

A Safe and Happy Fourth

The Express sends Holiday good wishes and thanks to all WestCare employees for their exemplary service. May you and your families enjoy this time of national celebration.



The **Fourth of July** is known as **Independence Day** because that is the day that the Second Continental Congress adopted the full and formal Declaration of Independence. Even though we had declared that we were independent, the American Revolution was still being fought, which meant that we were still not independent.

While celebrations on July 4th during the American Revolution were modest, after the war ended in 1783 the Fourth of July became a holiday in many places. The celebrations included speeches, military events, parades, and fireworks. To this day the Fourth of July is the most patriotic holiday celebrated in the United States.

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ILLINOIS: *Life After Incarceration Can Begin Here*

Submitted by John Zidek, Assistant Director



Pictured: Stan Brooks (Program Director), Nikki Robinson (Acting Warden), and Darryl Coleman (Assistant Warden of Programs)

Sheridan Correctional Center recently held its annual spring Re-entry Summit, sponsored by Illinois Department of Corrections, WestCare, TASC, and Lake Land College. Approximately 25 vendors were present, making this the most-attended Re-entry Summit by area- and Chicago-based vendors. Many of the vendor representatives had great things to share about the success of this year's spring summit.

“Yesterday’s event was indeed an encouraging and promising indication of more good things to come from Sheridan Correctional Center/WestCare programs and Re-entry Summits. For me, it was important to see and hear many of the participants asking well-intended questions. I took that as being much of what they’ve been getting from Sheridan and WestCare.”

-Alex Fathers, Families in Transition (FFIT)

Approximately 180 clients were able to attend the event, leaving with hope and promise of a successful future and a start in the right direction once back into their communities. At the conclusion of the summit, all of the guests and staff who volunteered their time in helping were invited to a Chinese cuisine prepared by the clients enrolled in the culinary arts program. The warden and assistant warden of programs at Sheridan concluded the day's events by offering words of encouragement, promise, and thanks to each individual who takes time to come to work each day to serve the clients in this unique and special population.

FOURTH FACT

OH HOW WE'VE GROWN: In 1776, about 2.5 million people lived in the newly independent United States, according to the U.S. Census Bureau. In 2014, 317 million Americans will celebrate Independence Day.



THE QUESTION CORNER

“Where in your state do you recommend for a quick, cheap and relaxing summer getaway?”



Marianne Benvenuti
Florida, Controller-Care/Guidance Center

“For me, the quickest, cheapest, most relaxing summer getaway is staying home and taking walks in my neighborhood and in the nature preserve next door. That, and spending time in the hot tub with my husband at night watching the moon and stars. After all, I live in the Florida Keys, only a couple of short blocks from the Gulf of Mexico!”



“St Augustine Beach, Florida, located on Anastasia Island in the Northeast corner of the state, offers relaxing Atlantic Ocean waters and sandy beaches where one can just forget about everything including time. The area has small hotels where one can rent rooms by the day or weekly for fairly reasonable rates. It is easy to spend the entire vacation just relaxing and beach-stationed. There are quaint small beachside restaurants where one can enjoy good seafood as well as burgers and casual food. If you are the adventurous type, there are plenty of historic sites to visit since St Augustine is the oldest city in the United States. Crossing the bridge in to Old St Augustine offers a visual feast of cobblestone roads, shops and restaurants for every budget as well as guided tours of the popular city sites.”



Raquel De Cardenas (with Judi & their “kids”)
Florida, Human Resources Coordinator

THE QUESTION CORNER *(Cont.)*



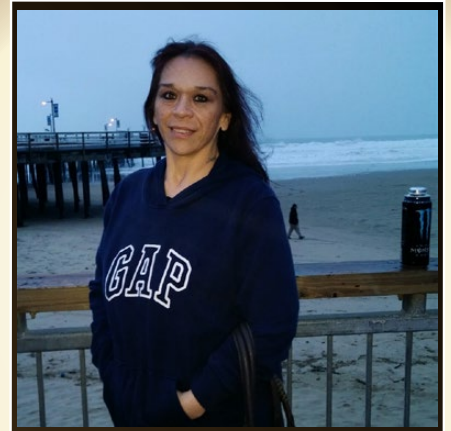
Jana Balicki

Florida, Area Director - Gulf Coast

“Crystal River, the gem of Florida’s beautiful Nature Coast, is about a two hour drive from Tampa/St. Petersburg. It is situated around the magnificent Kings Bay, designated as an Outstanding Florida Waterway and offering ample opportunities for boating, diving, swimming, fishing as well as a variety of Manatee and Eco-Tours.”



