



WESTCARE EXPRESS



The WestCare Foundation Employee Newsletter

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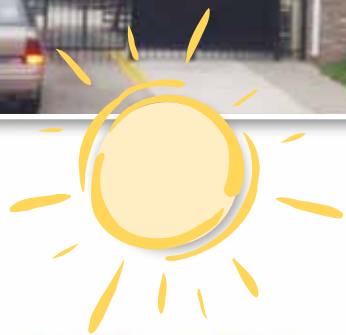
February 2011

Sober Living Complex Honors the Late Hal McKinney

Submitted by staff

WestCare California recently refurbished and opened a 13 unit apartment complex in north Fresno to house male and female participants in the SASCA and Day Reporting programs. The Sober Living site was dedicated in the memory of former Fresno County Sheriff, Harold C. McKinney, who passed away last summer.

Mr. McKinney was a long-time member of the WestCare California board, and prior to that assisted The Third Floor program. McKinney Plaza features a total of 52 beds, and also houses WestCare Works employees, many of whom were responsible for the excellent renovation job.



UPLIFTING THE HUMAN SPIRIT

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Valentine's Day is February 14th!

Saint Valentine's Day (commonly shortened to Valentine's Day) is an annual commemoration held on February 14 celebrating love and affection between intimate companions. The day is named after one or more early Christian martyrs named Valentine and was established by Pope Gelasius I in 500 AD. It was deleted from the Roman calendar of saints in 1969 by Pope Paul VI, but its religious observance is still permitted. It is traditionally a day on which lovers express their love for each other by presenting flowers, offering confectionery, and sending greeting cards (known as "valentines"). The day first became associated with romantic love in the circle of Geoffrey Chaucer in the High Middle Ages, when the tradition of courtly love flourished.

Modern Valentine's Day symbols include the heart-shaped outline, doves, and the figure of the winged Cupid. Since the 19th century, handwritten valentines have largely given way to mass-produced greeting cards.

Annalissa Madriaga

From the Western Region comes this shout out to Annalissa Madriaga, Registered Nurse at the Family Foundations Program in San Diego, California.

Says Program Director Deborah Freeman: "Annalissa is absolutely awesome! She never complains, does her work with a smile, and goes above and beyond in all that she does. In short, she is the best!!"

WestCare California



Special Valentine's

We Salute Our WestCare Georgia Valentine Sweetheart!

Miltina Frazier! One of WestCare-Georgia's first employees. Miltina joined the team in 2003 as the Direct Care Worker at the DeKalb County Children's Center, a program that aimed to uplift the human spirit within the lives of youth between 13 to 16 years of age. WestCare Georgia was awarded grant funding for the HIV/AIDS CARES Outreach Program and Miltina was hired as the Outreach Coordinator Specialist. The CARES Program empowers youth and promotes HIV prevention and education. This young woman diligently serves the Metropolitan Atlanta area youth and young adults between ages of 13 to 21. She has nurtured the CARES program and been a power of example to the Youth Independent Living program.

Miltina Frazier one of WestCare Georgia's finest, demonstrates the strength of a mother, the skills of a teacher, the safety of a counselor and the stability of a mentor and we SALUTE YOU THIS VALENTINE SEASON, for YOU are A SWEETHEART to this region, and we CONGRATULATE you and your husband as you move forward in birthing your very own bundle of joy this spring season!



By Canzada Twyman
*Blanket Atlanta Program Manager
WestCare Georgia*



Tamara Cearns

Iwould like to give a special Valentine's shout out to Tamara Cearns. Tamara is the Data Entry/Clerical staff at the WestCare program in Torrington, Wyoming. Tamara is one of those rare individuals that doesn't know how to say "no". She consistently volunteers to help organize files, enter the data, and makes suggestions for modifications to forms. She is a tireless worker willing to stay late or come in on weekends. She is very conscientious about her job and strives to ensure things are done correctly. Tamara is truly an asset to the overall operations in Wyoming.

