that he was able to gain his sobriety at an early stage in his life. James comes from a tough background and a complex family situation. He's matured enough to understand that drugs and alcohol are not the way to resolve life's issues.



James stated that when he first came into the program he never thought he would complete it. He was faithful and committed in his attendance at group sessions and scheduled appointments. He began to see things differently and grasp a lot of life skills that he now uses to cope with present situations. James continues to come to group as his support network and enjoys the company of his young peers and the WestCare Hanford staff.

WestCare staff is proud to see wonderful outcomes from wonderful kids!



We Can Do It . . . Thanks to Home Depot!

California stories by Michael Mygind

In early November, 70 volunteers from The Home Depot Foundation came out to WestCare's HomeFront facility for female veterans to build a park and make improvements to the facility in response to a \$15,000 grant that their foundation generously awarded to WestCare for this purpose. After the work was done, an empty lot had been transformed into a park, a barren side lot was given beautiful planters, and various other improvements were made to the site. We would like to thank the Foundation and its volunteers not only for

their hard work and generosity, but for taking the time to help those who have given us so much: Our veterans!

California



Before . . .



After . . .



Rolling out the sod . . . ▲



Thank you Home Depot and volunteers!! ▲



Adding to the beauty of HomeFront . . . ▶



Also in California . . .

California stories by Michael Mygind

WestCare's San Joaquin Valley Veterans program took part in the 2013 Veterans Day Parade in downtown Fresno with staff dressed up as wartime icons, Rosie the Riveter and Uncle Sam. The parade is annually the largest of its kind west of the Mississippi.



California



Halloween Festivities!



And, of course . . . staff, clients and the little ones enjoyed a fun Halloween!



Creativity Enhances Awareness of Social Issues

Submitted by Sheridan staff

WestCare Sheridan recently helped bring awareness to important issues that are acknowledged in the month of October. Since October is domestic violence awareness month, WestCare worked with the Illinois Department of Corrections (IDOC) to bring "The Clothesline Project" to Sheridan Correctional Center to help show the effects of domestic violence. Staff and more than 1,700 clients were able to view this project, which allows domestic abuse survivors to tell their stories in their own unique way, using words and/or artwork to decorate shirts. Once finished, survivors hang their shirts on the clothesline as an educational tool for all who view it and also as a healing tool for all who design a shirt. It also allows those who are still suffering in silence to understand they are not alone. With more than 500 projects nationally and internationally, there are approximately 50,000 shirts in 41 states and 5 countries currently participating.

Sheridan also recognized Red Ribbon Week during the last week in October. The focus of the week is to educate people about the dangers of drugs and alcohol and to honor DEA agent Enrique Camarena for his heroism in the war on drugs. WestCare clients used their creativity to complete drawings and short essays to process in group what Red Ribbon week means to them. Staff was offered red ribbons to wear, along with a day of wearing red on Wednesday for a group photo. As these photos show, October was a busy month for WestCare-Sheridan!



Illinois

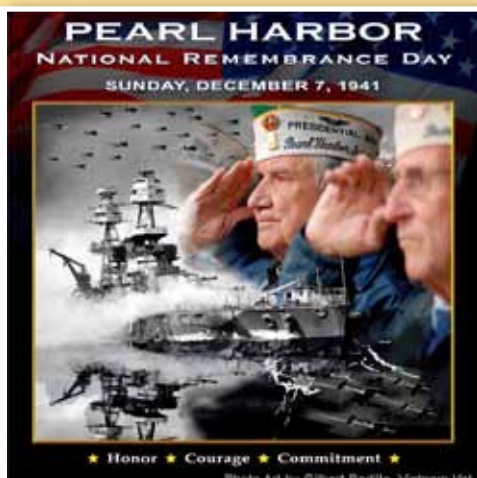
Pearl Harbor Remembrance Day is December 7th

Courtesy of www.timeanddate.com

National Pearl Harbor Remembrance Day, which is annually on December 7, commemorates the attack on Pearl Harbor, in Hawaii, during World War II. Many American service men and women lost their lives or were injured on December 7, 1941. National Pearl Harbor Remembrance Day is also referred to as Pearl Harbor Remembrance Day or Pearl Harbor Day.

On the direction of the President, the flag of the United States of America should be displayed on the homes of Americans, the White House and all United States government buildings. The flag should be flown at half-mast to honor those who died in the attack on Pearl Harbor.

Many associations, especially those linked with Pearl Harbor survivors or those who died from the attack, participate in special services to commemorate the event. Memorial services are held at venues such as the USS Arizona Memorial in Pearl Harbor.