“I always love to go to Pismo Beach Ca. It’s only a 2 ½ hour drive from Bakersfield and it is so beautiful and peaceful. I love the beach campfires and my favorite time is on the dunes and riding the ATVs with my family. It is so much fun. I never want to leave. My husband and I always stay at Premier Inn on the hill. It’s inexpensive and if you’re on a budget like us, it’s the place to go.”



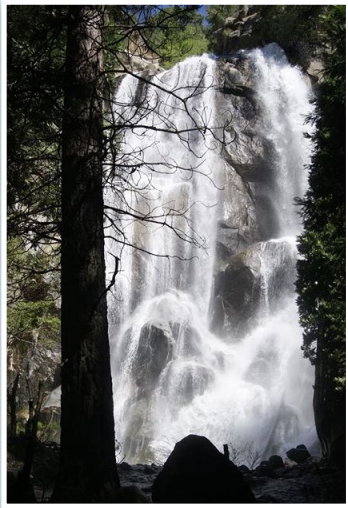
Cheryl Ralston

California, Outpatient Counselor

FOURTH FACT

SING PROUD: “Yankee Doodle,” one of many patriotic songs in the United States, was originally sung prior to the Revolution by British military officers who mocked the unorganized and buckskin-wearing ‘Yankees’ with whom they fought during the French and Indian War.

THE QUESTION CORNER *(Cont.)*



“Best place to go for a summer vacation is camping at Sequoia National Park. It has been a family tradition since the 1970’s. I have so many beautiful memories...and we continue to make more memories every year.”



Irene Gutierrez
California, Data Programming Asst. SOS



Domenica Jimenez
California, Case Manager

“Millerton Lake. It’s close (Central Cal, 15 miles north of Fresno), fun times and enjoyable with family.”



THE QUESTION CORNER: *August Question*

This month’s question is:

“Which Pop Culture notable do you think is the best role model for today’s children?”

Please send your photo and a brief opinion to john.wallace@westcare.com by July 18th.

NEVADA: *Finding Potential on the Way Home*

By Darlene Terrill, Director of Development and LaWanna Calhoun, Safe Haven Case Manager

WestCare Nevada is in partnership with the Las Vegas Downtown Rangers that provides community outreach, assistance and solutions to the homeless population in the Downtown Fremont area, along with providing hospitality to the locals and visitors from all over the world.

David Sweetland summarized his sentiments in one sentence: *Las Vegas Drunk Gets Out of the Alley Alive*. “That is me! Who I used to be! I got a ‘get out of jail card’ or ‘a psychic redemption coupon’ thanks to the WestCare Drug and Alcohol Treatment Center and Safe Haven long term program. Their facility of sanctuary and sobriety is just blocks from where I called my gravel home”. This was all possible due to the assistance of Las Vegas Metropolitan Police Officer Williams, Sergeant Dave Schofield, and the Downtown Rangers. David describes this rescue as his “inner car being taken to a repair shop”. He was assigned to Case Manager, **LaWanna Calhoun**, at the WestCare Community Triage Center. Since, he has been letting go of that lifestyle, and changing the people, places and things in his life; he now believes he has potential.



David has lived in Las Vegas for the past two years. His world had four components that made it possible to survive: He knew his neighbors; He was near his “money/hustle for panhandling” by the freeway off ramp; His camouflaged place was safe and out of the way; His beer store was within sight, which left him content and discontent at the same time. He expressed knowing his addiction/disease was killing him and he needed help to get out.

NEVADA: *Finding Potential on the Way Home (Cont.)*

David shared that he was born premature, underweight and insecure as his biological mother was an abuser of illicit drugs and consumed alcohol throughout the entire pregnancy. He was carried home from the hospital in a shoe box with his adoptive parents.

David grew to be a high achiever in grade school, high school as well as college, where he obtained his Master's Degree in Counseling and Psychology & completed a four year apprenticeship at a Florida Community College. His goal was to pursue a career in counseling which ended when he was unable to find a permanent job. Today,



David expresses interest to work in the substance abuse field and is beginning to take the first steps with the State of Nevada Board of Examiners to learn more about eligibility requirements.

Over the course of his years, he lost his wife and family and alcohol became his sedative. "Drink enough and divorce becomes a cloudy memory," David expresses. David had given up after all of the struggling.

"My future hope is to use my Master's Degree and gifts for counseling to help others stay clean. I have been working on my PhD all along – Poor, Hungry and Desperate. *What alley are you walking down?* is the question David has for others. He is writing a new script for himself today as he shared his inner thoughts with us.

David..... We are all behind you to become the person you want to be. Keep up the good work knowing we are so proud of all you are accomplishing.