By Mike Rothwell
*Vice President,
WestCare Wyoming*



Former WestCare California Employee, Tim Scott, Continues Living Life to the Fullest

By Tim Scott

Editor's note: Tim Scott has literally seen most of the world in his young life. This latest chapter in his colorful, incredible wanderlust has found him overseeing elections in Sudan, North Africa. Voting that could finally end years of strife and misery. Tim served as Special Projects Coordinator for WC California until his departure overseas last fall. He has maintained contact with his WC friends through e-mail and, yes, Facebook! Here is a recent account of his activities.

Greetings from Abyei, Sudan. After four months observing for former President Jimmy Carter's international development organization, The Carter Center, the end of the referenda period ended January 15th 2011. With only one of the agreed upon two referenda for self-determination complete and the other hanging, there are forces here to propel the combatants of Africa's longest running civil war forward into the future or back into warfare.

South Sudan is rejoicing in the streets and people arrive to polling stations to cast their votes en masse. On the first day of polling, the sacred 1-9-2011, a date emblazoned on walls throughout the country, I was in Abyei town following up on leads about clashes in the north between the native Ngok Dinka people and the nomadic Misseriyya herders. Both are determined to claim this land as their own. Even on the second day, the polling station just on the border below Abyei and Twic county in the Southern Sudan state of Warrap, was full. Women mostly stood in long lines patiently under a giant baobab tree waiting for their turn to show their registration cards, receive a ballot and vote, the secrecy of which much less important to them than to international observers like me. Several days later when we passed through this village again expressly to allow my driver Jok and interpreter Adam to participate in the process, the Beatles's "Hello Goodbye" played on the tape deck of our car. Jok, held his hole-punched voter card and stared at it with bursting joy and exclaimed,

"We say goodbye and Khartoum says why" to the tune still playing. "I will save this and tell my grandchildren that I was there when we got our freedom."

On 1-1-1956 the whole of Sudan received their independence from the British. Since then, nearly without stop, a bloody civil war between the largely Arab north and African south has raged. The worst part ran from 1984 to 2005 when a US brokered peace deal was signed that called a ceasefire and stipulated four things: the right to vote to secede for the whole of the south on 1-9-2011; a simultaneous vote of self-determination for the region of Abyei that ethnically belongs to the south but was administratively transferred in 1905 by the British to the north in order to disrupt the rampant slave trade; plus two Popular Consultations in two regions of north Sudan that allow the people who live there to comment on changes to the laws of their lands. While the formation of the referendum commission for the Southern Sudan referendum was delayed, they were able to pull things together and, with much help from the UN and an American organization called IFES, from my observation, things went well. But, due to wrangling on eligibility of voting in Abyei, the commission and thus administration for their special referendum was never formed and so the city by the same name as the region is a buzz with anger, impatience and tension with no end to this disgrace in sight.

Whereas a few weeks ago it was apparent that a unilateral declaration of transfer to join with their southern brothers and sisters was forthcoming any day, now heads have been cooled by high politicians who know this will restart a war that killed 2 million people and displaced 4 million. Additionally, a savage and ongoing battle sparked by Abyei very

California



likely could upset the creation of a new country to the south and drag surrounding countries into the mix. So, for now, I continue to analyze, access and advise on direction of an observation mission that is short on observation but thick in intrigue.

Happy New Year from your ex-colleague from WestCare California!



California



▲ San Joaquin Valley Veterans job specialist Vince Cummings, 2nd from right, teams up with personnel from Lemoore Naval Air Station in Central California.

SJVV Teams with Local Naval Base During Winter Months

By Vince Cummings – *Job Specialist*

During the winter months in the Valley, many residents bundle up in warm clothing or spend evenings in front of a cozy fireplace. Not all residents are this fortunate. One-third of Fresno's homeless population consists of veterans.

In the spirit of cooperation and brotherhood, San Joaquin Valley Veterans developed a partnership with a hard charging group of sailors at NAS Lemoore. Led by AO2 Giten and his dedicated team consisting of AT2 Victor Caldron, AO2 (AW) Dusti Hall and ADAN Jarek Hamilton, Operation Push was born in December 2010. Sailors opened their hearts and closets and donated foul weather

jackets, boots and warm clothing. Many donated children's clothing and jackets, as well. To date over 30 veterans have been provided the essentials for surviving the harsh winter months. The drive to provide has been expanded to a push for furniture donations. Many veterans in the Rapid Re-Housing program move in to their new place with very little furnishings.