December Calendar

Nov 28th – Dec 5th
Hanukkah

December 4th
8:00am - 12:00pm

FLGC-40th Anniversary Awards Luncheon
11:00am - 3:00pm/ET
Key Colony, Florida

December 7th
1:00pm - 5:00pm

PI CAC Strategic Planning Meeting

December 7th
6:00pm - 10:00pm

Las Vegas, NV - Holiday Party
Elk's Lodge, Las Vegas

December 9th
10:00am - 11:00am

CTC Workgroup Meeting - Amy Roukie
held 2nd Monday of each month
10:00am/PT - 1:00pm/ET

December 10th
Human Rights Day

December 10th
3:00pm - 4:00pm

FLGC - CAC Meeting
3:00pm/PT - 6:00pm/ET
City Center, 100 2nd Ave. S. #10

December 12th
8:00am - 9:00am

GA - CAC Meeting
8:00am/PT - 11:00am/ET

December 12th
11:00am - 1:00pm

PI - CAC Meeting / Guam Time
Core Pacific Bldg., Ste. 301, Tamuning Guam

December 13th
1:30pm - 2:30pm

CA - CAC Meeting
2145# MLK Facility, Fresno, California

December 17th
8:00am - 9:00am

Executive Com. Meeting
(Teleconference)
8:00am/PT - 11:00am/ET

December 25th
Holiday - Christmas

December 26th – January 1st
Kwanzaa

December

Health Observances

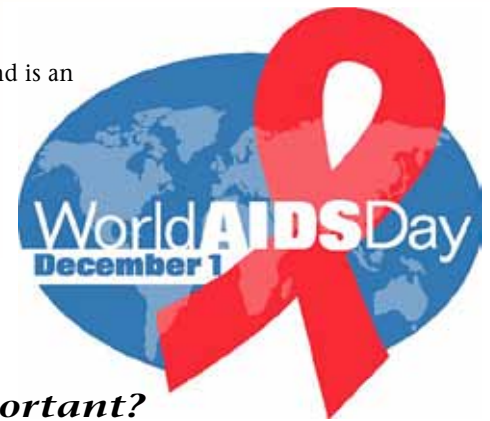
December 1st is World Aids Day

Courtesy of <http://www.worldaidscampaign.org>

What is World AIDS Day?

World AIDS Day is held on 1 December each year and is an opportunity for people worldwide to unite in the fight against HIV, show their support for people living with HIV and to commemorate people who have died.

World AIDS Day was the first ever global health day and the first one was held in 1988. *See more at:*
<http://www.worldaidscampaign.org/world-aids-day/#sthash.memlAtpY.dpuf>



Why is World AIDS Day important?

Around 100,000 are currently living with HIV in the UK and globally an estimated 34 million people have HIV. More than 25 million people between 1981 and 2007 have died from the virus, making it one of the most destructive pandemics in history.

Today, many scientific advances have been made in HIV treatment, there are laws to protect people living with HIV and we understand so much more about the condition. But despite this, people do not know the facts about how to protect themselves and others from HIV, and stigma and discrimination remain a reality for many people living with HIV. World AIDS Day is important as it reminds the public and Government that HIV has not gone away – there is still a vital need to raise money, increase awareness, fight prejudice and improve education.

National Hand washing Awareness Week, December 1-7

Courtesy of www.vocus.com

The cold weather months are typically associated with increased illness. When a virus hits, everyone is at risk, especially kids in classrooms and an office full of co-workers. Now is the perfect time of year to take pre-emptive precautions, such as fervent hand washing. Stay well during National Hand Washing Awareness Week, Dec. 1-7.

Hand washing is an incredibly important step to staying healthy when germs are present. Hand washing should occur frequently, especially before and after eating. Germs are the enemy during winter months and frequent hand washing can be considered a weapon against illness. According to the Henry The Hand Foundation, which was founded by Dr. Will Sawyer, an infection prevention specialist, the main place to avoid touching is the "T Zone," which is the eyes, nose and mouth.

See more at: <http://www.vocus.com/invocus/pitch-an-event/dont-forget-to-wash-your-hands-in-december/>



Travelling the Positive Path

Submitted by Jasmine Troop

Residents of the HomeFront Transitional Living Program in Reno, NV participated in the annual Reno Veterans Day Parade travelling through Downtown Reno on November 11th. This was the program's first time being in the parade, the residents expressed their excitement and their joy was evident on their faces. We plan to participate in future parades after seeing how much fun it was!

Nevada

Pictured with our resident vets:
Case Manager **Christie Perviss**,
Maintenance Director **Robbie Grant**,
and AmeriCorps service member
Lauretta Nawojski. ▼



Human Resources

Corner

By Michael Shields – WestCare Foundation VP Human Resources

Happy “prelude to the Holidays,” everyone! For those of you living in parts of the country where winter exists and it LOOKS like Thanksgiving and Christmas, I give my congratulations and condolences! I spent most of my life in Michigan, and I don't miss the snow, ice, and bodily/automotive injuries associated with them! Palm trees and sunshine are nice!

This time of the year is a special time to reflect on what is good in our lives. It is a time to be thankful for what we have. It is a time to spend with family and friends. We have a tendency to “remember” to be good to each other; to be thankful; to be positive during the holidays. This includes our interaction with our co-workers, who are the people with whom we probably spend more time than with our families! Sad, but true.

