



DECEMBER 2015

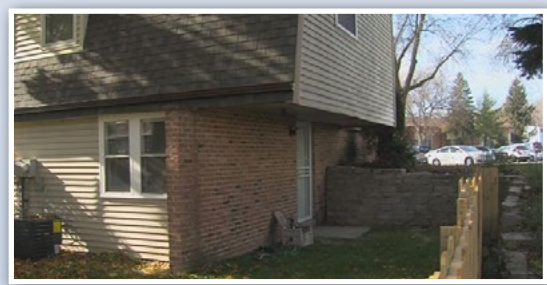
THE WESTCARE EXPRESS

IN THIS ISSUE

A Home...for the Holidays



United States Air Force veteran **Talaya Scott** is now the new owner of a condominium on Milwaukee's Northwest side, accepting the keys from WestCare Chief Operating Officer **Maurice Lee** and Wisconsin Business Manager **Claudia Brewer** at a special ceremony. Ms. Scott is the first veteran to receive a condo, refurbished by our Facilities Management crew, under a program started by WestCare Wisconsin in cooperation with the City of Milwaukee.



She got a special waiver to enter the Air Force at age 17. She then returned and now works at the refueling wing in Milwaukee while attending school to get her masters degree in finance. The single mother of three says she was honored and grateful. *"This opportunity came into my life when I was going through a very, very rough patch,"* Scott told CBS 58 News.

Thank you for your service, Ma'am. And Merry Christmas.

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IN THE NEWS: *Coming Home - Not as Easy as it Sounds*

(For full article, please read: www.hazelden.org/web/public/davecominghome.page)

Dave Youngquist served as a Captain in the US Army from 1966 to 1970. He spent all of 1968 in Vietnam, at the height of the war—during the Tet Offensive. Almost one-third of the Americans who died fighting in Vietnam were killed that year. He was wounded and returned home with a Purple Heart and a Bronze Star. The physical wounds healed, but Dave didn't realize until many years later that he was suffering from emotional wounds. He started drinking when he came home. It took him over 38 years to stop.

Dave, from Minnesota, is a beloved member of the WestCare Board and Chair of the Veterans Committee.

Here is a portion of his story, excerpted with permission from the Hazelden Foundation.



"I received an appointment to West Point, and started at the Academy in 1962. Four years of college and 18 months of training later, I was sent to Vietnam.

It was the worst fighting of the war. Some 30 of my 580 fellow Academy graduates didn't make it home. 125 of them were wounded, most of them shot up worse than I was.

When I came home, I was out of sync. I jumped at loud noises—I still do that. I had trouble sleeping. I'd wake up in the night sweaty and clammy, dreaming of fights, reliving those experiences.

I never talked about the war with my wife or family. I withdrew from close relationships. I'd get mad at my wife if she wanted to sit in the front. I never thought about why I had to sit in the back or on an aisle near an exit—I thought it was normal. I drank very little in Vietnam, but that changed when I came home. I needed to dull my senses. I moved from having one beer at night to two, then switching to something stronger so I didn't have to drink so much to get the relief.

IN THE NEWS: *Coming Home - Not as Easy as it Sounds (Con't.)*

Today, I attend a couple of different groups--and one of them is just for veterans. One night, at the vet group, this rough, grizzly guy said stood up and said, 'Helping other people makes you feel good about yourself. And our sobriety is dependent on feeling good about ourselves as people.' That really hit home with me, and I took it to heart. I became deeply involved in several service organizations. I do a lot of work with veterans returning home, helping them to assimilate back into jobs, family, and society.

And I ride a lot. For me, riding a motorcycle is almost as good as a 12-step meeting, because it's a time for reflection and thankfulness for life. If I feel grumpy and think I need a meeting in the middle of the day, I jump on my motorcycle, get out in the country, smell the smells, and come back with a clear head."