"It is a tragedy that any American should be forced to live on the street: It is a travesty and insult when those who fought the wars to preserve this nation's freedom are forced to do so." – Boston Globe

Volunteers Step Up to Help Adolescent Program

By Jennifer Hilton – Director, Men's and Adolescent Treatment

The Crisis Stabilization Unit has been serving at-risk, runaway, throwaway and homeless youth since 1986. There have been thousands of youth that have received emergency housing, food and clothing, counseling and immediate crisis intervention, referrals and recommendations to assist them in stabilizing or calming their situations down.

The unit was very tired looking with so many children passing through the doors 24 hours a day. An opportunity arose to write a grant to the Home Aid - Southern Nevada's Shelter Care Program for some assistance to paint, buy new dressers and bedding. Executive Director Kathleen Dye and her committee reviewed the grant request and as luck would have it, the program was chosen. Ms. Dye went to work to find donors to assist her with this makeover and was pleasantly surprised to hear that Windermere Realty Company would supply all the paint and 50 volunteers from their company to do the work.

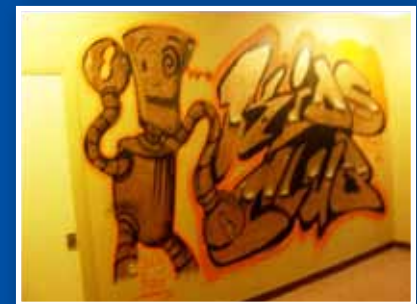
On October 15, 2010, the unit was filled with all ages of volunteers to do the community day project. Their young children attended also and

were actively involved in painting. Windermere found 4 professional graffiti artists to join in the fun. Their inspiration brought all the walls alive including a portrait of Michael Jordan, Danica Patrick's race car, Ninja turtle, flowers, Andre Agassi, etc. The unit is full of color now and interesting art graphics from floor to ceiling including a hallway filled with cultural diversity messages to welcome all ethnic backgrounds to the program.

This was truly an uplifting experience for the current youth. Their messages included. "I did not know people could be so nice to come and do this for us," and "I want my picture taken with the artist that painted my room." One client had the artist add a few of his ideas to make the room complete to his satisfaction. There are no words to describe the excitement this generated in our youth and we believe that the excitement will carry on to all the youth that will pass through these halls in the future.

Thank you, Home Aid and all the volunteers that made this day possible for us. We are blessed by your kindness and generosity. You have

Nevada



"Uplifted our Human Spirit" and have enhanced the environment to continue welcoming youth to a safe place when they are in a time of great turmoil.



CELEBRATE BLACK HISTORY MONTH

United States and Canada celebrates Black History month or African Heritage Month during the month of February to remember the important people in the history of Africa and to celebrate the achievement of the African Americans. The Dark history month also celebrate the important events in the African history and its vitality. The celebration is rightly observed in month of February, the birth month of Abraham Lincoln and Frederic Douglass.

Origin of Black History Month

The celebration of Black History month began in 1926 and was started by Carter G. Woodson, a black scholar, educationist and historian. At this time it was observed as the 'Negro History Week.'

This was changed to a full month celebration in the year 1976 when the U S president officially declared February to be the black History month. The two men who changed the lives of black Americans, Abraham Lincoln the former President and the creator of emancipation proclamation born on February 12th, and Frederic Douglass, a former slave, abolitionist and a politician born on February 14th are honored by celebrating the upliftment of African Americans during their birth month Woodson also dedicated his time to develop books, magazines and newspapers to publicize the African American achievements.



U.S. President Barack Obama



Reverand Martin Luther King Jr.



Nelson Mandela



Rosa Parks



Jackie Robinson



Nina Simone



Langston Hughes



Josephine Baker



Charlie Parker

Photos above:

They broke records. They crossed boundaries. They changed the lives of millions. Here are a few photos of some of Black History's most important, controversial and inspiring figures.

For more information on Black History month, go to:
<http://www.biography.com/blackhistory/photo-gallery/index.jsp>



A Unique Yanic Story

By Larry Prescott

– Program Director, Guidance/Care Center Key West Site Director

South Florida



Helping those who are homeless has always presented significant challenges for caring professionals. Lack of motivation, transience, and absence of resources are just a few of the barriers that are very common among this population. Mastering and navigating systems to provide assistance to the homeless requires clinical skill, patience, and a thorough understanding of the process.

