



UPLIFTING THE HUMAN SPIRIT · UPLIFTING THE HUMAN SPIRIT · UPLIFTING THE HUMAN SPIRIT · UPLIFTING THE HUMAN SPIRIT · UPLIFTING THE HUMAN SPIRIT



# WESTCARE EXPRESS

JANUARY 2021

THE WESTCARE EXPRESS NEWSLETTER

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## A Welcome by our President/CEO, Dick Steinberg



*Dick Steinberg*

“Happy New Year, Family,

As we enter a new year, I want to take a moment to reflect and remember. In 2021, WestCare will celebrate our 48th year of operations – an amazing accomplishment for any organization. Many amazing moments and hard times have allowed our organization to adapt as well as grow to meet the needs of our clients.

Since my earliest days of working at my local YMCA, my interest has always been about helping people build better lives. When I joined the U.S. Army Medical Corps as a clinical specialist, I supervised personnel, facilities/programs and developed a substance abuse program for my battalion caring for elders, women and children in the villages of South Vietnam. The people that I met and the stories that I heard left a lasting impression as I came back to America where I joined the Long Beach Veterans’ Hospital coordinating the provisions of educational programs for substance abuse disorders.

When my opportunity came to join WestCare, believe it or not, it wasn’t even named WestCare. The organization was called the Fitzsimmons House, a therapeutic community treatment program in Las Vegas. The initial program served male heroin addicts and soon included programs for men and women who were abusing alcohol and other drugs. Together and with the belief of helping others, the Fitzsimmons House was renamed WestCare in 1988. The expansion of programs included what we now know as our Harris Springs Ranch and the Women and Children’s Campus in Nevada. Just a few years later, we expanded to Arizona and California.” *(Continued on Page 2)*



(Continued from Page 1) “To think that we have now grown to 17 states and three U.S. territories which include the U.S. Virgin Islands, Guam and Puerto Rico as well as the Republic of Palau and the Dominican Republic!

As you can see, substance abuse treatment and education are a passion of mine, but that doesn’t mean that I know all of the answers. Uplifting the Human Spirit is a lofty goal and I look to each of you for your contributions to ensuring that globally, we are supporting the communities that we call home. We are all guided by the belief that our responsibility is to all of the clients and families who come to us seeking help. As fellow team members, we must always recognize our responsibility to the many programs and locations that we operate. You are all talented individuals who bring many skills, ideas and unwavering dedication every day that you show up for work.

With all of this being said - as we look forward to a new year, I know that we are facing new hurdles brought on by the pandemic.

Let’s think back to our humble roots of the Fitzsimmons days.

We were small and mighty, but we built lasting partnerships for us to grow a stronger foundation. When our census is low, let’s reach back out to partners to see how we can assist one another in our needs. After all, we’re not the only ones finding challenges. If we can’t do events, let’s see how we can build special moments for our clients currently in our programs - especially in residential settings where we become our clients’ community. When we come to the table for staff meetings, let’s remember that our own mental health and wellbeing is fundamental to be able to help those in recovery. Support one another as I know we do. It’s the WestCare way.

No matter what is happening in the world, people are relying on us to help guide them to start the next chapter in their lives. That is a moment that can empower us in knowing that we are building change.

Stay safe and stay well, gang.”

**Dick Steinberg**  
President & CEO







## ARIZONA: "WestCare Arizona Celebrates the Gift of Giving"

*By Emily Selby, Case Manager/BHT, WestCare Arizona*

"Even with all of the regulations regarding COVID-19, Santa was able to deliver gifts and meals to our clients residing in our programs with the help of our CAC members. This is one of our favorite times of the year, as we are able to see our children and families light up with joy! WestCare is proud to be a part of such a warm and heartfelt community; coming together each year to brighten the lives of each person and allowing us to help during this time of need. These donations started coming in in October and continued through Christmas week. Even through difficult times, we could still see the heartfelt smiles and joy behind everyone's masks!"



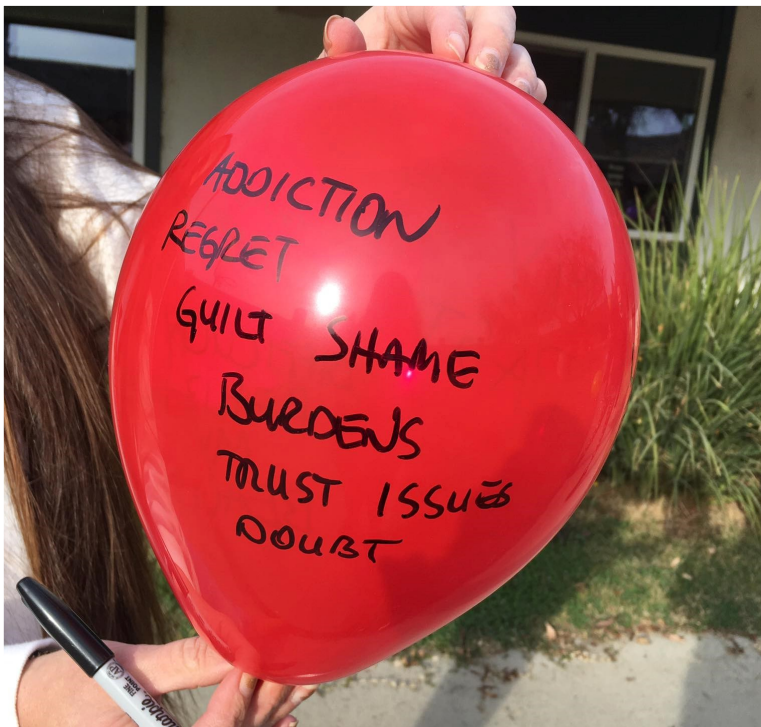




## CALIFORNIA: "New Years Resolutions at MLK Residential!"

*By Michael Mygind, Marketing Specialist,  
WestCare California*

"As we wrapped up 2020, the staff of our **MLK Residential** program's women's unit in Fresno organized a special activity where the women that they serve wrote on balloons what they were giving up in the new year. After they all recited the serenity prayer, they released them with hopes for a more positive 2021. As a special thank you to all who participated, staff provided each of our ladies with a special gift. Thank you all for your commitment to recovery and Uplifting the Human Spirit as we welcome in the new year!"