Being a recovering alcoholic is more than not drinking. It's beginning a life where--for the first time--you understand yourself. And understanding that giving back is the key to life, and to maintaining sobriety."

NEVADA: *Dual Purpose for New WestCare Facility*

By Darlene Terrill, Development Director



WestCare President/CEO Richard Steinberg, flanked by Councilmember Ricki Barlow and Mayor Carolyn Goodman

It's no secret that the healthcare sector in southern Nevada is often overwhelmed by the number of people seeking immediate crisis services, with a limited number of available facilities to meet this need. WestCare Nevada continues

NEVADA: Dual Purpose for New WestCare Facility (Con't.)

to help fill the gap, by opening a 51 bed facility for men and women. A grand opening and ribbon-cutting ceremony for the 22,000 square-foot renovated building was held in late October at the Las Vegas site.

The center, which will be open 24 hours a day, is divided into two sections – a crisis portion, and community resource area that will provide a variety of services. Among the services are: prevention education; outreach; outpatient counseling; substance abuse outpatient treatment; mental health services; and assessment intake. The other side houses the new



upgraded Community Triage Center which provides safe, medically supervised detoxification.

Mr. Steinberg said the new Community Triage Center will help alleviate much of the overcrowding that hospital emergency rooms experience when first responders bring individuals there who need immediate substance abuse and mental health attention.

The new center will specifically allow paramedics and police officers a place to transport individuals seeking mental crisis help. Following assessment, WestCare professionals will then either intake the patient or direct and facilitate the patient's relocation to other facilities.

"We are always looking for new ways to serve the community and underserved populations," said Mr. Steinberg. "This new facility will be open to anyone who is battling addiction and mental health issues. We are proud to be a light in the dark for those who are suffering."

WISCONSIN: *The New Milwaukee Mindset*



In the fall of 2014, WestCare launched its Cognitive Restructuring Program in Milwaukee Public Behavior Reassignment High Schools. Since then, the program has served over 100 at risk youth.

As the program embarks upon its 2nd year, WestCare counselors are reminding students of a simple message: *“New Beginnings Are Possible.”*

Our Cognitive Restructuring Program aims to assist students with developing the critical thinking skills and cognitive infrastructures they need in order to make better decisions.

Through provision of Cognitive Behavior Therapy (CBT), students explore various topics such as risk situations, drug use, violence, gangs and urban social dynamics. Wisconsin’s *“person centered”* approach to CBT has really helped at risk youth to embrace the hope that *“New beginnings ARE possible.”*

FAMILY FEEDBACK

“WestCare EXPRESS is so uplifting. I love reading each and every page. I particularly liked the Mental Health and Spirituality Page. I would like to read more about that. It is a wonderful newspaper.”

- **Patti Munson**, Administration, Arizona

“It is truly wonderful to have all of our programs share our experiences and successes. This newsletter helps unite us all.”

- **Maryann Calderon**, Housing Services Coordinator, California

WISCONSIN: *Uniting a Thankful Community*

WestCare in Milwaukee hosted a “CommUNITY Thanksgiving Feast” at the Harambee Community and Involvement Center three days before the holiday. They wanted to be able to provide a festive atmosphere and give thanks to the community.



“We uplift the human spirit. That is our motto, that is what we live by and that’s what we wanted to do today, uplift the human spirit. We know that in Milwaukee, some people are having a very difficult time because of the economy and the joblessness, so come on and break bread and have a good time,” said **Elizabeth Coggs**, Regional Vice President.



This is was the first time the organization hosted the event. They hope to continue it every year going forward.

DID YOU KNOW? *World AIDS Day is December 1st*

World AIDS Day is held on the 1st 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, held for the first time in 1988. Wearing a red ribbon is one simple way to show your support.



THE QUESTION CORNER: December 2015

“Using your own criteria for favorite month, how does December rate on a scale of 1 to 10 (1 being the best). And explain your ranking.”