SETTING IT STRAIGHT

In the June issue of The Express, the author of the Wyoming article "*Inside out - A Peer Mentor's Point of View*" was incorrectly identified. It was written by **Byron Taylor**.

The Express regrets the error.

CALIFORNIA: *Always Happy to Help Neighbors in Need*

WestCare joined next door neighbor Fresno Westside Seventh Day Adventist Church for their Annual Block Party & Resource Fair for the community and those in need. The Community Block Party was free and featured booths from social service agencies, music, prayers, fellowship, food, and information provided by local employment agencies.

Pastor Canson and the members from the church coordinated the event and 25 residents from WestCare volunteered to help assist in food preparation, set-up, tear-down, and clean up. All of WestCare's residential clients were on-hand for the festivities.



CALIFORNIA: *Table Mountain Pow-Wow*



Our CA staff and clients were on hand for the 14th Annual Table Mountain Rancheria Pow-Wow. A great time was had at this free event. Highlights included tribal drum and dance contests.

WestCare continues to work closely with Native American tribes to provide needed services, and our clients enjoy taking part in these types of cultural festivities.



CALIFORNIA: *Pride Parade*



The Living Room, WestCare's AIDS education and support program, participated in the 24th annual Fresno Rainbow Pride Parade with a float as well as a walking group in support of the AIDS Walk. It was a hot Saturday, but that didn't stop staff and clients from coming out for the festivities.



CALIFORNIA: *A Cut Above – Client Gives Back*

By Erin Shelton, SJVV

Donald S., a client at San Joaquin Valley Veterans (SJVV) wanted to give back for the help that he received stabilizing his housing situation. Don started a mini barber shop at SJVV for other veterans who are in need of a haircut. June 17th marked the first round of haircuts and it was a great success!

Richard B. was the first of many to receive a hair transformation. Richard said, “I feel like a new man!” **Augie A.** waited patiently for his turn and he was very happy to be a part of this new beginning here at SJVV. It is very convenient for the clients that we assist to have this service here, and we are excited to have Donald giving back to the veteran community!



Richard B.



Augie A.

FLORIDA: St. Petersburg Celebrates the 1st Annual UMBUNTU Awards

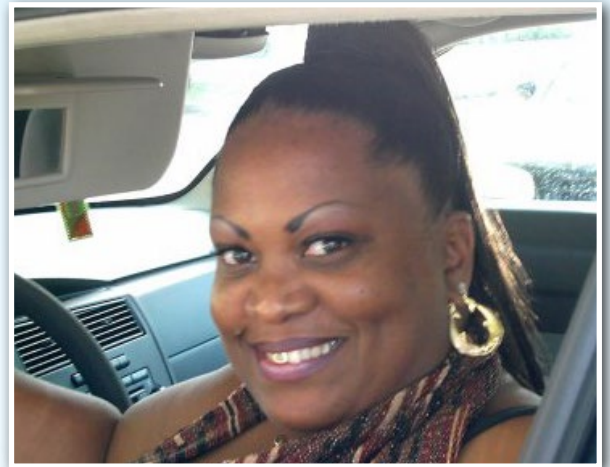
“HONORING A FEW GOOD MEN”

By: Carol Renard, Director of Program & Staff Development, WestCare Foundation

Some of you may not be familiar with the word “UMBUNTU”, a Southern African word that roughly translates to “human kindness” and speaks particularly about the fact that you cannot exist as a human being in isolation. It speaks to the interconnectedness; it embodies the truth: “I AM WHAT I AM BECAUSE OF YOU”.

Loretta Poole has been a resident of St. Petersburg, Florida, since she was an infant, and lived on the same block most of her life. She is a single mother of one son and employed as a school bus driver. She worked for a while as a Youth Prevention Specialist for WestCare, and credits her concern for youth as her driving force to make the community a safer place to live.

Loretta is the founder of “Bring Back the Village Experience”, which is a non-profit, grassroots effort whose purpose is to sponsor activities into her communities and to youth. She noticed, watching from her front porch, little attention was given to the children as they walked the streets, with no supervision or direction.



Loretta Poole



Pictured: Charlene Jenkins, Bob Neri, Carol Renard, Jean Jones, Anthony Ferrentino, Deborah McElroy, Michael McElroy.

She began to call them over and talk to them about their lives, goals, and any topics of interest – even safe sex! “Miss Loretta” received a positive response and adopted the motto, “There is no effort so small that it wouldn’t help someone.” Her Mission is to promote the return to “The Village Experience” by encouraging individuals, families and organizations to engage in a process of imparting hope, helping and healing.