There is no reason to forget this for the other 10 months of the year. Let's commit to one another we will improve in this area. We all share a space for 8-10 hours (or more!) every day. Let's work hard, as we all do, in our service to the clients and communities we serve, but let's also enjoy what we do! Help each other. Be kind to each other. Respect each other. It will make those 8-10 hours fly by!!

Also, the Holiday season also brings us our annual benefits enrollment period. If you have not yet received information about the actual dates, or information about the plans available in 2014, you soon will. This is the time of year when you are able to make changes in your benefits without needing a “qualifying event.” As with Christmas, “it comes but once a year,” so make sure to enroll.

It's also a good time to make address or name changes with HR so that your W-2 forms get sent to the correct address early next year. That's all for now. Enjoy these special times, your family and every day!



All in the WestCare Family

**Last month's question:
Do you have a favorite pet?
We want to see!!**



**Wendy Ramos –
Executive Assistant to the
Sr. VP, Florida/Caribbean**

“Do I have a favorite pet????????? OMG this question was designed for me!

Ms. Tobylynn my Mini-Schnauzer will be 12 years young next year – I have had her since she was 6 months old.

Miss LillyAnn (Yorkie) who we rescued last October will be 6 next year. Love my babies!!!”

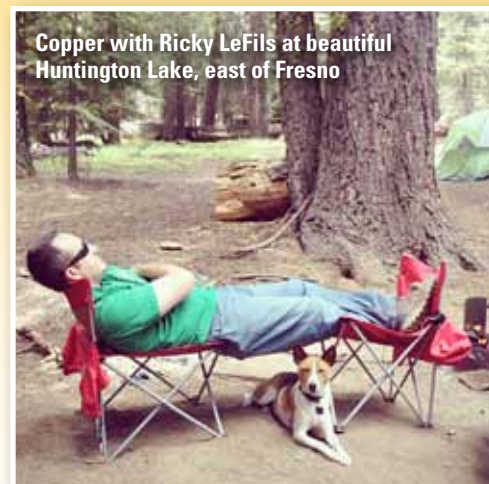
“A dog is the only thing on earth that loves you more than you love yourself.”

– Josh Billings



**Sasha Thompson –
Therapist, Guidance/Care
Center-Florida**

“Attached is a picture of my baby! And here’s the answer to the question: My favorite pet is my miniature pinscher, Bruiser. She is four and a half years old and loves going for walks, swimming, and running around the yard.”



**Julie LeFils –
Communications Director,
Foundation**

“Copper really is our child :) He is the perfect companion and brightens everyone’s day! Copper is a Basenji, which is a very unique breed! He makes life fun, and we are blessed to have him!”



Copper . . .
just being photogenic



All in the WestCare Family

**Last month's question:
Do you have a favorite pet?
We want to see!!**

WestCare Wyoming-Torrington

Andee Marquez – Sr. Program Director

On any given day, you can walk into our office area, “The Bullpen” and find us talking about our pets. It does not matter how much stress, irritation, or chaos we have encountered that day, the topic of our pets can put a smile back on our faces! Our pets are often referred to as our “furry children” and the stories, good and bad, are handled just as if they were in fact our children. Because the love we get from our pets is unconditional, it has the

potential to erase any negativity around us . . . and sharing that experience with each other, has brought our team closer together and allowed us that “link” to each other’s lives outside of work that keeps us strong and positive during the work day! (On a side note, we are preparing to have a dog program in our facility, which includes our treatment unit. Imagine the amount of good pets could do for those in prison/treatment when you consider the good it does for those who aren’t!).

Below are some quotes from staff members about their pets. Enjoy!

Natalie Villalobos – Senior Counselor, WestCare WY-WMCI

“My kittens add humor, love and companionship to my life as well as the gifts of live animals they bring me (never dead, I raised them right!!). All these things make my day and add joy to my life and I try to be the best kitten mother that I can to them! There’s nothing like coming home from a stressful day at work and finding that there is no need for decorations because they will be knocked off to the floor. Yes, I am an enabler to their crazy ways but they are my joy and I love them with all my heart!”



Pelitos



Stuart Krepel – Smith family

Andrea Smith – Re-entry Specialist, WestCare WY-WMCI

“Earlier this year my husband and I bought a house and little did we know we would be getting a dog with it! The previous owners didn’t want him anymore and being the animal lover I am, I know it’s not the animals fault and felt it was probably best to just keep him. His name is Dodger and luckily, our 2 cats Cinnamon and Bailey get along with him just fine. He is such a great dog and we are so glad we kept him because it warms our heart to see him so happy when we get home at the end of the day.”



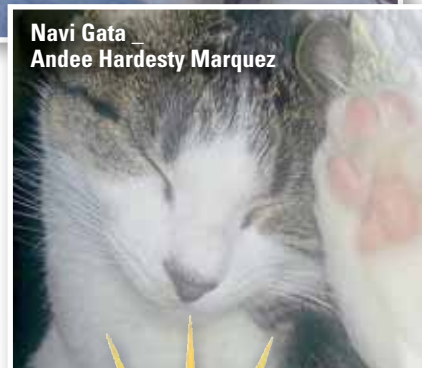
Dodger



Badtz Maru
Natalie Villalobos



Bailey



Navi Gata
Andee Hardesty Marquez



All in the WestCare Family

**Last month's question:
Do you have a favorite pet?
We want to see!!**



Pictured left to right: Ashlee Hattan (age 8) with Guinea Pig named Cocoa, Samantha with cat named Max, Hunter (age 11) with Guinea Pig named Oreo and Husband Travis (A Warrant Officer in the Wyoming Army National Guard).