Yanic Amblard, Peer Specialist for Guidance/Care Center Key West, was recognized for her use of these skills in the National SOAR (SSI/SSDI Outreach, Access, and Recovery) newsletter in the December 2010 edition for her success in getting 14 out of 15 SOAR applicants approved for Disability within 45-60 days. Often it may take 6 months to a few

years for these approvals.

Yanic was born in Haiti and has lived in New York and since 1978, has lived in the Florida Keys. She is fluent in Spanish, English, French, and Haitian French Creole. She was instrumental in helping the Key West Haitian population cope with the recent tragic earthquake in Haiti. She has been part of the Key West team since 2007 where she began in the Finance Department. However, she soon realized her real calling was to work directly with those in need and so she was promoted to her present Peer Specialist position where she has done phenomenal work. Yanic is currently pursuing her Bachelor's degree and State Certification as a Peer Specialist. Congratulations Yanic and Thank You from the WestCare family!

Volunteer Help Brighten Women and Children's Campus

By Sharon Yates Steinberg

– Major Gifts Coordinator, WestCare Endowment

On Sunday, January 9th, over 50 good Samaritans from Hospitality Helping Hands, an organization working with PCMA (Professional Convention Management Association), constructed a walking track and landscaped the recreation area next to the Women and Children's facility on Rancho and Duncan in Las Vegas. There were almost a hundred plants and trees, as well as tons of decorative stone added to our facility.

We had a group of professional people in the hospitality industry, who were in for a convention, stay in town one more day at their personal expense. They donated \$75 each and came out and worked all day to get the project done. We also had Steve Ray from Mikon donate the walking track and paving. Finally, Mr. Ed Kirby from Destination Henderson donated his expertise and helped us with the preparations and plantings.

We were on channel 3, Channel 5 and Channel 8 news. This kind of generous work is contagious. It is a gift to have our wonderful news teams remind the Las Vegas community that WestCare is still helping to uplift the human spirit and eager to

enlist the help of our community.

The co-chairs responsible for picking WestCare as the lucky charity, and then going the extra mile to make a much more elaborate project than planned, were Peter Schmidt from the new Cosmopolitan Hotel and Casino and Lori Key from Edlen Electrical Exhibition Services. I can't thank them enough!

Richard Steinberg, Mike Lavin, David Shea, Candace Kidd, Kirby Burgess and Darlene Terrill were all impressed with the effort of our WestCare team and all of the volunteers on that cold morning! Thank you all for this incredible effort.



WestCare CEO Dick Steinberg thanks members of volunteer work party

Nevada



Volunteers help landscape the area within the new walking track

Left to right: Veronica Fendt, Steve Ray from Mikon, Peter Schmidt-Cosmopolitan Hotel and Casino, Lori Key-Edlen Electrical Exhibition Services, and Ed Kirby from Destination Henderson.



National Children's Dental Health Month

– From the American Dental Association

Each February, the American Dental Association (ADA) sponsors National Children's Dental Health Month to raise awareness about the importance of oral health. NCDHM messages and materials have reached millions of people in communities across the country.

Developing good habits at an early age and scheduling regular dental visits helps children get a good start on a lifetime of healthy teeth and gums.

Whether you're a member of the dental team, a teacher or a parent, the ADA has free online resources that can help you with oral health presentations, ideas for the classroom and coloring and activity sheets that can be used as handouts. We also have booklets, videos and other materials available for purchase through our ADA Catalog.



WestCare Wellness Watch



The NCDHM Program Planning Guide offers program coordinators, dental societies, teachers and parents resources to promote the benefits of good oral health to children. The guide includes easy-to-do activities, program planning timetable tips, and much, much more. *For more info, go to:* ncdhm@ada.org.

New Florida Governor Shuttters State Drug Control Office

From jointogether.org

A spokesman for Rick Scott, the Florida governor who took office this month, said the governor was closing down the state's Office of Drug Control, the Miami Herald reported Dec. 22.