## DOMINICAN REPUBLIC: "Guara Bi - DR Celebrates the Holidays!"

*By Yolanda Gonzalezmalave, Program Assistant and HR Coordinator, Caribbean and Latin American Region*



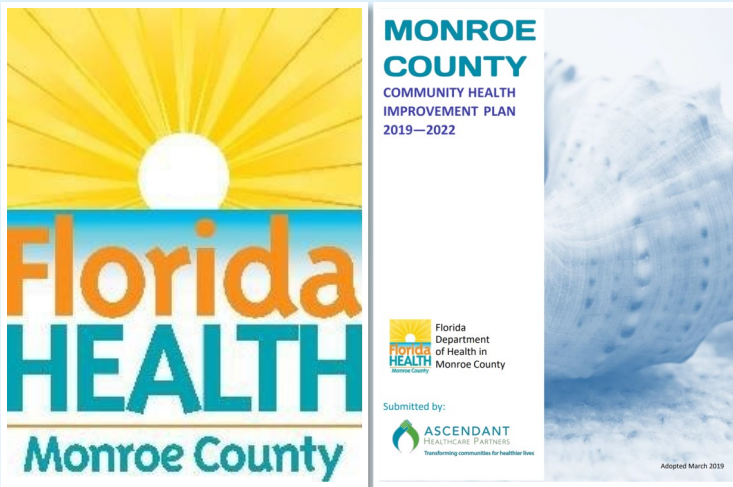
“Although the COVID-19 pandemic has required us to face the new reality of how to celebrate the Christmas holiday safely, the employees of **Guara Bi - Dominican Republic** were still able to safely offer our clients that we serve a traditional holiday lunch! Between laughs and the sharing of anecdotes and lived experiences, they had a very pleasant time. We would like to acknowledge the hard work of **Mr. Yunior Sanchez** for his outstanding service as a great leader and mentor to all individuals served in the program and for his genuine presence.”





### FLORIDA - Florida Keys: *“The Partners Behind the Monroe County CHIP Receive Special Recognition”*

*By Maureen Dunleavy, LMHC, Regional Vice President, WestCare Florida - Guidance/Care Center*



“On December 23, 2020, the Florida Department of Health in Monroe County recognized the three chair people for Monroe County’s **Community Health Improvement Plan (CHIP)** and its associated county health priorities. These three individuals were recognized for their dedication and tireless work toward the betterment of health among Monroe County’s residents. The county’s health priorities, as identified by key stakeholders and residents in the 2019-2022 CHIP, include access to care, mental health and substance abuse and health in all policies. For more information about the CHIP and to read the reports, visit <http://monroe.floridahealth.gov/programs-and-services/community-health-planning-and-statistics/chip/index.html>

**About the Florida Department of Health:** The department works to protect, promote and improve the health of all people in Florida through integrated state,

county and community efforts. Follow us on Twitter at @HealthyFla and on Facebook. For more information about the Florida Department of Health, please visit [www.FloridaHealth.gov](http://www.FloridaHealth.gov)”

**Below:** *The CHIP’s chair people receive recognition by the Florida Department of Health in Monroe County at the Gato Building in Key West on December 23, 2020. From left: Michael Cunningham, CEO, Florida Keys AHEC and Chairman for Access to Care Health Priority; Maureen Dunleavy, LMHC, Regional Vice President Guidance/Care Center, Inc./WestCare Florida and Chairwoman for Mental Health and Substance Abuse Health Priority; Mary Vanden Brook, JD, Deputy Administrator for the Florida Department of Health in Monroe County and Jody Gross, RN, MSN, Leadership Monroe County Health Coordinator and Chairwoman for Choose Health – Partnership for a Healthier Florida Keys Health in All Policies Health Priority.*





### FLORIDA - South Florida: *"The Village South Becomes The North Pole For The Holidays!"*

*By Beatriz Del Rio, Marketing Director,  
WestCare Florida – The Village South*

"In December, **The Village South** held our 2nd annual holiday event for the women that we serve and their children. Several toy drives were organized by community partners and as a result, we received over 1,300 toys - making it possible for all of our residential and outpatient families to have gifts for their children.

To make the holidays fun and cheerful for our residential clients, our two large rooms were completely decorated and transformed into 'Santa's Workshop' where they got to choose toys for their children and 'Mrs. Claus' Closet,' where they got to choose gifts for themselves! Our amazing staff helped prepare and decorate the rooms, organize all of the toys by age and assist the clients in choosing their gifts as well as wrapping them.

We are so grateful to our community partners, **Kim Eisenman** and her **Girls Scouts Troop #10711**, **Judie Pappas** from the **Daughters of Penelope's Narcissus Chapter 289** in Ft. Lauderdale, **Apryl Errico** from **Macy's** and **Pastor Heather Palacios** and the volunteers from **Church by The Glades** for organizing the toy drives and collecting many other items for our clients. Their combined generosity and continued support of our Mission is what allows to Uplift the Human Spirit of those that we serve."







## GEORGIA: “A Gift To Save A Life Blood/Plasma Drive”

*By Eldredge Washington, Community Service Coordinator,  
WestCare Georgia*

“On Saturday, December 19, WestCare Georgia partnered with the LifeSouth Community Blood Center. LifeSouth is a community-based blood supplier in Florida, Alabama and Georgia committed to making sure blood is at our local hospitals in times of need. The ‘A Gift To Save A Life Blood/Plasma Drive’ was a success! We were not only able to receive several blood and plasma donations, but our team was also able to provide HIV testing.

Through our efforts, we were able to receive 17 donations of blood/plasma and conducted 10 HIV tests. According to scientific data, one plasma donation can save three lives, so it’s safe to say that this event truly made a difference!

We are proud to say that WestCare Georgia had 100% participation from all programs including the Youth Department, Guidance Center, Youth Academy, Women’s Program and VetsCare. LifeSouth was very pleased with our partnership and we are looking forward to working with them again in the near future.”





**ILLINOIS:** *“The Staff of IYC - Harrisburg Spread Christmas Cheer”*

*By Hannah Markus, LSW CADC CODPI, WestCare Illinois/IYC - Harrisburg*

“Christmas was a little different this year at Illinois Youth Center (IYC) - Harrisburg. Typically, we have a week of fun Christmas activities, but due to scheduling, we were unable to do that. However, the youth in treatment all received their own stockings, which they decorated using glitter, glue and other craft supplies. They were able to be creative and make it their own. They were then hung on a paper ‘fireplace’ that counselor, Jennifer Hall made. The youth were gifted with hygiene products, masks made by the mother of our youth and

family specialist, crossword puzzle books and a meal of their choice from McDonald’s. They then listened to Christmas music and shared what they love about the holiday season.”

**ILLINOIS:** *“Holiday Time at the Logan Correctional Center”*

*By Cathryn Smith, MS, CADC, Clinical Supervisor, WestCare Illinois/Logan Correctional Center*



“All of our staff have returned to work at the facility on a limited basis. During the holiday season, they provided clients with a ‘Recovery Tree’ assignment to help them get through this difficult time away from family. They were encouraged to identify people who support them and the skills that they have to maintain recovery. We also encouraged them to look at the gifts that they have received from being in recovery. These trees were then displayed out on the unit for all to see.