Penny Bonanno
Nevada (Foundation)

“It would definitely be Number One. December is all about family and giving back to those in need or those who give to us all year long. One example of giving back would be to adopting a family for the Holidays and providing them with toys for their children and much needed everyday items. We also give back by thanking all the teachers and staff at our daughter’s elementary school. The best gift and most rewarding feeling is giving back and knowing that paying it forward is contagious!”

- **Penny Bonanno**, *Accounts Payable*



James Glass
California (Bakersfield)

“# 1, because it’s the month of giving. I know that giving stuff to people really brings out the best in you and the best in the person you’re giving to.”

- **James Glass**, *Kitchen Manager/Maintenance*



Raymond Gonzales
California (SJVV)

“For me, it would be a three. When I was a kid, I really loved December because of the winter break from school. Today, I still love it, but it seems more commercial and it seems like everyone wants to outdo everyone else. I still love the parties, the food and of course Santa, but could use less commercialization and more love.”

- **Raymond Gonzales**, *Outreach Counselor*

THE QUESTION CORNER: December 2015 (Con't.)

"December rates a 1 on my monthly scale. December is a magical time with the lights twinkling in the crisp night sky. It's a time with friends and family, hot chocolate and warm blankets. Christmas is my favorite time of year because I love to give presents to the ones that I love and it's a huge bonus that Christmas happens to be in December! December also means big warm jackets and fluffy scarves, baking cookies and other good treats, Christmas movies (my all-time favorite is "Elf") and the gathering of people who make your world a better place. I know that you can do all of these things in any of the months of the year, but they don't seem the same unless they are in December. I also love decorating for the holidays as Christmas is probably the only holiday that I decorate for. These are just a few of my favorite things!"



Erin Shelton
California (Chowchilla)

- **Erin Shelton**, *Administrative Asst. - State Women's Prison, Chowchilla Chowchilla, CA*



Village Community
Pacific Islands

"December is on the top of my list. The first weekend of the month is our village's fiesta when people honor our patron saint Santa Barbara. There is wonderful prayer and solidarity with friends and family enjoying great food and music. Also, community groups spearhead gifts to thousands of victims of domestic violence and the homeless to help uplift their spirits during the holiday season. December is truly a time of joy and sharing of love - opening doors to family, friends and even to strangers as we celebrate a renewal of life and of giving the very special island way. "

- **Sarah Thomas-Nededog**, *Vice President - Pacific Islands*

THE QUESTION CORNER: January 2016 Question

For January: *"When you were in high school, did you have future goals? What were they?"*

Please send your response and photo (teenage photo would be cool!) by Tuesday, December 15th to john.wallace@westcare.com.

EXPRESSIONS: A “Family” Gift Idea You May Want to Consider

By John Wallace, Editor



I had a nice feeling the other day when I looked at my pay stub. No, not the ‘Pay to the Order of,’ but rather the amount of unused sick time I had accrued. Sure, it felt good that I hadn’t needed it, but doubly good that I could donate some of it to the WestCare Catastrophic Leave Bank. The what?

From the Handbook:

“WestCare has a program for the purpose of providing a bank of hours for “catastrophic leave” available for the use of full-time employees. The hours available in this bank are for an employee when he or she, or a member of (their) immediate family, experiences a catastrophe, and the employee has used all of (their) accrued leave.

Examples:

- *The employee is unable to perform the duties of (their) position because of a serious illness or accident which is life threatening or which will require a lengthy convalescence.*
- *There is a serious illness or accident that is life threatening or which will require a lengthy convalescence in the employee’s immediate family.”*

- This great program has been in place since 2002.
- Average approved per year 2002-2014 is 778 hrs, almost 20 full work weeks.
- Many employees have regained their health, returned to work and later donated hours into the program.
- It’s a benefit people see very little of elsewhere.

Wouldn’t you feel good about lifting the burden of stress, worry and heartache from another WestCare employee? Just contact your HR representative, or our Foundation headquarters to find out how you can.