Quinsee – Andee Marquez



Karter Bexar – Andee Marquez



Gunner and Sancho



Lily (Lilith)

Wes (Wesley)

The Hattan Family – Wyoming

The Hattan family has opened its house to the 5 pets named above. The first pet brought home was the Bubba (age 6), followed by the Max (age 6) who just appeared in our garage as a tiny kitten, then came Patch (age 5) and most recently the Guinea Pigs (August 2013).

Rochelle Landingham – Executive Director, WestCare Wisconsin

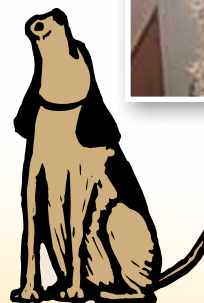
"This is my furry friend. His name is 'Lucky'!"

John Wallace – Foundation, The Express Editor

"These rascals rule the Wallace household. Lily (Lilith) is American Eskimo/Jack Russell, and Wes (Wesley) is Shiatsu/Chia Pet."



Rochelle and Lucky



Next Month's Question:

"What are you most looking forward to in 2014?"

John.wallace@westcare.com by December 20th!



High Level U.S. and Russian Visitors Gather at Village South

Submitted by Florida Staff

On November 14th the United States Office of National Drug Control Policy (ONDCP), State Department, Substance Abuse Mental Health Services Administration (SAMHSA), and the Drug Enforcement Agency along with their counter parts from Russia visited the Village South. The United States and Russia participate in a joint drug reduction task force focusing on the supply and demand sides of substance abuse. Meetings between the United States and Russia occur every 6 months with meeting sites alternating between the U.S. and Russia. With the United States scheduled to host their meeting, Miami was the selected site. SAMHSA and ONDCP selected the Village South as host for their deliberations regarding treatment.

The Russian Delegation was led by Victor Ivanov, Director of the Federal Drug Control Service (FDCS), included Vladimir Visotskiy, Assistant to the Director (FDCS), Nikolay Tsvetkov, Deputy Director (FDCS), Nikolay Aulov, Deputy Director Operational Investigative (FDCS), Mikhail Kiyko, Deputy Director – Colonel General of Police FDCS, Tatiana Yakovleva, Deputy Ministry of Health, Tatiana Klimenko, Assistant to the Minister Ministry of Health, Yuri Korotkiy, First Deputy Head Federal Financial Monitoring Service, Vladimir Vinokurov, Ambassador-at-Large Ministry of Foreign Affairs, Aaron Caldwell, Moscow Country Attaché Drug Enforcement Administration, and Denis Diachkov, Counsellor Embassy of the Russian Federation.

Representing the United States were: Michael Botticelli, Deputy Director of the

ONDCP, Marilyn Quagliotti, Deputy Director for the Office of Supply Reduction (ONDCP), Rich Baum, Chief International Policy Branch (ONDCP), George Kent, Director Office of Europe and Asia Bureau of International Narcotics and Law Enforcement Affairs (INLEA), Carol Perez, Deputy Assistant Secretary (INLEA) and Robert Lubran, Director of the Division of Pharmacologic Therapies SAMHSA were also in attendance.

Attending on behalf of the Village South and WestCare were Richard Steinberg, President/CEO, Frank C. Rabbito, Sr. Vice President and Florida Association of Drug Court Professionals Board member, Village South Leadership Team, staff and clients. Also attending was Mary Smith, Deputy Director of the Miami Coalition for a Safe and Drug Free Community.

The Russian Delegation was most interested in service integration, drug courts and medication assisted therapy. Several clients from the Families in Transition program, Keys to Recovery and Adult Services shared their stories of addiction and recovery with the group. The meeting concluded with a question and answer session and a tour of the Campus.

The Village South has been visited by every Director of ONDCP and this is our second visit by the current Administration. We look forward to hosting the ONDCP again in the near future.



WestCare Senior VP Frank Rabbito (center) and CEO Dick Steinberg (far right) with visiting dignitaries

Florida



▲ Village South Residential Program Director Janet Nichols leads the tour



▲ (From left) Victor Ivanov, Michael Botticelli, Marilyn Quagliotti



▲ Gathering of global minds



Harambee Community Involvement Center Grows Stronger!