Our staff have supported one another through the transition back into the facility and during the holiday season. We maintain laughter while focusing on self-care and even managed to hold a socially-distanced holiday party!”





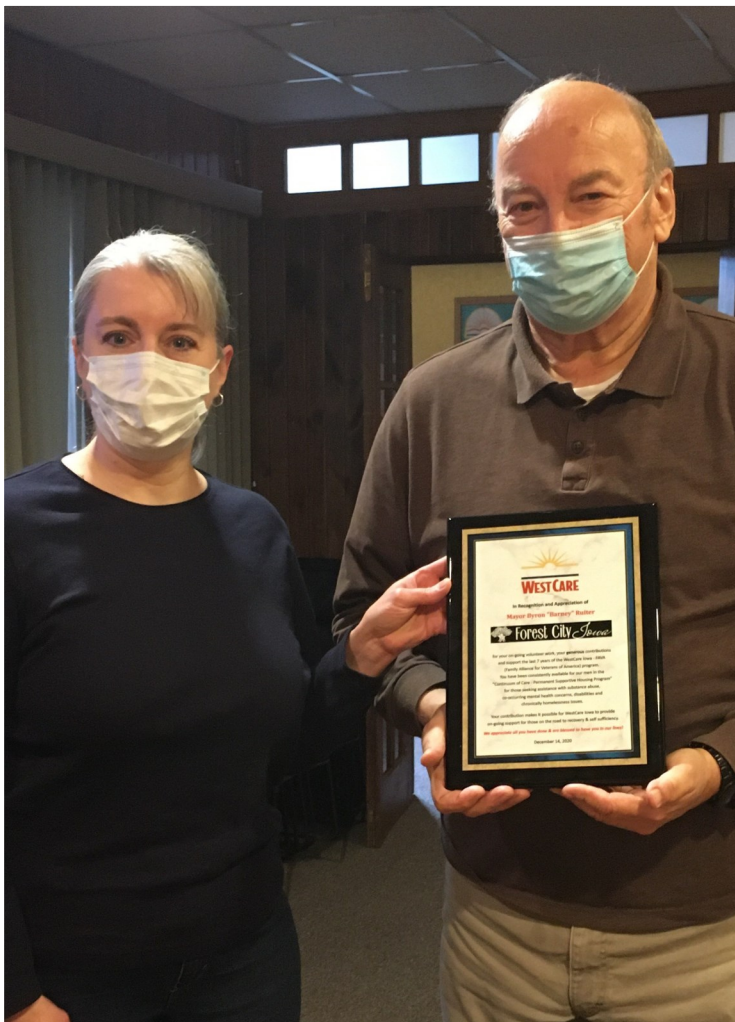
## IOWA: "FAVA Recognizes Forest City Mayor for His Years of Support!"

*By Darlene Terrill, Regional Administrator of Iowa Operations and Director of Special Projects, WestCare Nevada*

"Forest City, Iowa's Mayor, Barney Ruitter, was recently recognized for his 7 years of volunteer work and support of our HUD Continuum of Care (CoC) program for Veterans, Family Alliance for Veterans of America (FAVA). We admire that the mayor is willing to donate

his time to go the extra mile even though his main job is very demanding. What he practices lines up perfectly with our mission of Uplifting the Human Spirit.

His acts of kindness were recognized with a plaque as a reminder of how grateful we are to have him as a volunteer on our team. Congratulations, Mayor Ruitter for a job well done! We look forward to working with you for many years to come!"







## KENTUCKY: “Residential Clients Enjoy A WestCare Christmas”

*By Jeremie Delauder, MAT Research Assistant,  
WestCare Kentucky*

“Being away from family and friends is tough for anyone. It can be especially hard for people dealing with mental health and/or substance use disorders throughout the holiday season. That’s why this Christmas, residential substance abuse treatment and re-entry clients at WestCare Kentucky’s Hal Rogers Appalachian Recovery Center were treated to a day of good food, good music and presents all around.

The event was organized by the facility’s Supportive Employment staff and thanks to all of the wonderful donations from throughout the Ashcamp, Elkhorn City and Pikeville communities, our clients enjoyed a lunch consisting of chicken, potatoes, fruits and vegetables and more.

Unfortunately, Santa was not able to join the festivities due to a COVID-19 exposure at a nearby shopping mall. As disappointed as clients were that Santa couldn’t make it, they were presented with gift baskets containing items such as reusable coffee mugs and spoons, gloves, socks, a beanie, various hygiene items and candy canes.

It was a wonderfully joyous sight for staff to see our clients having such a good time despite being so far away from their loved ones. Thanks to the many generous donations, it is our hope that this Christmas will be memorable for our clients despite being away from home. We know that for their tummies it will!”





## NEVADA: "Tamales: A Holiday Tradition"

*By Leo Magrdichian, LCSW, LCADC, Vice President of Operations, WestCare Nevada*

"Several WestCare Nevada employees spent New Year's Eve making approximately 650 Tamales for clients in both of our residential treatment programs. The women at the Women and Children's Campus (WCC) and the men at Harris Springs Ranch (HSR) were able to enjoy a New Year's Day feast that consisted of two cheese and jalapeno pepper (Raja) and two pork tamales with sides. The VP of Operations and the Director of Residential Treatment spent part of New Year's Day at HSR cooking and serving the Tamales to a very satisfied group of men. The VP of Ops shared that he is the 'Masa Man' and that his masa recipe is 2nd to none. He also stated, 'I

cannot think of a better way to bring in the New Year than to have the opportunity to serve and break bread with WestCare clients."



## NEVADA: "A Season of Giving"

*By Leo Magrdichian, LCSW, LCADC, Vice President of Operations, WestCare Nevada*

"There were some concerns that the impact of COVID-19 would spill over into the generosity of those whom provide gifts to the clients and their children within Nevada's programs. However, those concerns were squashed by the outpouring of generosity and kindness exemplified by a long list of individuals, families and agencies; all of which provided gifts and gift cards for distribution. In fact, there was such an abundance of items that WestCare Nevada used what remained to provide gifts to over 30 families in need! We would like to thank the following donors: *The Crossings Church; Gypsy and friend; Shiloh Badarway; Reuben Michael Stoica; Chef Maurice of Diamond Events and Productions; the Henderson family; Help of Southern Nevada;*

*Toys for Tots; Second Chance; Qweenz and Diamonds; Caltrol; Torrey Pines Tavern; Trevino Family/Fresh Winds Ministry; Hayles Family; Rose Watkins and friends and Armando Quintanilla/Walmart.* The look on the faces of the children as they were receiving and opening their gifts should remind us all of the importance of giving not only during the holiday season, but throughout the entire year."