Loretta decided to “**Honor a Few Good Men**”

FLORIDA: Celebrating the 1st Annual UMBUNTU Awards (Cont.)

that practice UMBUNTU in the St. Petersburg Community. A few WestCare men honored were our very own, Bob Neri, Sr. VP/Program and Services Officer, Michael McElroy, Director of the men's EMERGE Residential Program, Maikel Belfor, former EMERGE Director, and our Procurement Specialist, Anthony Ferrentino. Ms. Jean Jones, WestCare Gulfcoast's Quality Assurance Director, was the MC. There were 30 men recognized, and they all received a plaque of appreciation for their dedication and service to the community.

As Miss Loretta said, "this is an even bigger success than I hoped, and is only the beginning of what we can all do together."

FLORIDA: Renovating the Mind and Body

Submitted by Larry Prescott, Site Director

The Guidance/Care Center in partnership with the City of Key West participated once again in the **Annual Health Fair for Key West City** employees. The event was held inside the historic **Frederick Douglass School** now known and used as the **Douglass Community Center** in the Bahama Village neighborhood.

"*History and Health*" were the themes of the Fair this year to celebrate one million dollars in recent and continuing renovations to the facility while also focusing on "renovation" of the mind and body through health education and treatment

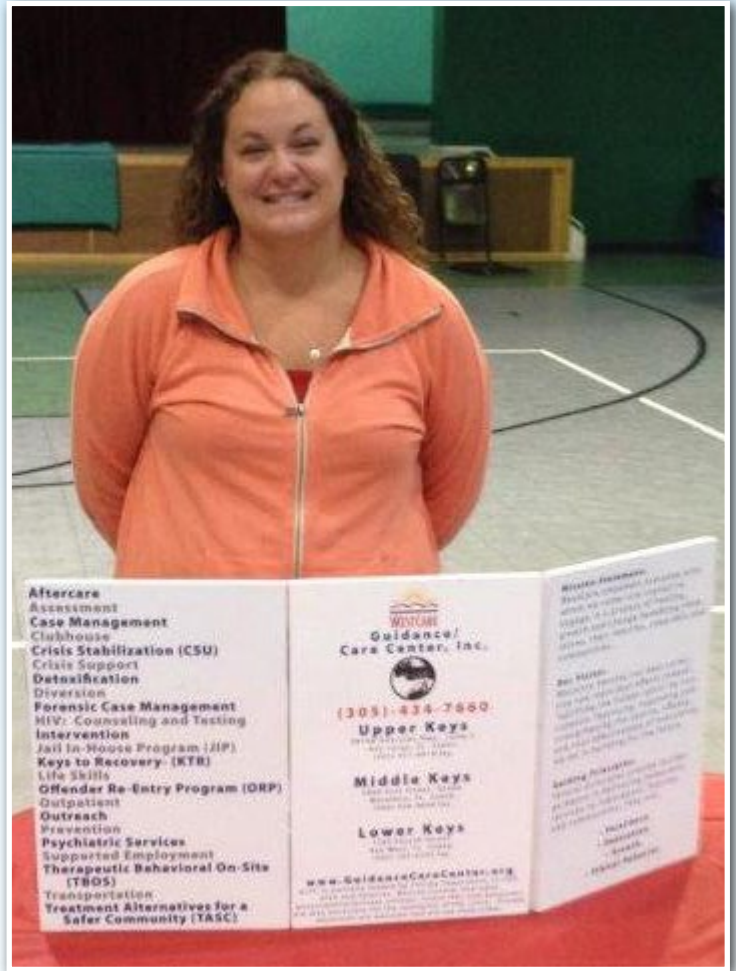


The Historic Frederick Douglass School

FLORIDA: *Renovating the Mind and Body (Cont.)*

services offered by the many and varied exhibitors in attendance. Local vendors included the Lower Keys Medical Center, various physician offices, DePoo psychiatric hospital, hospice programs and other health related resources. The Guidance Care Center distributed WestCare goodies and conducted depression and substance use screenings.

Local historian and tour operator, Robert Kennedy (former manager for Ginger Rogers), was on hand to give a brief but interesting history of the Douglass School (pictured). Douglass was one of the first schools opened in Florida for the education of students of African and Bahamian descent. Although Florida was part of the Confederacy, Key West remained in Union hands due to Union fortifications of Fort Zachary Taylor and East as well as West Martello Towers housing gun batteries to enforce blockades of Confederate ports. Union control allowed for the school to be built beginning in 1862 with completion in 1869. At the time, the population of Cayo Hueso (Spanish name meaning “Island of Bones” later translated to English as Key West) consisted of 4,631 white inhabitants, 1,026 Free Blacks, and approximately 1,700 Bahamians.