Are you someone who has benefitted from the Catastrophic Leave support program? Let us know. We’d love to share your story.

ILLINOIS: Oh...Babies!!!

By Jessica Bateman, Certified SA Counselor-Sheridan Correctional Center

When most people hear the term “Baby Boom” they think back to the 40’s, but right here at WestCare in Sheridan, Illinois, we have had a baby boom of our own. We all joke that we must’ve had some cold Illinois winters for seven babies to be born to staff in 2014, four more in 2015! It was an unusual sight to see so many expectant mothers at one time here at the Correctional Center.

With many schedules to coordinate it was impossible to get everyone together, but on August 30th, 2015, four of the eleven new mothers met with their little ones for a picnic at Sheridan’s Centennial Park for a summer celebration of new life. We ate, laughed, talked about our triumphs and difficulties as new parents (many of us are first-time moms), and enjoyed the sunshine.

Although some have chosen to take on the challenge of being stay-at-home-moms and are no longer with WestCare since the birth of their child, we wish the best for all the new mothers and their beautiful families!

- **January 2014:** Cassandra Nissen, SA Counselor, welcomed her son **Griffin** (not pictured)





ILLINOIS: *Oh...Babies!!! (Con't.)*

- **May 2014:** **Janell Fasso**, *Historian*, welcomed her son (not pictured)
- **July 2014:** **Amanda Stotler**, *SA Counselor*, welcomed her son **Sawyer**
- **August 2014:** **Lauren Holt**, *Clinical Supervisor*, welcomed her son **Reece**
- **October 2014:** **Dottie Groesch**, *Historian*, welcomed her son **Everett**
- **November 2014:** **Elizabeth Taylor**, *SA Counselor*, welcomed her daughter **Jasmine**
- **December 2014:** **Jessica Bateman**, *SA Counselor*, welcomed her daughter **Jocelyn**
- **January 2015:** **Janel Reinhart**, *SA Counselor*, welcomed her daughter **Josie**
- **January 2015:** **Erin Nolan**, *SA Counselor*, welcomed her son (not pictured)
- **June 2015:** **Cassandra Godinez**, *SA Counselor*, welcomed her son **Emiliano**
- And **Michelle Erickson**, *SA Counselor*, delivered a healthy baby boy, 7lbs. 11 oz., **Nathaniel Ryan** on **October 24, 2015!**

And the boom seems to keep on going, as **Megan Hyslop** recently announced that she will be welcoming a new addition to her family in spring 2016.

Welcome to the next generation of WestCare!

FLORIDA: *WestCare...Not Just a Place to "Dry Out." Here's Proof:*

The Village contributed to the long term follow-up study of the Clinical Trials Network (0014) - Brief Strategic Family Therapy study, looking at the comparative impact of BSFT versus Treatment as Usual (TAU) 3-7 years after randomization, and 2-6 years after the 12 month effectiveness study results. When compared with TAU, BSFT youth reported lower incidence of lifetime and past year arrests, lower rates of lifetime and past year incarcerations, and low scores on externalizing behaviors. The paper is: A Cross-Sectional Assessment of the Long Term Effects of Brief Strategic Family Therapy for Adolescent Substance Use, *The American Journal on Addictions*, 24: 637-645, 2015 and copies can be acquired by emailing Dr. **Michael Miller** at michael.miller@westcare.com.



FLORIDA: *Great Partners Help Mustard Seed Thrive*



On November 10th, volunteers from the Claybaker D.U.S.T.O.F.F. Foundation and St Pete Woodcrafters Guild built a “*Keyhole Garden*” at the GulfCoast’s Mustard Seed Inn Veterans Community Living facility.

The keyhole garden is elevated and features an active compost to keep the garden flourishing throughout the year. Mustard Seed staff **Mei Clarkson** and Mustard Seed resident **Ron** helped with the planting. A few of the items this garden will produce include tomatoes, lettuce, bell peppers, parsley, oregano and lavender.