### OHIO: "East End Celebrates Their High Points of 2020"

By Abby Hofrichter, Communications and Social Media Coordinator,  
WestCare Ohio



#### EAST END COMMUNITY SERVICES

"Between collecting and distributing hundred of gifts and comfort items to children and their families to graduating another class of seniors from our **Aging Master Program** and hosting one last forklift certification course for the year, our team at **East End Community Services** had a busy holiday season. We spent the last few weeks of the year looking back at everything our teams and their communities have triumphed over during this trying year. There were many inspiring moments and innovations to celebrate. One moment in particular that we'd like to start the year by sharing is having our very own **Wendy Berkshire, Prevention Program Coordinator**, quoted in the **Eluna Network's** year-end appeal!

Last month, three members of the Eluna Network's leadership team attended one of our weekly virtual Camp Mariposa campfires. Wendy received tremendous feedback from the attendees including the **Director of**

**Eluna, Mary Fitzgerald**, and was asked to be quoted in their end of year appeal to donors. Here is Wendy's quote that appeared in the appeal:

*'Staying connected during the pandemic certainly takes more work, BUT the rewards are amazing. The trust that we have created and built with our families allows our campers to have a safe space and a brave space to share celebrations with one another and struggles that we all have.'*

We are proud of and grateful for our entire team's work to keep ourselves and our community connected and cared for during this pandemic!"



By Program Staff, *Mao'lek na Lina'la* &  
*I Lina'la-Hu*, WestCare Pacific Islands



“When the storms of life come crashing down, it is easy for our youth to fall into pessimism and hopelessness. As we adapt to the ‘storms’ brought on by the pandemic, **WestCare Pacific Islands** holds true to our motto of Uplifting the Human Spirit. We seek to equip youth with the ability to brighten

their well-being and futures through two new youth programs on the horizon: **Mao'lek Na Lina'la (MNL)** and **I Lina'la-Hu (ILH)**, which in CHamoru, Guam’s indigenous language, translates to ‘Life is Good’ and ‘My Life,’ respectively.

Like a guiding light through a storm, MNL illuminates a pathway for youth to remind them that life is good without the distractions of alcohol, marijuana and other substances to veer them off course. Using the Strategic Prevention Framework, MNL aims to reduce substance use among youth ages 10 to 18 years of age through increased community collaboration and capacity. This program is funded by the **Substance Abuse and Mental Health Services Administration (SAMHSA)** for a total of five years.

As our youth sail into the unfamiliar waters of adulthood, ILH will foster their skills as the captain of their galaide, or ‘canoe’ in CHamoru. ILH will highlight the benefits of healthy relationships and goal setting, thus providing youth and their parents a rudder and sail as they navigate through young adulthood. This program is funded by the Administration for Children and Families’ Family and Youth Services Bureau (FYSB) for a total of three years. Both programs look forward to guiding our youth in making healthy and informed choices as they set sail to their unwritten voyage from adolescence to adulthood. MNL and ILH will help them welcome the inevitable winds of change, serving as the compass that will guide them safely to shore.”





## PUERTO RICO: "Happy 13th Anniversary to Guara Bi, Inc.!"

*By Yolanda Gonzalezmalave, Program Assistant and HR Coordinator, Caribbean and Latin American Region*



"On December 20, **Guara Bi, Inc.**

celebrated its 13th anniversary! During these years, we have overcome many challenges and achieved a lot of our dreams and goals. In 2015, we

had the privilege of becoming part of the WestCare family and as of today, we have eight programs on the island with an array of supportive services including: transitional and permanent

housing, supportive services for crime victims and elders, reentry services, comprehensive treatment with assisted medication, youth prevention services and lastly, a program dedicated to offer care to COVID-19 patients.

We want to thank our WestCare Family, our staff, our Community Action Council (CAC), our colleagues, our fellow community agencies and our family members because with your support, we are achieving a positive transformation in each of the people who receive our services. It is our goal to continue reinventing ourselves every day to ensure that we are not only true to our mission of serving vulnerable populations, but continue to be an instrument that is capable of Uplifting the Human Spirit of all with whom we come into contact with! Thank you!"







## TENNESSEE: "Honoring A Local Hero"

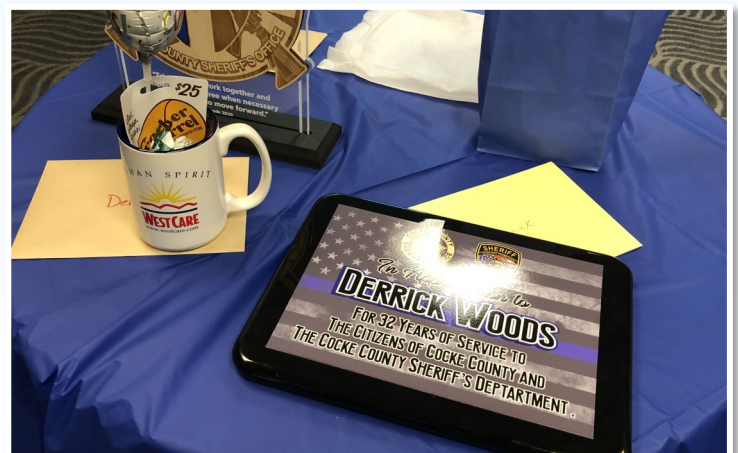
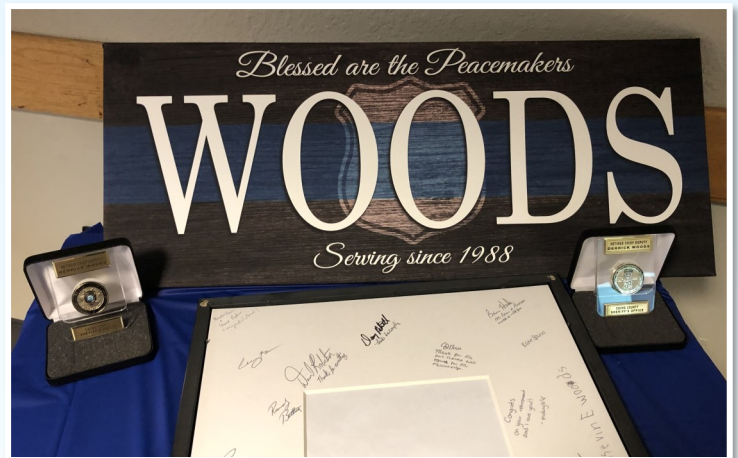
By Shandi Hill, Program Coordinator, WestCare Tennessee

"On January 8, the staff of WestCare Tennessee attended the farewell luncheon for longtime **Cocke County Chief Sherriff's Deputy, Derrick Woods** after 32 years with the department. Chief Deputy Woods is a member of our Prevention Alliance of Cocke County committee and has been instrumental in helping us implement our Bureau of Justice grant in Cocke County.