Kristin Flores

The Guidance/Care Center and the City of Key West have enjoyed a close working relationship for the past 30 years. G/CC has been the contracted EAP services provider for the City since 1996. G/CC also has representation on the Mayor’s Homeless Initiatives Project to provide support to the island’s homeless population. Team members Doreen Mobley and Kristin Flores (pictured) were our smiling and energetic ambassadors for the event.



HUMAN RESOURCES

By Michael Shields, Vice President of Human Resources

Hello from fabulous 100 degree Las Vegas! It's the time of year we "seal up," as I used to do during Michigan winters! We all have our geographic/weather-related crosses to bear!

I wanted to dedicate a few lines talking about **recruitment**.

I know all of you see the constant barrage of "all employee" job postings. I am very glad to send these out, as it is a great benefit of working for a nationwide

organization. If someone is interested in moving, or if a spouse gets transferred, WestCare staff members have the opportunity to stay in the WestCare family while making that move. Over the years, many staff members have moved from one WestCare Region to another. It allows WestCare to retain experienced, qualified staff in those situations.

Most WestCare programs are in need of new or replacement staff members. We advertise and do our best to select people with not only the proper skills and experience, but also the right "heart". All of you know it takes a special kind of person to be successful here. You have to have pride in what you do; compassion for the folks we serve; and a cooperative spirit to support your fellow WestCarians.

With that in mind, you are the best recruiting source we have! If you know someone who you know would be a good fit, please refer them to our career center at <http://careers.westcare.com>. In particular, if you know of a Veteran, or the family member of a Veteran, send them to the site. WestCare is committed to helping them get back into the workforce, and would be proud to increase the number of Veterans we employ.

We can use your help in finding folks like you who truly "*Uplift the Human Spirit*". Have a great summer!



KENTUCKY: *The Future is Bright*

The WestCare Kentucky management team came together in Pikeville, Kentucky for two days of Sustainability Planning led by Bill Stone, Vice President, Special Projects. Bill facilitated a lively review and discussion of each program throughout the state along with one, two and three year goals and budget setting. It was a bonding time for these key leaders and important step in planning for the future of WestCare Kentucky. Thank you Bill!



Mr. Bill Stone is in the First Row on the Right

KENTUCKY: *Top Song Writer Comes Home, Supports WestCare*

Submitted by Anna Coleman

GRAMMY-winning songwriter **Josh Osborne** was honored in his hometown this week in celebration of the joint resolution passed by the House of Representatives and the Senate adding the Kentucky native's name to the US 23 Country Music Highway in Pike County. Josh has had four singles in the Top 20 on the country music chart.

Upon accepting these great honors, an emotional Osborne stated, "When



KENTUCKY: *Top Song Writer Comes Home, Supports WestCare (Cont.)*

something like this happens, and you reach a milestone, you kind of think. ‘How did I get here?’ I look around the room, and I know how I got here, so I thank all of you.” Josh is a kind, gentle soul who has not forgotten his roots.

Also in attendance at the official ceremony was GRAMMY award winner and 2014 ACM Songwriter of the Year, Shane McAnally (Downtown, Kiss Tomorrow Goodbye) and ACM, CMA and GRAMMY nominated songwriter Brandy Clark (Better Dig Two, Mama’s Broken Heart). Both close friends and co-writers of Osborne, the two of them joined Josh at the Hilton Garden Inn that evening to perform a songwriter’s round benefitting The Pike County Schools’ K.I.D.S. (Kids In Dangerous Situations) initiative. WestCare was selected as one of the non-profits to receive half of the proceeds donated. Josh’s publishing company also generously donated school supplies, non-perishables and a host of other items.



GEORGIA: *Fun Time for the Whole Family*

By Ray Cox, Program Manager

On Saturday May 31, the Cobb County Drug Court held the first **Family Fun Day** celebration event in honor of the 25th anniversary of Drug Courts. There was a great turnout of clients, families and their 4 legged family members at Laurel Park in Cobb County. The event was blessed by good weather, good food and good fun. **Phase 5** clients headed up the event; securing the location, promoting the event as well as cooking and coordinating the activities.



GEORGIA: Fun Time for the Whole Family (Cont.)

There was an egg toss event where several participants were covered in yolk... although the victors came away unscathed. Family members as well as all five phases of the program were represented in this event.

Next was an egg relay race where the competition was quite close. The winners showered their defeated opponents with eggs...all in fun.