Follow this link for more information on the Claybaker D.U.S.T.O.F.F. Foundation and Charles Claybaker’s inspiring story.



Website: www.claybakerdustoff.org

FLORIDA: Dating Violence... A Survivor's Story

By Susan Rinaldi, HR Director, Eastern Region

Melissa Dohme made national news in 2012 when she was brutally attacked by her ex-boyfriend outside of her home in Clearwater, Florida, in a highly publicized incident of dating violence.

The National Center for Victims of Crime defines dating violence as controlling, abusive, and aggressive behavior in a romantic relationship. It can include verbal, emotional, physical, or sexual abuse, or a combination.

In November, Melissa shared her harrowing story with clients of WestCare Florida - Gulf Coast and members of the community at WestCare's Davis-Bradley Community Involvement Center in St. Petersburg.

Stabbed 32 times with a box cutter and left for dead, Melissa says two nearby teens that intervened by calling 911 saved her life. Minutes after the attack, Melissa was airlifted to the hospital where she flat-lined four times, suffered a stroke, had a fractured skull, nose, and jaw, facial paralysis and stabbed larynx. Melissa says it is a miracle that she is alive today. *"I believe I was saved to tell my story,"* says Melissa.



Her ex-boyfriend, believing he had succeeded in murdering Melissa, survived a suicide attempt and is now serving a life sentence with no chance of parole. Melissa credits her faith with her ability to accept, forgive, and move on. She says she was saved to educate others about the dangers of dating violence. She now works as a domestic violence advocate for a local nonprofit.

Melissa's story does not end there. She made national news again earlier this year when she accepted a marriage proposal from the paramedic who responded to her 911 call three years earlier. The two developed a relationship after reconnecting at one of Melissa's survivor speeches following her recovery. More information on her story can be found at *"Support Melissa"* on Facebook. The one-hour *"48 Hours"* episode about Melissa is available at cbsnews.com. Information about dating violence is available to share with staff and clients at www.victimsofcrime.org.

KUDOS! Our Monthly Shout-Outs to Exceptional Employees



Marcia Jackson
St. Petersburg, FL

A fond farewell to *The CARFinator*, AKA **Marcia Jackson**, *Director of Accreditation*, who retires after nearly 10 years with WestCare. Marcia joined the WestCare family in 2006, as a policy developer for WestCare Florida - Gulf Coast, Inc. Since then, she has facilitated more than 20 successful CARF accreditation site surveys.

“What I appreciate most about Marcia is her structured approach towards solving problems,” says Marcia’s supervisor **Bob Neri**, Senior Vice President and Chief Program & Service Officer. *“She is always willing to do what is needed.”*

And Marcia, whose hometown is St. Petersburg, remarked: *“I have had many wonderful opportunities and experiences. I continue to have great admiration for the dedicated professionals working across WestCare.”*

Thanks for your tremendous work, Marcia, and best wishes to you and your family.

In Guam, a local broadcast station, KUAM, recognizes local community members who are leaders in various categories. This year, WestCare Pacific Islands’ leader **Sarah Thomas-Nededog** received the award for Selfless Service.

KUAM’s General Manager and Executive Producer **Marie Calvo-Monge** called Sarah *“a fearless community leader whose name is synonymous with great non-profit organizations in the region.”* KUAM also noted the great work of WestCare in island communities.



Sarah Thomas-Nededog
Guam / Pacific Islands

KUDOS! Our Monthly Shout-Outs to Exceptional Employees (Con't.)



WestCare Illinois Staff
Sheridan, IL

WestCare sites continue to colorfully support various social causes on their calendars.

Outstanding participation by **Sheridan, Illinois** staff in recognizing both *Domestic Violence and Breast Cancer Awareness* with their purple and pink display.

And, same for **WestCare Florida** headquarters employees who sported the pink.