Scott campaigned on a promise to cut government waste. Closing the drug control office eliminated four full-time positions. The office's director, Bruce Grant, said the savings would amount to "less than \$500,000," according to the Herald.

The office was created by Governor Jeb Bush in 1999. It used regular surveys to track drug and alcohol use among schoolchildren, advised the governor on drug policy, and coordinated the work of state agencies on addiction and substance abuse.

Brian Burgess, a spokesman for the governor, said the office's responsibilities would probably be handed over to the two state departments responsible for health and law enforcement. "I don't think we're going to have cocaine bales stacking up on the docks of Miami if we close this office," he said.

In the News

Lora Brown, who sits on a task force charged with setting up a prescription drug monitoring program championed by the Office of Drug Control, disagreed with the governor's decision. "This issue is not a law issue. It's not a health issue. It's an issue that incorporates all those areas. It's a complex issue and needs an integrated, coordinated solution," she said. "I'm very disappointed in the fact that this office has been dissolved. My concern is this issue is not going to get the attention it needs."

Grant argued that closing the office sent the wrong signal. "We've got a heck of a problem in this state with drugs. And it's not going to be over any time soon," he said. "What you're saying by getting rid of this office is that's not a priority."



Arizona's Frozen Moments

By Tracy Stevens – Area Director

It seems like sometimes we are all working so hard at our jobs making sure to meet the client needs, meet the staff needs, meet deadlines, complete what seems like a never ending string of reports and keep our facilities in order all the while keeping our attitude upbeat and a smile on our face. Then in the middle of it all come those moments when it all freezes and that client comes to you with the news of getting his 30-day sobriety chip, or CPS has given her the kids back, or he completed his community service and is discharged from probation, or she got three A's and two B's on her grade report for her first semester of college. These frozen moments are why many of us do what we do.

In Arizona, we have additional frozen moments. At the Safehouse Domestic Violence shelter, Christmas morning was a frozen moment for staff. Watching the children's faces and excitement when they opened their gifts was priceless. Safehouse Program Coordinator, Luann Gardner had another frozen moment when a client handed her the following letter.

Dear Luann,

Jan. 11, 2011

I would just like to take this time to say what a well run program you have here at the Safehouse.

I have never before felt so accepted by staff & clients in my life. When I first got here I was very timid and scared. Jean did my intake and calmed me right down. I feel very safe here. And the structure is to be commended.

All of the staff has made me feel very comfortable in my skin. I really enjoy the 8:30pm evening groups. So then again thank you for running an excellent program for us ladies to come to. Now its time to go and I am so comfortable I don't want to leave, but I must take the next step in my destiny. – Cordially, Gail T.

As Area Director, I can only sit back and be so very proud of my staff at the shelter. Many women who take refuge at the shelter make progress and change, but just as many leave before any changes have a chance to occur, so often returning to their abuser. So, I am going to sit back and enjoy this frozen moment. It's funny-we strive to *uplift the human spirit* and right under our nose a client is actually *uplifting our spirit*. To Luann, Stephanie, Sabrina, Christine, and Jean, you ladies do a good job. WestCare Arizona is blessed to have you!

Arizona

Christi Anderson



Sabrina Macias



Stephanie Johnson



Luann Gardner



Jean Sprouse

Valentines Day Non-Alcoholic Beverage

Ruby Heart



Ingredients:

- 1 Lemon
- 1 Tbsp. Sugar
- 10 Strawberries
- 1 cup Water
- Ice

Directions:

Squeeze the lemon juice into the blender. Cut the crown off the strawberries and put in blender. Add the sugar and water. Blend until smooth. Serve over ice. Makes one glass.

Read more: How to Make Valentine's Day Drinks - Non Alcoholic | eHow.com http://www.ehow.com/how_5933929_make-day-drinks-non-alcoholic.html#ixzz1BvIzW7HB



In the News

Grant-Funded Pasco Drug Court Expansion to Focus on Young Adults' Prescription Drug Addictions

By Ron Stuart – *Public Information Office, The Sixth Judicial Circuit of Florida*

Pasco County's highly successful drug treatment court will use a \$975,000 grant to initiate a new program aimed at court young defendants with problems related to the abuse of prescription drugs. The goal is to provide treatment for 55 defendants in the age range of 18 to 26 over each of the next three years.