Mr. Woods is a three-time honor recipient as Officer of the Year, awardee of the Professional of the Month and a recipient of the 2019 Distinguished Service Award as Professional of the Year. His field work has awarded him the opportunity to train and educate other law enforcement officers at both the

National Forensic Academy and the WSCC Police Academy. He has also taught POST Law Enforcement courses as well as Traffic Incident Management. Since 2005, he has held an instructor's position at Walter State Community College and has trained thousands of public safety professionals. Mr. Woods is a graduate of the University of Tennessee National Forensic Academy as well as a graduate of Liberty University with a Bachelor's Degree in Science.

He will be continuing his career in law enforcement as the East Tennessee Regional Law Enforcement Liaison for the Tennessee Highway Safety Office. Thank you, Derrick, for your dedication to this community and may you prosper in all your future endeavors!"







## TEXAS: *“Beverly Watts-Davis Receives the Reverend Dr. R.A. Callies, Sr. Courage Award”*

*By Linda Papayanopolus, Community Engagement Coordinator, WestCare Texas*

“WestCare Texas is pleased to announce that our Vice President, Beverly Watts Davis is the 2021 recipient of the Reverend Dr. R.A. Callies, Sr. Courage Award as part of [San Antonio’s MLK Day Virtual March](#) in January. (*Beverly’s presentation can be viewed at the 41:47 mark*) This annual award recognizes an individual who has made a conscious effort to unite people to work together for the betterment of their community.

This award is named after Reverend Dr. Raymond A. Callies, Sr. who began what is one of the largest MLK Jr. marches in the nation, with attendance reaching over 300,000 people. After the assassination of Dr. King, Rev. Dr. Callies had a vision to do many things that would keep Dr. King’s dream alive. One of his greatest accomplishments was the organization of the Martin Luther King, Jr. Plaza where he and his organization raised money to have a statue of Dr. King and the Monument of Brotherhood erected on the plaza site. His vision took him and his organization to Austin, Texas where he led a march to have Martin Luther King, Jr.’s birthday recognized as an official state holiday. His tireless efforts and dedication to his community led to him becoming the first recipient of the Martin Luther

King, Jr. Achievement Award. Today, he is the inspiration behind the Reverend Dr. R.A. Callies, Sr. Courage Award.

‘I am honored to receive such a distinguished award that represents so much work and effort in the struggle for civil rights and keeping the dream alive!’, said Beverly. Congratulations on this honor and thank you for your continued leadership, vision and efforts!’



### VIRGIN ISLANDS: “Christmas Festivities at The Village - VIPIR”

*By Yolanda Gonzalezmalave, Program Assistant and HR Coordinator, Caribbean and Latin American Region*

“Christmas is a time for giving, spending time with family and friends and celebrating the holiday season. That’s why on December 18th, the staff of **The Village - Virgin Islands Partners In Recovery (VIPIR)** enjoyed a Christmas lunch together where our quarterly employee recognition took place. As part, **Ms. Petra Auguste-Warner, Treatment Program Director** and **Kariel Granger Prevention Program Coordinator** were awarded for their great work, passion and dedication to their programs. Later on December 23rd, there was a cheerful mood among clients who enjoyed their Christmas party. They laughed and enjoyed the holiday entertainment, which included Mr. and Mrs. Claus as well as the Grinch!

Everyone had a blast and enjoyed the traditional Caribbean Christmas lunch. We also received a visit from a past client who joined us in celebrating his fourth sober Christmas and shared his testimony with all of our current clients as well as all that The Village has done for him. This visit combined with our other events highlighted the true meaning of Christmas for our clients.”







## WASHINGTON: "Operation Warm Veterans"

*By Donald Lachman, Special Projects Coordinator,  
WestCare Washington/WAServes*

"On January 9th, we assisted fellow organizations including the American Gold Star Mothers' Washington state chapter and the team at the Hero's Cafe as part of 'Operation Warm Veterans,' a community event to accept, organize and distribute cold weather clothing to eight community organizations that assist individuals and families that are experiencing homelessness as well as at-risk Veterans and their families. Over 120 cold weather bags were packed to assist men, women and children.

Besides a constant flow of individual donations of new items, we received cold weather goods from Amazon, the American Red Cross' Veterans Outreach Program and Big 5 Sporting Goods.

It was an amazing and well-organized event where all CDC precautions were taken. Our community responded with much generosity!"

*For KIRO 7 News' coverage of the event, please visit: <https://www.kiro7.com/news/local/volunteers-snohomish-county-collect-cold-weather-gear-veterans/S6EAYLB5E5BPFINYIS3YSISBT/>*





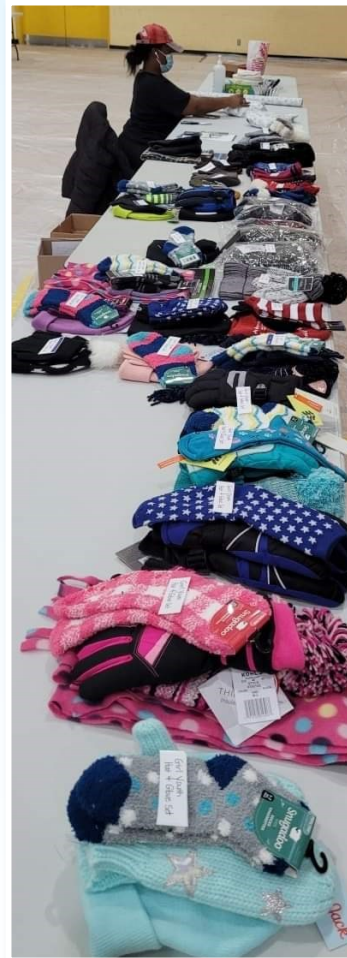


## WISCONSIN: "Uplifting Spirits With Nutrition for the Holidays!"

By Felicia Williams,

LST Program Director, WestCare Wisconsin

"Tis the Season! In December, WestCare Wisconsin teamed up with local schools to provide meals that would not only take families through the Christmas holiday season, but provide a couple additional meals. Our goal is to take a holistic approach when dealing with students. How do you provide resources for the student and not provide resources for their families? The Principals and Parent Coordinators were so excited when we arrived with our commercial truck, 'Big LuLu,' filled with boxes of food. Inside the boxes, families found meats, fresh fruits and vegetables and the schedule for our food pantry. Our goal is to ensure that they are having healthy meals and inform them that they can come to us weekly if they need additional assistance. We also teamed up with the Northcott Neighborhood House for their Christmas Meal and Toy Giveaway. Our staff showed up to wrap gifts, deliver hams for the preparation of the meals and to help distribute the gifts. Although some worked on Christmas day, I think that the smiles that many walked away with made all the difference! GREAT JOB, TEAM!"