WestCare Florida Headquarters Staff
Miami, FL

Over on the **Gulf Coast**, they rocked the blue outfits, calling attention to *Suicide Prevention*.

Lookin' good!



WestCare Florida Gulf Coast Staff
St. Petersburg, FL

KUDOS! *Our Monthly Shout-Outs to Exceptional Employees (Con't.)*



Debra Borjas
Fresno, CA

Fellow staffers at San Joaquin Valley Veterans are heaping praise on **Debra Borjas**, who helps out the veteran advocates so much with Walmart requests three times a week and two clients per day. She is often overwhelmed with shopping requests, scheduling and calling the veterans, but she knows the true meaning of a team player. She loves to see our veterans happy when she delivers the Walmart home goods.

Wow, what a great WestCare employee!

A blanket congratulations to **WestCare California** and **San Joaquin Valley Veterans** for achieving national recognition in the *Day for the Brave*, the first online giving event to raise funds and awareness for homeless veterans. Local efforts quickly raised \$2,615 to rank #1 in the 25 Cities category and #1 among Homeless and Humanitarian Aid agencies.

Outstanding!!!



Veterans - Day of the Brave Event
Fresno, CA

DID YOU KNOW? *December is National Safe Toys and Gifts Month*

In the United States, December is observed as "*Safe Toys and Gifts Month*" as a means for alerting us to the need to be careful when making our toy and gift choices, and to prompt us to keep in mind their safety and suitability. Knowing what to look out for can make a big difference in preventing possible injuries from well-intentioned gifts.

CALIFORNIA: Fresno Veterans Day Parade

(California news items provided by Michael Mygind and Gabriela McNiel.)



A tremendous showing by WestCare at the Fresno Veterans Day parade, the largest in the West.

The pictures tell the story.

CALIFORNIA: *"Well, We're Movin' on Up!"*



Another record-setting number of graduates shared their success with family and friends in late November. These men, women and adolescents completed all phases of their treatment programs and walked the stage at Fresno's historic Tower Theater. The night was filled with reflection, song and powerful messages. For the over 600 individuals in attendance and our newest graduates, it was truly an amazing night.



THE GREEN CORNER: Volume 14

The volume of household waste in the United States generally increases 25 percent between Thanksgiving and New Year's Day – about 1 million extra tons. (<http://www2.epa.gov>)

You can use simple ways to “green” your holiday season and minimize your impact on climate change. It takes only a small commitment to protect the environment.

Recycle



- Eat Sustainable Food
- Consider membership to a local community supported agriculture (CSA) program
- Use compost containers for food scraps
- Recycle soda cans, bottles, and paper products
- Use reusable dishware and utensils or buy them made from recycled or compostable material
- Buy holiday cards that have paper with the highest % of post-consumer recycled content
- Make your own cards from paper you'd throw away

Reuse



- Reuse gift wrapping or use maps, Sunday comics, and posters.
- Wrap gifts without a box
- Save ribbons, bows and bags for next year
- Consider a tree that can be replanted later.
- Look for ways to compost your tree instead of sending it to a landfill
- Check with your community solid waste department for tree mulching programs

Reduce



- Give gifts of your time (cooking, babysitting, or gardening), a charitable donation, or tickets
- Purchase renewable energy certificates. (<http://www3.epa.gov/greenpower/>)
- Use Energy Star energy efficient lighting such as LED outdoor holiday lights
- Put lights on a timer or turn them on only when someone's home
- Consider public transportation, carpooling, and combining several errands into one trip
- Reuse cloth shopping bags
- Combine purchases into one bag rather than getting a new bag at each store

Good **green** habits give to the earth all year long!



IOWA: *A Different War, a Different Homecoming*



Family Alliance for Veterans of America (FAVA) held a Veterans Day program and luncheon with guest speaker Master Sgt. **Glen Pannkuk**, a Vietnam and Desert Storm veteran who served two years active duty in the Army and 23 years in the National Guard.