The grant – \$325,000 for each of the three years – is from the Substance Abuse and Mental Health Services Administration, a federal regulatory agency that operates under the U.S. Department of Health and Human Services. The program will feature court-supervised, comprehensive treatment for eligible non-violent felony offenders.

Circuit Judge Shawn Crane, who presides over Pasco Drug Court, said the need for special treatment methods is constantly made apparent by the number of persons arrested and re-arrested after misusing and/or abusing prescription drugs.

"Worst of all," Judge Crane said, "are the deaths. People are dying because they overdose on medications that often are acquired through illegal means. We see far too many people who are acquiring these addictions at an early stage in their lives."

The program will seek to match or surpass documented success rates for overall drug court treatment, which usually exceed traditional therapy rates. The local Drug Court's retention rate is about 80% percent, and more than 85% of the program graduates have remained arrest free for at least two years after program completion.

The first defendants for the program are expected to be identified by the end of the month. They will begin a 12-session treatment known as MET/CBT 12 for Motivational Enhancement Therapy/ Cognitive Behavioral Therapy. It begins with an intensive assessment designed to identify mental and emotional disorders and traumas that co-occur

with the drug addiction.

As in other Drug Court programs, treatment will involve monthly court appearances before Judge Crane and court-managed intensive outpatient treatment. WestCare Florida and Alpha Counseling Services have contracted with Pasco County and the Sixth Judicial Circuit to provide services under the grant.

The treatment will be modeled after a program that was developed in Pinellas County with a similar grant. The Pinellas program focuses on female defendants only. Preliminary data that measures abstinence from alcohol and illegal drugs six months after beginning the treatment indicates a success rate in excess of 85% for the Pinellas program. The Pinellas grant that funded that program for three years expires this year, and Pinellas Drug Court is on schedule to treat 210 women.

Study Suggests Spirituality is Key to AA

From jointogether.com – *January 3, 2011, Research Summary*

According to new research, spirituality may be a key part of what makes Alcoholics Anonymous (AA) effective, HealthDay reported Dec. 14.

Investigators tracked 1,726 adults through their recovery from alcohol dependence for 15 months. According to the study abstract, attending AA meetings resulted in "increases in spiritual practices," and spirituality played a part in reduced use of alcohol.

Lead author John F. Kelly said, "Although this is not the only way that AA helps individuals recover, I think these findings support the notion that AA works in part by enhancing spiritual practices." Kelly directs the Center for Addiction Medicine at Massachusetts General Hospital and is an associate professor of psychiatry at Harvard Medical School.

He added, "We have also found that AA participation leads to recovery by helping members change their social network and by enhancing individuals' recovery coping skills, motivation for continued abstinence, and by reducing depression and increasing psychological well-being."

The study, "Spirituality in Recovery: A Lagged Mediation Analysis of Alcoholics Anonymous' Principal Theoretical Mechanism of Behavior Change," appeared online on Dec. 16, 2010 in the journal *Alcoholism: Clinical & Experimental Research*. It will appear in print in the journal's March 2011 issue.



February Calendar



February 1st

Florida Lieutenant Governor
Jennifer Carrol Visit
(Bradley Davis Bldg.,
St. Petersburg, Florida)
Time - TBD

February 1st

CAC GCC
9:00am PT/12:00pm ET
(Marathon, Florida)

February 1st

CAC Minnesota
8:30am PT/10:30am CT
(VICTRI, Minneapolis, Minnesota)

February 2nd

12:00pm CAC Monthly Report Due
(Executive Committee)

February 13th – 19th

Children of Alcoholics Week

February 14th

Valentines Day!

February 15th

CAC Minnesota
8:30am PT/10:30am CT
(VICTRI, Minneapolis, Minnesota)

February 16th

Executive Committee Meeting
8:00am PT/11:00am ET
(Conference Call)



WestCare Kentucky Judi Conway Patton Women and Children's Recovery Center Receives Donations

Submitted by WestCare Kentucky Staff

The American Electric Power Foundation is pleased to support the work of WestCare in the communities we serve," said Kentucky Power President and COO Greg Pauley on behalf of the Foundation. "Anytime that we can support an organization that positively impacts the lives of so many people, and help them improve their quality of life, we are pleased to partner with that organization." "WestCare has touched the lives of many families in Eastern Kentucky" said Bob Shurtleff, Kentucky Power's manager of customer and distribution services in Pikeville. "The facility this donation will help build ensures that the women in Eastern Kentucky who have substance abuse issues will have an opportunity to seek treatment and that WestCare will remain a fixture in our community for years to come."