## KUDOS: Our Monthly Shout-Outs to Exceptional Employees

### (California) Shawn Jenkins

“As part of our annual Years of Service recognition, we congratulated our Deputy COO for the Western Region, **Shawn Jenkins**, on his 30 years with our organization, which he celebrated this past July! Congratulations and thank you for your continued dedication, leadership and support!” - *The Staff of WestCare California*



### (Illinois) The Staff of the Sheridan Correctional Center

“Kudos to all Westcare **Sheridan staff** for entering the facility on a daily basis to provide our clients with encouragement and support during this time.”

- *By Talisa Paul, MBA, MSW, CADC, Program Director, WestCare Illinois/Sheridan Correctional Center*



### (Florida - South FL) Year End Awards!

“We would like to recognize all of our employees who were recognized as the 2020 Employees of the Year for The Village South:

- *Marie Baptiste, Healthy Start Program Care Coordinator*
- *Shante Davis, Drug Court Urinalysis Coordinator*
- *Dianna Curry, Food Supervisor*
- *Abbe Schefflin, Peer Support Specialist*
- *Keshauna Alexander, Case Manager*
- *Alexandra Kirkland, Residential Therapist*
- *Chawntelle Morman, Outpatient Therapist*
- *Angel Lopez, Outpatient Clinical Coordinator*
- *Pam Ungvary, Healthy Start and HART Program Director*
- *Leo Martinez, IT Regional Manager*

Meanwhile, the award for our 2020 Program of the Year went to Residential! Congratulations, everyone!” - *By Beatriz Del Rio, Marketing Director, WestCare Florida – The Village South*



### FEBRUARY BIRTHDAYS: *Celebrating Our WestCare Family!*



#### Arizona

- February 10th: Stephen Knight

#### California

- February 1st: Mark Leanhart
- February 2nd: Michelle Gregory
- February 3rd: Jazel Benitez
- February 3rd: Casey Odland
- February 4th: Jims Balista
- February 4th: Stephanie Chadwick
- February 4th: Denise Sapien
- February 5th: Nancy Wiley
- February 6th: Yenny Aguilar
- February 6th: Jitin Brar
- February 6th: Yvette Ennis
- February 6th: Donald Smith
- February 6th: Earl Sparks
- February 9th: Adela Acosta
- February 10th: Melissa Gaither
- February 11th: Jamileh Miller
- February 12th: Derrick Bressel
- February 13th: Tiffany Busalacchi

- February 13th: Caroline Casarez
- February 16th: Anna Champ
- February 16th: Ashley Cook
- February 16th: Anthony Ortega
- February 17th: Beatriz Onate
- February 18th: Lynette Lewis
- February 20th: Melodie Everest
- February 20th: Christine Killebrew
- February 21st: Jeff Estes
- February 21st: Aneisa Shelton
- February 22nd: Hassan Driver
- February 22nd: Verlena Gardner
- February 22nd: Lisha Vecchiarelli
- February 24th: Denis Brewer
- February 24th: Joe Gaeta
- February 25th: Alma Paredes
- February 26th: Sulav Kattel
- February 26th: Robert Lee

#### Florida

- February 1st: David Hassett
- February 3rd: Achia Techeira
- February 4th: Michael Lozano
- February 5th: Katherine Wentworth
- February 8th:  
Khurshiba Cherry-McDowell
- February 8th: Angela Drayton
- February 8th: Preston Hickson
- February 9th: Cynthia Bennett
- February 10th: Rena Davis
- February 10th: Stephen Grzeskowiak
- February 10th: Desiree Shellem
- February 13th: Nouse Diebon
- February 13th: Gregory Porter
- February 14th: Ashleigh Parsons
- February 15th: Dora Henao
- February 16th: Jared Cashner

- February 19th: Lillie Love
- February 20th: Natalia Benavides
- February 20th: Veronica Mendez
- February 21st: Jessica Drago
- February 21st: Sharon Nolan
- February 22nd: Sage Bierster
- February 23rd: Meredith Carlson
- February 23rd: Kathleen Ryzoc
- February 25th: Ann Vera
- February 28th: Marie Bapstise

#### Foundation

- February 1st: John Nunley
- February 7th: Lisa Jackson
- February 10th: Frank Scafidi
- February 17th: Eddie Thomas
- February 17th: Christina Upton
- February 18th: Kathleen Schreiner
- February 24th: Kimberly Marino

#### Georgia

- February 6th: Johnny Boulware
- February 14th: Terrence Drayton

#### Illinois

- February 1st: Hannah Vanslambrouck
- February 7th: Lamont McCune
- February 10th: Grace Cronin
- February 22nd: Cheryl Jackson
- February 26th: Ryan Bell
- February 27th: James Peek

#### Kentucky

- February 13th: Tiffany Slone
- February 18th: Tony Adkins
- February 23rd: Ronald Samons
- February 27th: Jeremy Johnson



### FEBRUARY BIRTHDAYS: *Celebrating Our WestCare Family!*

#### Nevada

- February 1st: Maria Valencia
- February 9th: Dorothea Mchugh
- February 19th: William Stevens
- February 21st: Rhonda Davisson-Rhames
- February 26th: Krystal Zamora
- February 26th: Carrisa Vosgrau
- February 29th: Kellie Jeffries

#### Ohio

- February 7th: Michelle Ricica
- February 13th: Deborah Immel
- February 14th: Darcy Shepherd
- February 24th: Kelly Radich

#### Pacific Islands

- February 12th: Brandon Cobb
- February 27th: Leslie Estrella

#### Puerto Rico

- February 12th: Migdalia Gonzalez
- February 13th: Miguiry Vidal
- February 15th: Mayra Rojas
- February 18th: Barbara Cullen-Lopez
- February 21st: Azzia Rivera Nunez
- February 22nd: German Cordero
- February 26th: Pablo Orellano

#### Tennessee

- February 15th: James Martin

#### Texas

- February 19th: Quinterious Grant
- February 26th: Leonetta Green

#### Virgin Islands

- February 1st: Nekejah Attico
- February 4th: Jamal Cuencas

#### Wisconsin

- February 17th: David Sinclair





## EMPLOYEE ENGAGEMENT: February Kindness Calendar

"Hello, WestCare Family!

Soon, we will start the month of February, which includes several designations such as **Black History Month** and **Random Acts of Kindness Week** from 2/14 – 2/20/21, among others.

There are many activities that you can do to celebrate kindness as noted on the calendar. For more ideas, you can visit their website at [www.randomactsofkindness.org](http://www.randomactsofkindness.org). In addition, if you are enrolled in **WestCare's WellRight wellness program**, there are some Annual Challenges and even some Personal Challenges that you may select for yourself to help you choose kindness throughout the month.