Submitted by Claudia M. Brewer

We are proud to announce that the WestCare Wisconsin team is growing stronger since adding three new hardworking individuals. Each one has been positive contributors in the Milwaukee community working in their respective roles in juvenile & adult corrections, behavioral health and social services. **Ms. Betty Erby**, will serve as the Case Manager on the DOL Face Forward project. She brings a wealth of knowledge and extensive experience working with adult men and women seeking employment preparedness, connection and retention. **Ms. Rain Harris** will also serve as the Case Manager. She brings an all-encompassing experience working with Milwaukee's youth at-risk for delinquency; and has worked tirelessly at helping those in need to turn their lives around. **Mr. Shenandoah Minor** will lead the Face Forward project team as the Program Manager after recently completing his service hours as a WestCare-AmeriCorps member. Mr. Minor is a strong advocate for improving the quality of life for those in need of spiritual guidance. He brings a plethora of experience in social services, child welfare, juvenile justice, adult corrections and re-entry.

The Face Forward project, a grant sponsored by the Department of Labor, affords WestCare Wisconsin Harambee Community Involvement Center the opportunity to positively impact the lives of young men and women between the ages of 16 to 24 who have made unwise and unlawful choices. With the strong hope of healing and helping, our agency will provide education, job training, employment and expungement services to our clients at risk of delinquency, and work to divert misbehavior and ultimately enrich their quality of life. Unfortunately, in several targeted urban areas Wisconsin has the highest rate (in the nation) of families coping with loved ones imprisoned.

WestCare Wisconsin is the lead agency collaborating with community partners so that collectively we can make a significant difference while we're uplifting the human spirit in metropolitan Milwaukee!

The WC Wisconsin Team! ▶



Wisconsin

Faith Builds Community in Racine

Submitted by Claudia M. Brewer

The WestCare Wisconsin and *Faith Builds Community* collaboration has resulted in the successful completion of a single-family dwelling in the City of Racine. After the final inspection, **Mayor John Dickert** and his Department of City Development team agreed to bring closure to the project and set the date for the official closing, which was scheduled for November 18, 2013. What a proud day for the late Dr. James G. White!

*Auriea Mosley, ▶
Racine Mayor John Dickert,
Travis Landry, Claudia Brewer*



The Shifting Dynamics of Domestic Violence

Submitted by Claudia M. Brewer

WC-WI Harambee Community Involvement Center reached out to the community to offer informational sessions on domestic violence prevention. An important focus in the scaffolding of under served populations, its women, children and families is the recognition that not every violent or potentially violent relationship ends with someone leaving the home. This mandates that intra-family domestic and sexual violence needs to be addressed for prevention, healing and families moving forward.

HOMESAFE: Domestic and Sexual Violence Prevention, is a best practices curriculum written as a continuum of Impact Coalition for Families, which provided the training in collaboration with WestCare Wisconsin. Domestic and sexual violence is multi-faceted and requires a paradigm shift approach in addressing it for prevention. Also, to understand the dynamics specifically associated with intra-family violence, particularly within cultural-context, in order to empower those who would be the catalysts for its prevention.



Dr. Alice Belcher addressing prevention class participants ▲

Wisconsin

Legislative News

Editor's note: Congressman Jim Costa, 16th District California, recently shared this news with his constituents

I'm writing to update you on what I am doing in Congress to end the HIV/AIDS epidemic and increase the quality of life for those living with HIV/AIDS.

In October, I was proud to participate in the **Fresno AIDS Walk**, an annual event that raises HIV/AIDS awareness in our community. The **WestCare Foundation**, a key sponsor of the event, has been serving our community for years by supporting those living with or at risk for HIV/AIDS. The Fresno AIDS Walk and organizations like the WestCare Foundation are critical to ending the epidemic and creating a better standard of living for those afflicted with HIV/AIDS.

In addition, just this week the U.S. House of Representatives passed with my support the HIV Organ Policy Act. I was a cosponsor of this legislation, which would create a science-based path for medical research to proceed on the feasibility, effectiveness, and safety of HIV-positive to HIV-positive organ transplants.

Treatment for HIV/AIDS has improved over the years, and more people are living longer lives with HIV. However, many of these treatments take a harsh toll on the body causing many patients to suffer from liver and kidney failure. The best treatment for liver and kidney failure is often an organ transplant, but there is a national shortage of organs available for transplant.

More than 8,000 people die each year waiting for a suitable organ to become available, and the waiting list for organs continues to grow. As the Chairman of the Congressional Caucus on Organ and Tissue Donation, I am fighting to increase organ donation and dispel fears and misconceptions surrounding the donor process. The HIV Organ Policy Act will improve the lives of many patients in need of organ transplants, including persons living with HIV.

Jim Costa,
Member of Congress

WestCare is at the forefront. Uplifting the Human Spirit.



Merry Christmas!

The true meaning of Christmas is love.

John 3:16-17 says, "For God so loved the world that he gave his one and only Son,

that whoever believes in him shall not perish but have eternal life.

For God did not send his Son into the world to condemn the world, but to save the world through him." The true meaning of Christmas is the celebration of this incredible act of love.

Favorites from WestCare Family Foodies!