His message was inspired by how he and his fellow soldiers were treated when they returned home from Vietnam. He spoke honestly about his own struggles and how he's worked to overcome them throughout the years. He shared a handful of poems he wrote that expressed not only how he was feeling as he returned home from Vietnam, but that echoed the thoughts and struggles of many other veterans.

U.S. VIRGIN ISLANDS: *Outreach in the Classroom, Community*

By Kendall Tutein, Vice President



The Village Virgin Islands was invited to participate at a Housing Authority Rally and Fun Day, and a junior high school Red Ribbon Activity

Aja Barretto, Community Health Worker and **Jelesmaire Woods**, Residential substance abuse therapist represented The Village by providing prevention education materials and giveaways to the young people and their families attending both events.



The Village is a member of the Virgin Islands Coalition Against Underage Substance Abuse (VICAUSA). Approximately 50 students viewed “*The Choice is Yours*” Public Service Announcement during lunch hour at the Woodson school Red Ribbon event. Water bottles, along with alcohol and marijuana prevention information, were distributed to the students.



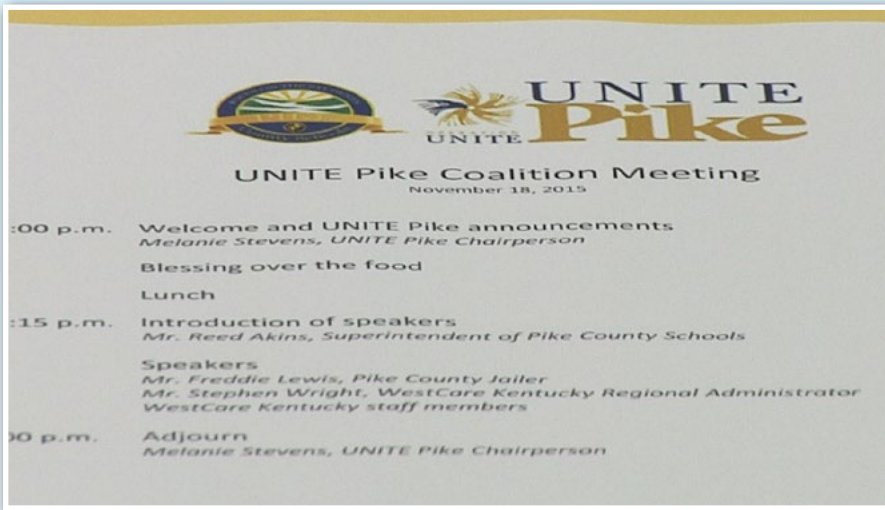
Attendees at the Virgin Islands Housing Authority Rally and Fun Day included school aged children, parents and others from the community. The Virgin Islands Department of Health partnered with The Village Virgin Islands/WestCare by providing prevention education displays as well as drug and alcohol prevention education materials at the event.



KENTUCKY: Rehab and Family - Bridging the Gap

Courtesy WYMT - Hazard, KY

<http://www.wkyt.com/wymt/home/headlines/Womens-Drug-Treatment-Center-coming-to-Pike-County-351512951.html>



WestCare Kentucky made a big announcement at a recent Unite Pike Coalition Meeting.

A one million dollar grant will help open a drug treatment facility for women and children. Currently, WestCare's only residential drug treatment facility in Pike County is for men. Officials say being able to treat women in the community will help families overall.

"One of the big problems we have with substance abuse is that in families the male will leave and go home and there's still abuse in the family and the children don't get services either. Now we're able to move toward a model where we can provide treatment for the whole family and trauma services for the children," says the Regional Administrator for WestCare Kentucky, **Stephen Wright**.

Officials say the Judi Patton Center will open in about two years.