Thank you for Uplifting the Human Spirit of those that we serve, even though some days, it may not be easy. We are grateful for each of you and the work that you do. Be well." - *Susan A. Rinaldi, Director of Employee Engagement, WestCare Foundation*

# FEBRUARY 2021

SUN	MON	TUE	WED	THU	FRI	SAT																																																																																																																
31  START OF BLACK HISTORY MONTH Create a gratitude jar and fill it with things for which you are grateful during the month.	1 GROUNDHOG DAY Change up your daily routine today.	2 Place encouraging and cheerful notes on 3 stranger's cars. Visit careforthree.com to become part of a movement.	3 THANK YOUR MAILMAN DAY Leave a small gift of appreciation in your mailbox addressed to your mailman.	4 Pay attention to your internal dialogue.	5 Tap into your creative side! Write, paint, sing or dance.	6 Tap into your creative side! Write, paint, sing or dance.																																																																																																																
7 <b>FREE DAY!</b> Think about how you can be a person of integrity.	8 Join the "You Matter Marathon" and leave cards in public places for strangers to find. <a href="http://youmattermarathon.com">youmattermarathon.com</a>	9 Take the child in your life out for an ice cream treat today.	10 UMBRELLA DAY Give out a few umbrellas to some strangers on the street.	11 Plan to send an anonymous bouquet of flowers and/or candy to your local nursing home on Valentine's Day.	12 CHINESE NEW YEAR Hide a love note for your partner in their bag or wallet for them to find during their workday.	13 WORLD RADIO DAY Turn the radio up and sing at the top of your lungs in your car or shower.																																																																																																																
VALENTINE'S DAY 14 Play Cupid: introduce two single people who you think would be a great match.	PRESIDENT'S DAY 15 Download a meditation app and try it out tonight before bed.	16 Visit your parents or invite them over for dinner.	RANDOM ACTS OF KINDNESS DAY 17 Do an act of kindness for someone and encourage them to pay it forward.	18 Write and send a thank you note to someone in your life that help you through a tough time.	19  Take a hot bath and relax.	20 Invite a friend, neighbor or coworker home for dinner.																																																																																																																
RANDOM ACTS OF KINDNESS WEEK! VISIT WWW.RANDOMACTSOFKINDNESS.ORG AND GET INVOLVED!																																																																																																																						
21 Help someone who is carrying a heavy load.	22 Get involved! Sign up for a community related cause.	23  Leave a note on the public restroom mirror that says "You look amazing!"	24 Leave an inspiring poem, or painting somewhere in the community for someone to discover.	25 Purchase groceries for the person in front of you in the express line.	26 Take a friend or family member on a spontaneous adventure.	27 Take today to kick back, relax, and reflect on what's really important in life.																																																																																																																
28 Empty and read the gratitude jar you've created throughout the month.	1 (Month start)	2 (Month start)	3 (Month start)	4 (Month start)	<table style="width: 100%; font-size: small; text-align: center;"> <tr> <th colspan="7">JANUARY</th> <th colspan="7">MARCH</th> </tr> <tr> <td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td> <td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td> </tr> <tr> <td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td>1</td><td>2</td> <td>28</td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td> </tr> <tr> <td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td> <td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td> </tr> <tr> <td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td> <td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td> </tr> <tr> <td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td> <td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td> </tr> <tr> <td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td> <td>28</td><td>29</td><td>30</td><td>31</td><td>1</td><td>2</td><td>3</td> </tr> <tr> <td>31</td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td> <td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td> </tr> </table>		JANUARY							MARCH							S	M	T	W	Th	F	S	S	M	T	W	Th	F	S	27	28	29	30	31	1	2	28	1	2	3	4	5	6	3	4	5	6	7	8	9	7	8	9	10	11	12	13	10	11	12	13	14	15	16	14	15	16	17	18	19	20	17	18	19	20	21	22	23	21	22	23	24	25	26	27	24	25	26	27	28	29	30	28	29	30	31	1	2	3	31	1	2	3	4	5	6	4	5	6	7	8	9	10
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Visit [www.randomactsofkindness.org](http://www.randomactsofkindness.org) for more kindness ideas.
 RANDOM ACTS OF KINDNESS FOUNDATION\*
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### GRANTS/RESOURCE DEVELOPMENT: "It's a New Year!"

By Lisa Jackson, GPC - Interim VP of Grants,  
WestCare Foundation

"A new year brings new opportunities and challenges. It is exciting to begin a new year and see what it will bring.

First, there is a new federal administration which will focus on different issues and in response, create new funding opportunities and possibly revive old funding streams that we didn't have a chance to seek last year.

Second, the grants team is busy learning a new grant portal called JustGrants, which was introduced by the Department of Justice in October of 2021. Our accounting department took the lead in learning about this system and now it is our department's turn. With this grant portal, we have learned there are two deadlines for their grant applications. WestCare must first submit a cover page into grants.gov and then two or three weeks later, we submit the entire grant into JustGrants. Please bear with us as we learn this new system!

Third, the grants and accounting departments are discussing

post-award amendments and how they are handled. While the accounting department is often involved in these events, until recently, our grants team hasn't had much of a role. But, with the advent of the grant portals and the need to upload documents from a variety of sources, we have become more engaged in this process. We are working to define our role when it comes to post-award activities.

Fourth, the grants team is piloting a new process of writing an application, where there are multiple regions seeking the same funds. We are having our Grant Development Officers write the need and capacity statements for the region and have hired a grant consultant to write a standardized evidence-based and program design section. Many of you know our consultant, **Bill Stone**, who has worked for WestCare for many years. **Dr. Frank Scafidi** is developing the evaluation section for all of the different regions. Meanwhile, our regional accountants are working to ensure that the budget responds to the needs of the program.

This is still early into the new year, but a lot is happening. Let's keep good thoughts for an exciting and prosperous year!"



*By Dwayne Stevens, Chief Information Officer, WestCare Foundation*



“WestCare once again announced its commitment to **Data Privacy Day** by registering as a Champion for the campaign. As a Champion, WestCare recognizes and supports the principle that all organizations share the responsibility of being conscientious stewards of personal information.

Data Privacy Day is a global effort, taking place annually on January 28th, that generates awareness about the importance of privacy, highlights easy ways to protect personal information and reminds organizations that privacy is good for business. This year, we are encouraging individuals to ‘Own your privacy’ by learning more about how to protect the valuable data that is online and encouraging businesses to ‘Respect privacy,’ which advocates for holding organizations responsible for keeping individuals’ personal information safe from unauthorized access and ensuring fair, relevant and legitimate data collection and processing.