Cranberry Chutney

Serves up to 10 –
or makes about 6 pint jars

Ingredients:

- 1 12 oz. bag of fresh cranberries,
(rinsed and drained)
- 2 T. unsalted butter
- 1 small onion, finely chopped
- 1 cup raisins
- 1 and 1/2 cups honey
- 1 T. ground cinnamon
- 1 and 1/2 tsp. ground ginger
- 1/4 tsp. ground cloves
- 1/4 cup apple cider vinegar
- 3/4 cup water
- 1 stalk celery, very thinly sliced
(about 1/2 cup)
- 1 red or green apple, peeled, cored
and chopped into 1/4" pieces

Recipe submitted by Deborah Zapata
– WestCare Express Graphic Designer
– Recipe originates from the Martha Stewart kitchens

Directions:

- In a medium saucepan, melt butter over medium heat.
- Add onion and cook until soft, about 3 minutes.
- Add cranberries, raisins, honey, cinnamon, ginger, clove, vinegar and the water.
- Bring to a boil over medium-high heat; reduce heat and simmer until cranberries begin to soften
(about 15 minutes).
- Remove pan from heat and stir in the apple and celery; let cool completely.
- Pour mixture into jars or airtight containers.
- Store covered, in refrigerator, up to one week. OR . . .

For a longer shelf-life, preserve in pint mason jars as one would preserve a jam. I give them away as gifts during the holidays . . .



Information Technology

An occasional column of advice from our Information Technology team

IT Corner

By Sean Harrigan – WestCare Foundation Systems Administrator

The End of Windows XP

We're about to execute the final stages of our plan to remove Windows XP from our network. We'll be moving everybody to Windows 7, and this will be complete by March 2014.

Why Are We Getting Rid of XP?

Windows XP was originally introduced in the summer 2001, and is still in widespread use today. It's a mature operating system with most of its bugs and quirks patched, and it's been a real workhorse over the years. It is, however, a bit outdated and is not supported by many modern software packages and websites.

The real driving force for this is that Microsoft will no longer support Windows XP after March 2014. This means that there will be no more security updates, and so we'll need to stop using it if we are to maintain regulatory compliance.

There are several benefits to moving to Windows 7 beyond our regulatory obligations. Here are a few of the big advantages:

- Meets requirements for modern software solutions
- Easier management and help desk assistance
- Better security
- More efficient file management and searching

How Does This Work?

As part of the move away from Windows XP, all of our new computers, as well as those that are re-imaged, have been deployed with Windows 7 for quite some time now. You've likely seen it somewhere already, and some locations may already be in full compliance. The final step in this process will be to upgrade or remove the remaining computers that haven't been upgraded or replaced via normal operations.

We're currently working to identify the sites and computers that will need to be upgraded. We'll work with management to identify a single individual on-site (IT Liaison), and we will work with that person until the upgrade is complete. The process is simple, and requires minimal user interaction.

- Identify computers running Windows XP (IT Department)
- Determine if the computer is upgradable (IT Department)
- * Examine and document current configuration and back up any data (IT Department)
- Physically locate computers needing upgrade (IT Liaison)
- Re-image computers using our network imaging solution (IT Liaison)



- Install additional software and restore any data as necessary (IT Department)

What If Your Computer Can't Be Upgraded?

The package we are deploying requires, at minimum, a dual core processor and 2GB of RAM. Anything that doesn't fit those specifications will need to be upgraded or removed from the network by our deadline. In practice, this means that computers over 6 or 7 years old may not be usable after March.

The Month of December

December Birthstone: Turquoise:

The properties with which the Turquoise, the birthstone of the Zodiac sign of Sagittarius, is associated are as follows:

- Prosperity, success, happiness and good fortune
- Open communication, protection against all diseases, regeneration, and strengthening.

Sign of the Zodiac and Dates:

Sagittarius – Nov. 23 - Dec. 21.

December Birth Flower – the Narcissus:

The meaning of the December Birth Flower, the Narcissus is respect, modesty and faithfulness

Characteristics of Sagittarius:

Ethical, Humorous, Generous, Dynamic and Compassionate.



It's Not Over . . . WCPI Remains Committed to Island Veterans

By Kelly Jensen

The Early Intervention Transition Assistance Program, EITAP, came to a close after its very successful two year pilot project. The intensive outreach project aimed to connect previous service members to benefits they may not have known they were entitled to.

Throughout the contract period, staff and AmeriCorps members participated in 119 outreach events and activities on Guam, reaching a total of more than 2,000 current service members, veterans and their families. More than 450 veterans were provided direct referrals for services at the local Vet Center.

In appreciation and efforts for continued partnerships, a luncheon was held while COO **Maurice Lee** was on island, bringing together the numerous partners who made the project so successful. A special thank you was extended to Project Coordinators **Anthony Nanguata** and **Carmelita Calvo** who unselfishly dedicated themselves to this very labor intensive project.

Our village mayors and **Senator Frank Aguon**, Chair on Veterans Affairs for the Guam Legislature have all expressed a desire for continued services and a willingness to partner in upcoming projects that will enhance the lives of our veterans and their families. This is especially important with more than 600 deployed soldiers returning home in January, many who face unemployment, and an

estimated 12,000 veterans currently residing in the region.