The children were not left out as they had their own game of "Red light/Green light" coordinated

by Chris D. Our highly trained chefs, Chris C. and Robert G., grilled hamburgers and hot dogs to perfection for all to enjoy. Everyone brought their favorite side dish to share. It is safe to say that no one left hungry and all had a good time!

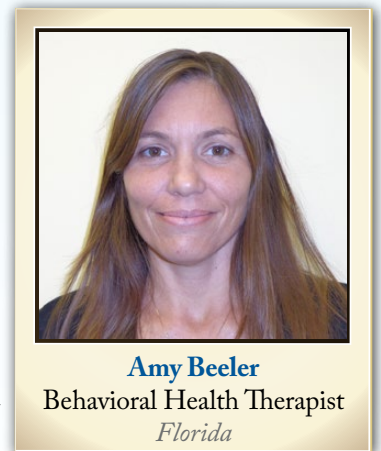


KUDOS! Our Monthly Shout-Outs to Exceptional Employees



"A big 'THANK YOU' goes out to **LaTonia Glover, Residential Counselor III**, at the NC Girls Program. LaTonia goes above and beyond what is expected of her. She provides outstanding leadership and is a great example for the young ladies in our program."

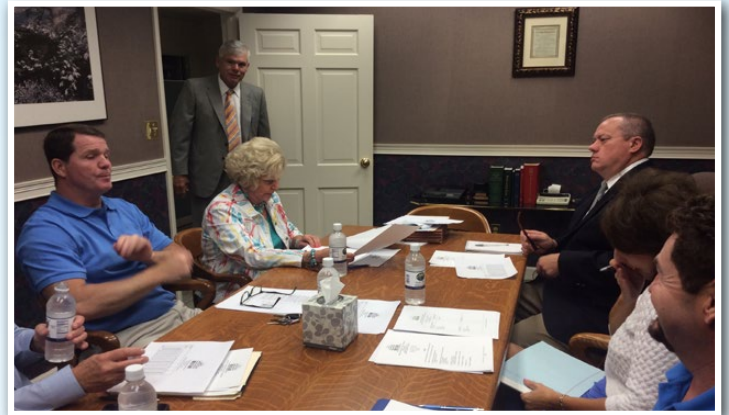
- Paula Bowden, Admin. Assistant



Congratulations to **Behavioral Health Therapist Amy Beeler** for receiving her Licensed Mental Health Counselor license!

COMMUNITY COUNCIL CORNER

Many of the advances WestCare has made in local communities have been due to the diligent work by members of Community Councils in the states we serve. They are the eyes and ears, the influential leaders and the valuable 'door openers' that allow us to broaden and improve our services.



Please thank the fine individuals who volunteer on such councils in your state when you have the opportunity. Pictured are members of one of two Councils (Eastern) serving Kentucky, at their regular meeting with CEO Richard Steinberg. They include: Elsie Tiller, Debby Trusty, Jerrod Thomas, Bill Baird, Jeff Caudill, Erdil Looney, Judy Patton and Sharon Steinberg.

THINGS TO START DOING FOR YOURSELF

(Editor's note: These 10 tips wrap up our list of 30 bits of great advice. See May and June Express issues for the others.)

21

Start being attentive to your stress level and take short breaks. – Slow down. Breathe. Give yourself permission to pause, regroup and move forward with clarity and purpose. When you're at your busiest, a brief recess can rejuvenate your mind and increase your productivity. These short breaks will help you regain your sanity and reflect on your recent actions so you can be sure they're in line with your goals.

22

Start noticing the beauty of small moments. – Instead of waiting for the big things to happen – marriage, kids, big promotion, winning the lottery – find happiness in the small things that happen every day. Little things like having a quiet cup of coffee in the early morning, or the delicious taste and smell of a homemade meal, or the pleasure of sharing something you enjoy with someone else, or holding hands with your partner. Noticing these small pleasures on a daily basis makes a big difference in the quality of your life.

THINGS TO START DOING FOR YOURSELF (CON'T.)

23

Start accepting things when they are less than perfect. – Remember, ‘perfect’ is the enemy of ‘good.’ One of the biggest challenges for people who want to improve themselves and improve the world is learning to accept things as they are. Sometimes it’s better to accept and appreciate the world as it is, and people as they are, rather than trying to make everything and everyone conform to an impossible ideal. No, you shouldn’t accept a life of mediocrity, but learn to love and value things when they are less than perfect.

24

Start working toward your goals every single day. – Remember, the journey of a thousand miles begins with one step. Whatever it is you dream about, start taking small, logical steps every day to make it happen. Get out there and DO something! The harder you work the luckier you will become. While many of us decide at some point during the course of our lives that we want to answer our calling, only an astute few of us actually work on it. By ‘working on it,’ I mean consistently devoting oneself to the end result. Read *The 7 Habits of Highly Effective People*.