WestCare is currently renovating a building in Pike County, Kentucky that will provide substance abuse treatment to women, pregnant women and women with their children.

Kentucky



Judi Patton and former Governor Paul Patton accept a donation from American Electric Power Foundation representatives Greg Pauley and Bob Shurtleff.



Donations roll in, WestCare keeps on truckin'

The Kentucky Colonel Foundation Good Works Program has donated a truck to WestCare Kentucky's Judi Conway Patton Women and Children's Recovery Center. The truck will be used by WestCare staff during renovations of the facility and once the construction project is complete it will become the maintenance vehicle.

"We are honored that we were awarded this grant from the Kentucky Colonel Foundation, said Regional Vice President, Jenifer Noland. "The need for women's substance abuse treatment in Kentucky is increasing and through the efforts of this wonderful organization we are one step closer to our goal of providing services to these individuals and their families."

Founded in 1931, The Honorable Order of Kentucky Colonels, utilizing contributions from individual Colonels from all over the world, provides financial support to Kentucky charitable and educational institutions and organizations.



Illinois



Holiday decorating contest winners at Sheridan: Clients in Housing Unit C17.

Pictured;

Staff members Daimorrio Hubbard, Jennie Richards and Darlene Giacalone.

Sheridan Clients Decorate Housing Units

By Charlene Hamann

– Recreation Therapist, Sheridan Correctional Center

During the autumn months at WestCare Sheridan, clients participated in a facility-wide “poster project,” depicting therapeutic sayings for each housing unit on large foam boards. Clients spent each day for three months making more than 200 posters. The posters included WestCare therapeutic sayings such as the 12 steps, TC concepts, the Brother-Brother Song, the WestCare philosophy, and the serenity prayer.

Pictured here are clients Kenneth Stephens, displaying his artwork “There are no shortcuts to any place worth going,” all done free hand; and Daniel Peters displaying the TC Program concepts. Both clients are participants in the recreation therapy drawing group. Clients have been called upon again recently to complete the cognitive behavioral therapy flow charts, which will also be displayed in each housing unit in 2011.

Illinois Holiday Decorating Contest

By Charlene Hamann

– Recreation Therapist, Sheridan Correctional Center

During the weeks prior to the Christmas holiday, clients and staff at WestCare Sheridan took time to decorate the housing units in therapeutic holiday themes. Supervisors, counselors, and clients spent group hours using creativity and holiday spirit to transform each unit into winter wonderlands. Clients were not only motivated by holiday spirit, willingness to make life changes as seen in their unit theme’s décor, but also a pizza party for the winning unit.

And the winner is . . . Housing unit C-17!

Housing unit C-17 came away with the 1st place honors using “A Christmas Future” as their motivating theme; getting out, staying out and having many future Christmas’ at home with their families and not in prison.



Bittersweet Chocolate Mousse

Read more at Marthastewart.com:

Bittersweet Chocolate Mousse -
Martha Stewart Recipes

Ingredients:

- 4 large egg yolks
- 1/4 cup sugar
- Pinch of salt
- 2 tablespoons unsweetened cocoa powder
- 2 ounces bittersweet chocolate
- 3/4 cup heavy cream

Serves 4

Directions:

Finely chop chocolate; reserve. In a double boiler, whisk yolks, sugar, and salt until sugar has dissolved and mixture is warm to the touch, 2 to 3 minutes. Off heat, quickly whisk in chopped chocolate until melted and cocoa until smooth (mixture will be thick). Cool to room temperature.

In a medium bowl, whip cream until soft peaks form. Whisk half of whipped cream into room-temperature chocolate mixture. Gently fold in remaining whipped cream with a rubber spatula. Divide mousse among four serving dishes. Chill at least 2 hours and up to 1 day.

Remove mousse from refrigerator 15 minutes before serving.
Garnish with shaved chocolate.