Project Isa-Ta team with Melissa Rhea (third from right), WestCare Program Evaluator from Fresno, California.



◀ Sarah Thomas-Nededog VP Pacific Island and WestCare COO Maurice Lee congratulate Carmelito Calvo

▼ and Anthony Nanguata



WestCare-Pacific Islands will remain committed to providing outreach and referral services on Guam and the CNMI. We still maintain a dedicated website, guamveterans.org, and will continue to sponsor the annual Women Veterans Conference.

A Wonderful Experience

*Editor's note: WestCare Director of Research and Evaluation, **Melissa Rhea**, recently visited one of the areas in her purview. Here are her post-visit thoughts.*

"I just recently had the wonderful experience of visiting our WestCare family in Guam. From my warm welcome at the airport, to a personal tour of the island, to my staff 'hiking' experience, to the school site visits for Project Isa Ta, to my despedida (Farewell), my trip was magnificent. The island is absolutely beautiful, and Sarah and the team do amazing work. I look forward to my next site visit to the Pacific Islands - Guam!"



Working for the Good of the Whole

Submitted by Sharon Steinberg – Resource Development

Members of WestCare’s Appalachia Region Management Team met for their fall session on the campus of the University of Pikeville in Pikeville, Kentucky. As with all high-level regional meetings across the country, our agency leaders gather regularly to address region-specific issues, and ways to enhance and expand services. Leaders, led by Senior VP of WestCare Appalachia Jeff Caudill represented various states including North Carolina, Tennessee, host Kentucky, and Georgia.

Outside the business part of the agenda, participants toured the University campus, on a hillside overlooking downtown Pikeville. UPIKE, as it is known, has an enrollment of nearly 2,500 students and offers classes in six academic divisions and a College of Medicine. The University and WestCare have become tremendous community partners.

The second day of the regional meeting was spent at the Hal Rogers Appalachian Recovery Center in Ashcamp. The 88 bed adult male residential program offers a minimum 90 day stay and is widely regarded as a model for community treatment programs.

Kentucky



WestCare Regional leaders outside the Ashcamp facility.



WestCare regional leadership team meets on the University of Pikeville campus



Happy Hanukkah – Nov 28th to Dec 5th

Courtesy of www.timeanddate.com and www.nytimes.com

Many Jewish people in the United States mark the last day of Hanukkah as the end of the Hanukkah celebrations. Hanukkah, also known as the Festival of Lights, is an eight-day Jewish observance to commemorate the Jewish people’s struggle for religious freedom.

The last day of Hanukkah is the eighth day of Hanukkah. It is known as Zose Hanukkah, Zos Hanukkah or Zot Hanukkah. It is the second day of the month of Tevet and marks the day on which the great miracle of oil occurred, according to Jewish belief. It is a particularly special day because it encapsulates all of Hanukkah.

The original miracle of Hanukkah was that a committed band of people led a successful uprising against a much larger force, paving the way for Jewish independence and perhaps keeping Judaism itself from disappearing. It’s an amazing story, resonant with America’s own founding, that offers powerful lessons about standing up for one’s convictions and challenging those in power.



Kudos!

WestCare Honors Its 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.

California – *Louis Angel*

Late last month, WestCare California Substance Abuse Counselor **Louis Angel** flew to Utah to speak at the Focus on the Future conference, presented by the Utah Department of Human Services' Child Welfare Institute. He presented on the topic of having a strong father figure in the lives of children while relating it to his own history of addiction. Louis recalls the event:

“Going to Utah and presenting my life story of addiction, struggles and overcoming was an awesome experience for me. I never imagined in a million years that my testimony would be told in front of 500 to 600 social workers. It was truly a once in a life time opportunity for me.