25

Start being more open about how you feel. – If you’re hurting, give yourself the necessary space and time to hurt, but be open about it. Talk to those closest to you. Tell them the truth about how you feel. Let them listen. The simple act of getting things off your chest and into the open is your first step toward feeling good again.

26

Start taking full accountability for your own life. – Own your choices and mistakes, and be willing to take the necessary steps to improve upon them. Either you take accountability for your life or someone else will. And when they do, you’ll become a slave to their ideas and dreams instead of a pioneer of your own. You are the only one who can directly control the outcome of your life. And no, it won’t always be easy. Every person has a stack of obstacles in front of them. But you must take accountability for your situation and overcome these obstacles. Choosing not to is choosing a lifetime of mere existence.

27

Start actively nurturing your most important relationships. – Bring real, honest joy into your life and the lives of those you love by simply telling them how much they mean to you on a regular basis. You can’t be everything to everyone, but you can be everything to a few people. Decide who these people are in your life and treat them like royalty. Remember, you don’t need a certain number of friends, just a number of friends you can be certain of.

28

Start concentrating on the things you can control. – You can’t change everything, but you can always change something. Wasting your time, talent and emotional energy on things that are beyond your control is a recipe for frustration, misery and stagnation. Invest your energy in the things you can control, and act on them now.

THINGS TO START DOING FOR YOURSELF (CON'T.)

29

Start focusing on the possibility of positive outcomes. – The mind must believe it CAN do something before it is capable of actually doing it. The way to overcome negative thoughts and destructive emotions is to develop opposing, positive emotions that are stronger and more powerful. Listen to your self-talk and replace negative thoughts with positive ones. Regardless of how a situation seems, focus on what you DO WANT to happen, and then take the next positive step forward. No, you can't control everything that happens to you, but you can control how you react to things. Everyone's life has positive and negative aspects – whether or not you're happy and successful in the long run depends greatly on which aspects you focus on. Read *The How of Happiness*.

30

Start noticing how wealthy you are right now. – Henry David Thoreau once said, “Wealth is the ability to fully experience life.” Even when times are tough, it's always important to keep things in perspective. You didn't go to sleep hungry last night. You didn't go to sleep outside. You had a choice of what clothes to wear this morning. You hardly broke a sweat today. You didn't spend a minute in fear. You have access to clean drinking water. You have access to medical care. You have access to the Internet. You can read. Some might say you are incredibly wealthy, so remember to be grateful for all the things you do have.

WYOMING: *The Sky's the Limit*

WestCare Wyoming would like to welcome and introduce several new employees that have joined our team. They include: **Clayton Moose, Danalynne Miller, Jennifer Waitt, Josie Berge, Kelissa Lein, Megan Watt, Roxane Daniel, Nancy Peterson, Gary Bennett, Dakota Cole** and **David Dingman**.

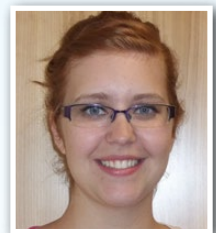
They fill positions in four separate programs, and one recruit—Nancy—was brought in from South Dakota after our mini-job fair in that state! We are excited to have them all on-board and know they will do great!



Danalynne M.



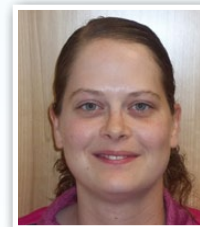
Clayton M.



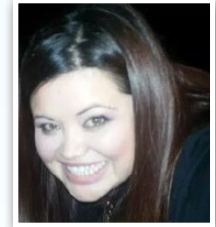
Josie B.



Nancy P.



Kelissa L.



Roxane D.

INSPIRATIONAL MESSAGE



Courtesy of Marcia Jackson
Director of Accreditation

The song is from a CD titled “Devotion – Do All You Can,” and it has many inspiring songs. I often play it each morning to get me started and wanted to share the message. It is from a 10 year old boy from Africa. Wisdom can come from so many places and I believe it fits with WestCare’s “Uplifting the Human Spirit.” The chorus is simple, but says so much and can stay with you all day. “Do all you can with what you have, in the time you have, in the place you are, do all you can.”