DON'T FORGET: Support WestCare by Shopping at AmazonSmile

If you're doing your holiday shopping online, you can help WestCare by shopping online at **AmazonSmile** and selecting **WestCare Foundation** as your charity of choice. A portion of the proceeds will be donated to WestCare. You can give by going to <https://smile.amazon.com/ch/86-0852629>.



GEORGIA: The “Move Forward” Fellowship

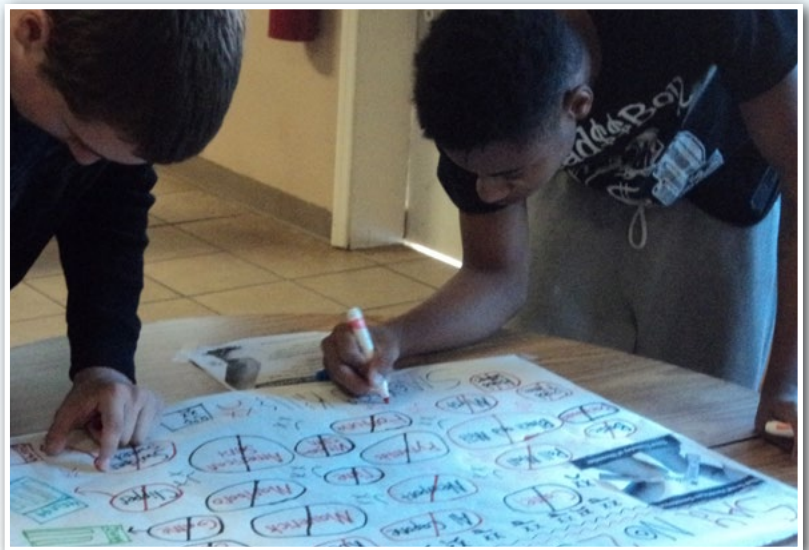
By Jacqueline Francois, Recreational Therapist

To kick off the holiday season, the family at Boggs sat down to a three course meal. The appetizer course consisted of Community Day which highlights campus accomplishments, educational milestones, and clinical achievements, and nicely seasoned with a little entertainment provided by our talented residents. The main course was a satisfying fellowship lunch orchestrated. For the final course, our young birds took to the track for the Annual Turkey Trot race.

For many of the residents this was a new way to experience life outside of home during the holidays, and to realize that love, sharing and togetherness can appear in multiple forms, inspiring journal entries like this:

“WestCare is all about moving forward, striving for success, achieving goals, and being consistent. When times get tough it’s not about waiting for the storm to pass but learning how to dance in the rain. We also had a health topic that day which was the danger of smoking and tobacco use, using the Great American Smoke Out as our inspiration. Smoking is a negative behavior and correcting negative behaviors is part of moving forward in WestCare. We continue to uplift the human spirit here at WestCare.”

- Landon G.





WESTCARE CALENDAR OF EVENTS: *December 2015*

DECEMBER

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

December Monthly Observances

- *Colorectal Cancer Education & Awareness Month*
- *International AIDS Awareness Month*
- *Drunk & Drugged Driving Prevention Month*
- *Safe Toys & Celebrations Month*
- *Safe Toys & Gifts Month*
- *Take a New Year's Resolution to Stop Smoking*
- *Tie One on for Safety Campaign*
- *Universal Human Rights Month*
- *World AIDS Month*
- *Worldwide Food Service Safety Month*

December 4 (10am-11am PT)

- **California - CAC Meeting** (*Wedgewood Banquet - Fresno, CA*)

December 8 (8am-11am ET / 11am-1pm PT)

- **Eastern Kentucky - CAC Meeting** (*Ashcamp, KY*)

December 9 (4pm-5pm PT)

- **Arizona - CAC Meeting** (*Bullhead City, AZ*)

December 15 (8am-9am PT / 11am-12pm ET)

- **Executive Teleconference Meeting**

December 25

Holiday - Christmas

Happy Holidays to all of our WestCare Friends and Families

Merry Christmas  
and happy new year