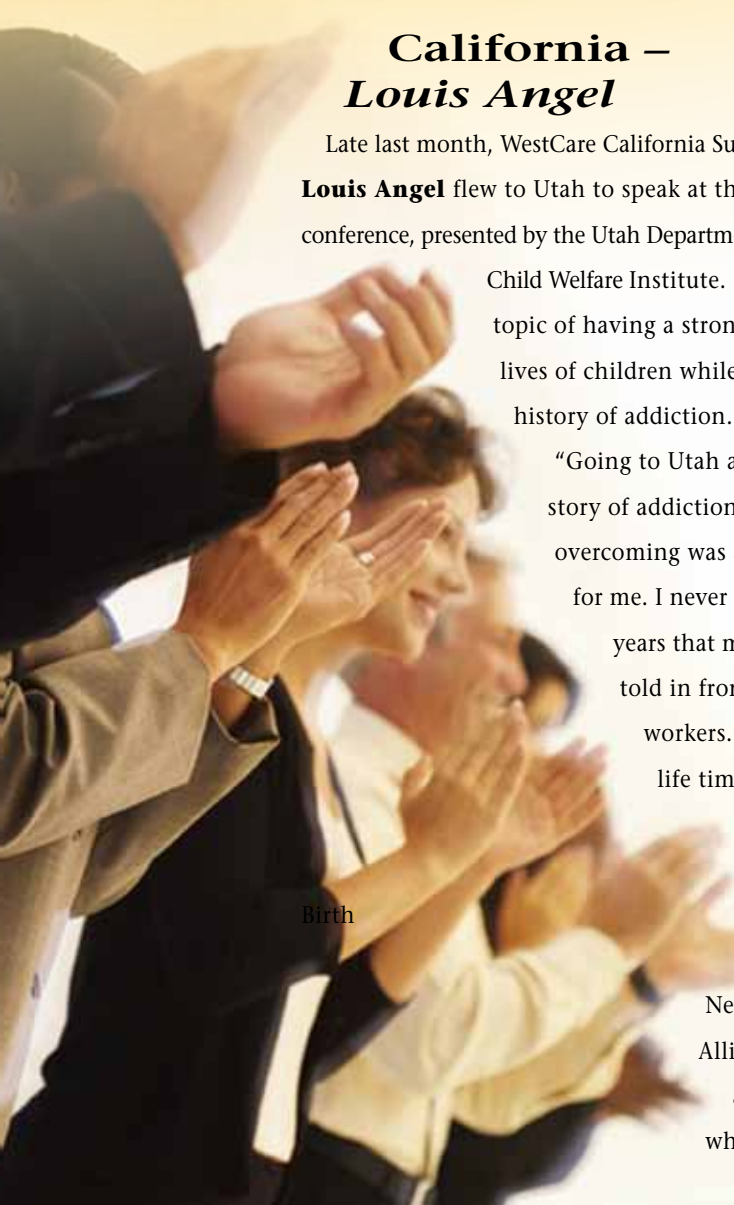
I would like to thank the Casey Foundation, Parents National Network and the National Alliance of Children’s Trust and Prevention Funds who made this possible.”



Louis Angel also hosts an on-line radio program. Visit blogtalkradio.com



Louis Angel with Utah conference organizers



Birth

Human Rights Day – December 10th

Courtesy of www.timeanddate.com



The United Nations' (UN) Human Rights Day is annually observed December 10 to mark the anniversary of the presentation of the Universal Declaration of Human Rights.

Events focused on the Universal Declaration of Human Rights are held worldwide on and around December 10. Many events aim to educate people, especially children and teenagers, on their human rights and the importance of upholding these in their own communities and further afield. Human Rights Day is a global observance and not a public holiday.



Did You Know?

For some odd reason, the number 9 has always been considered by mathematicians to have some super power. Some say it goes back to the Holy Trinity since $3 \times 3 = 9$. And later in Victorian times, a person who was all dressed up was said to be “dressed

to the nines.” So what does this have to do with clouds?

It was believed that clouds existed on a successful level of layers, and the ultimate high layer was 9. So anyone who is suddenly super happy was said to be

soaring in the clouds and naturally the level of the cloud they were assumed to be on was the highest . . . level 9. Today another way of saying you are very happy and even in some cases, in love, is to say that you are on cloud 9.

Offering Help to the Homeless

By Bradford Glover – *Community Involvement Center Director*

The Nevada Homeless Alliance’s (NHA) signature event is Project Homeless Connect (PHC), a service and resource fair for the homeless and low income. Services aim to break down barriers to housing and self-sufficiency, including but not limited to shelter, health care, legal issues, job readiness, food and behavioral health. PHC includes more than 100 service providers and 700 community volunteers who serve more than 3,000 individuals per event. It has been a community event for the last 21 years. The event will focus on serving not only those who are currently homeless, but those at risk of homelessness.

On November 19th at Cashman Center in Las Vegas, WestCare NV participated in this sensational event. We had two tables, one for homelessness among youth and the second table focused on behavioral health services for the homeless. I would like to thank the following staff that took time to participate

in the event: From the Las Vegas Community Triage Center: **Christopher Nelson**, Program Coordinator; **Ramona Muzquiz**, Case Manager; **Andre Hughes**, Case Manager; and **Jaclyn Sutton-Rangel**, Case Manager. From the Las Vegas Women and Children’s Campus; **Ganessa Mak**, Case Manager and **Sabrina Macias**, Case Manager.



▲ (From left)
Lawanna Calhoun,
Ramona Muzquiz,
Bradford Glover



◀ (From left)
Sabrina Macias and
Genessa Mak

Nevada

Celebrate Kwanzaa – Dec. 26th to Jan. 1st

Courtesy of
www.timeanddate.com



Kwanzaa is a week-long holiday honoring African culture and traditions. It falls between December 26 and January 1 each year. Maulana Karenga, an African-American leader, proposed this observance and it was first celebrated between December 1966 and January 1967.

Originally the people observing Kwanzaa did not mix any elements of other festivals into their celebrations. However, in recent years, it has become increasingly common for people to mix elements of Kwanzaa with Christmas or New Year celebrations. For instance, a family may have both a Christmas tree and a Kwanzaa candle stick on display in their home. This enables them to include both Christian and African inspired traditions in their lives at this time of year.