According to a [Pew Research Center study](#), 79% of U.S. adults report being concerned about the way their data is being used by companies. As technology evolves and the pandemic continues to influence how consumers interact with businesses online, data collection practices are becoming increasingly unavoidable, making it imperative that companies act responsibly. **The National Cyber Security Alliance (NCSA)** has offered up the following tips to help guide individuals to follow better data privacy practices:

**For Individuals:**

- **Personal info is like money: Value it. Protect it.** Personal information, such as your purchase history, IP address or location has tremendous value to businesses – just like money. Make informed decisions about whether or not to share your data with certain businesses by considering the amount of personal information they are asking for and weighing it against the benefits you may receive in return.
- **Keep tabs on your apps.** Many apps ask for access to personal information such as your geographic location, contacts list and photo album before you can use their services. Be thoughtful about who gets that information and wary of apps that require access to information that is not required or relevant for the services that they are offering. Delete unused apps on your internet-connected devices and keep others secure by performing updates.
- **Manage your privacy settings.** Check the privacy and security settings on web services and apps and set them to your comfort level for information sharing. Each device, application or browser that you use will have different features to limit how and with whom you share information. Get started with the NCSA’s [Manage Your Privacy Settings page](#).

For more information about Data Privacy Day 2021 and how to get involved, visit <https://staysafeonline.org/data-privacy-day/>.”





## ABOUT WESTCARE: *Uplifting the Human Spirit Since 1973!*

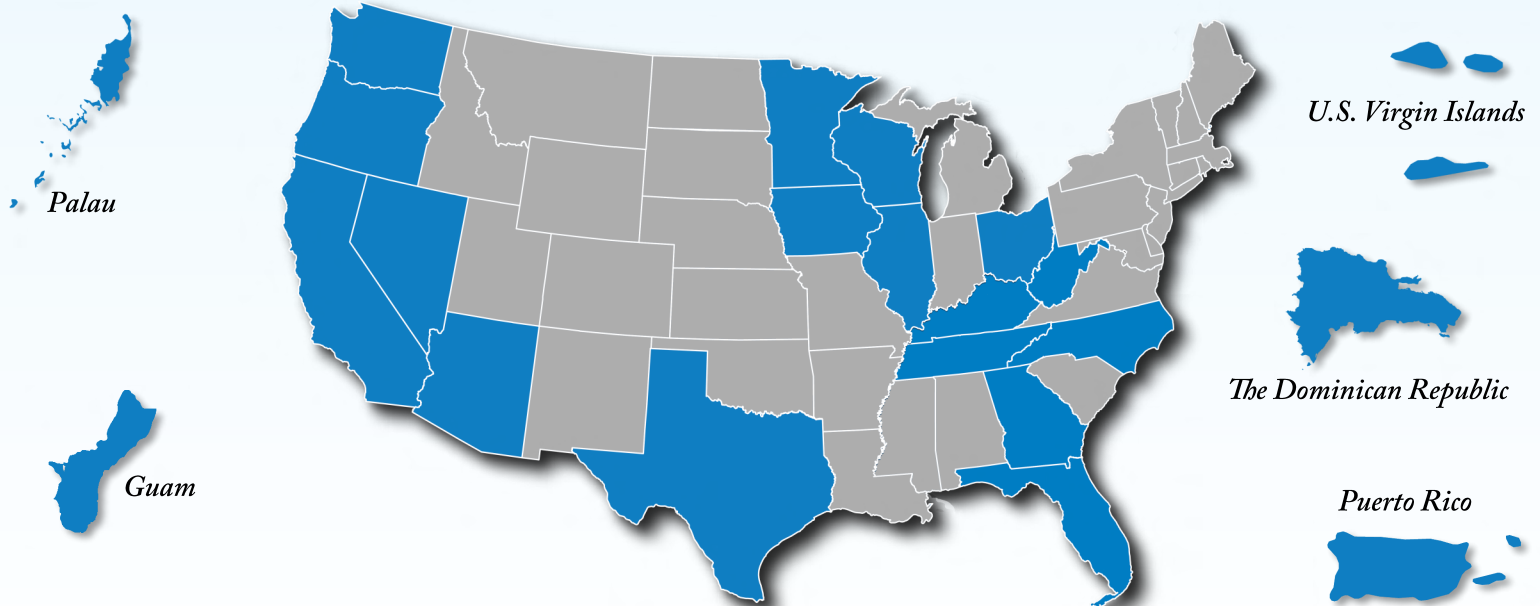
WestCare, a family of tax-exempt nonprofit organizations founded in 1973, provides a wide spectrum of behavioral health and human services in both residential and outpatient environments. Our service domains include **Treatment and Rehabilitation, Mental Health, Veterans Services, Criminal Justice, Housing Opportunities, Education and Prevention and support for those fleeing Domestic Violence.** These services are available to adults, children, adolescents and families. We specialize in helping people traditionally considered difficult to treat, such as those who are indigent, have multiple disorders or are involved with the criminal justice system.



## WHERE WE SERVE

WestCare proudly operates programs in 17 states, three U.S. territories, the Dominican Republic and the Republic of Palau!

- *Arizona*
- *California*
- *Florida*
- *Georgia*
- *Illinois*
- *Iowa*
- *Kentucky*
- *Minnesota*
- *Nevada*
- *North Carolina*
- *Ohio*
- *Oregon*
- *Tennessee*
- *Texas*
- *Washington*
- *West Virginia*
- *Wisconsin*



For more information on WestCare's many services and locations, please call (702) 385-2090 or visit [westcare.com](http://westcare.com)



## Meet Our Marketing Team!



**Benjamin Hernandez**  
Social Media  
Specialist



**Justin Kamimoto**  
Creative Services  
Manager



**Gabriela McNiel**  
Director of Marketing  
& Procurement



**Michael Mygind**  
Marketing  
Specialist

While the Express newsletter wouldn't be possible without the regular submissions that we receive from our amazing staff, it wouldn't come together without our marketing team! When they're not working on The Express, they're handling various marketing duties including promotional materials, social media, event planning, video production and more! If you should you ever have any questions or concerns, feel free to contact our team by sending a message to [marketing@westcare.com](mailto:marketing@westcare.com) and we can chat!



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[www.youtube.com/user/WestCareVideos](http://www.youtube.com/user/WestCareVideos)



## How Can Anyone Support WestCare Online?

If you know someone who loves to shop online, they can help WestCare by shopping at *AmazonSmile* (bookmark <https://smile.amazon.com/ch/86-0852629>) and selecting WestCare Foundation. A portion of the purchase will be donated to WestCare at no cost to the shopper.



WestCare is registered with *PayPal Giving Fund*. When shopping on eBay or using PayPal online, users can select WestCare as their charity of choice. Donations can be made by visiting <https://www.paypal.com/fundraiser/105865137050618816/charity/74402>



WestCare is also on *Mightycause*, the online fundraising engine. The organization participates in events like #GivingTuesday. Donations can be made by heading to the following link: <https://www.mightycause.com/organization/Westcare-Foundation>