Do All You Can (Nkosi's Song)

Robert D. Anderson / Totally Intact Tunes, ASCAP

One little boy in Africa, he put a face on AIDS
Told his story to the world 'til he died
And these are the words, the words he said – He said:

(Chorus)

“Do all you can with what you have
In the time you have in the place you are
Do all you can - Do all you can”

Holy mother from India, helpin' the sick and the poor
Somebody asked, “Why do you do these things?”
She said, “This is what I came here for” – She said:

(Repeat Chorus)

This is the gift they gave to us, to share wherever we go
“Be the change you wish to see in the world”
Now I understand what they wanted us to know – You can:

(Repeat Chorus)

FAMILY FEEDBACK

“We appreciate the Express. Can get to feeling a bit isolated out here in Wonderful Wyoming. The Express helps us feel more connected.”

- Robert Branham, Area Director

INFORMATION TECHNOLOGY: *The IT Corner*

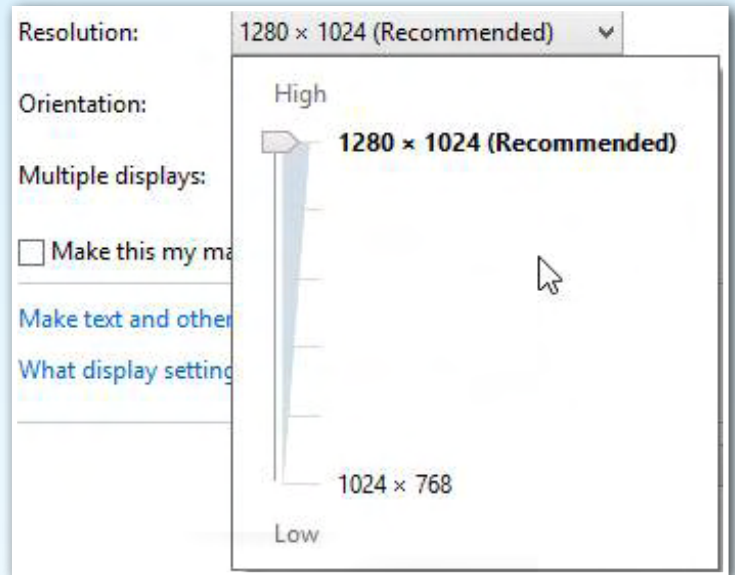
Windows 7 Power User Tips & Tricks *by Sean Harrigan, WestCare Systems Administrator*

It's been a few months since we completed the upgrade, and we've helped many of you iron out the little issues that come along with a software upgrade. One of the things that a lot of users have asked for assistance with is changing screen resolution to accommodate less than ideal eyesight.

You can change your screen resolution without even calling IT for help. Simply right-click an empty spot on your desktop and select "Screen Resolution".



You can then use the drop down menu to change the resolution. Decreasing the resolution makes icons and text appear larger, increasing the resolution makes them appear smaller. Click "Apply" and you can test the settings to see if they work for you.



Here's a neat trick to help you out when you are having a hard time reading something on a web page in Internet Explorer. Hold down the "Ctrl" key on your keyboard and use your mouse's scroll wheel to zoom in and out on a web page. This also works in other some other programs, including Outlook email. Go ahead, try it out!

Speaking of Outlook, you can adjust the settings in Outlook to suit your needs as well. Using the View menu up top, you can re-arrange the navigation and reading panes, choose to hide or show different features, and adjust the way things work in Outlook. You can also select Options from the File menu to adjust the color scheme and other more advanced display options that will allow you to customize Outlook to your needs. You'll find similar options in all of the Microsoft Office applications as well.



WESTCARE CALENDAR OF EVENTS: *July 2014*

JULY

SUN	MON	TUE	WED	THU	FRI	SAT
		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		

July 4

HOLIDAY - 4th of July / Independence Day

July 8 (3pm-4pm PST / 6pm-7pm EST)

FLGC-CAC Meeting

Dial: 530-881-1212, Use ID: 293-872-005

City Center, 100 2nd Avenue

July 14 (10am-11am PST)

CTC Workgroup Meeting w/ Amy Roukie

Dial: 530-881-1212, Use ID: 146-936-002

July 15 (8am-9am PST / 11am-12pm EST)

Executive Committee Teleconference

Dial: 855-212-0212, Use ID: 407-244-934

July 16 (12pm-2pm PST)

NV-CAC Meeting

Dial: 855-212-0212, Use ID: 407-244-934

Foundation Office, 1711 Whitney Mesa, Henderson, NV

July 21

Guam Liberation Day

July 26 (8am-10am PST / 11am - 1pm EST)

FND/East/West Board Meeting

Video Conference

July 30 (6pm-7pm Arizona Time)

AZ-CAC Meeting

Dial: 855-212-0212, Use ID: 407-244-934

Bullhead City