



June 2012

When Fathers Become Real DADS

By Ann Middleton – *Child Care Specialist*

(Editor's note: Being a parent carries more responsibility than most others. This profile from California's children and parenting program, is repeated daily throughout the WestCare system.)

Neil is one of the many wonderful fathers that we have had in our SMART 2 program. He is a full time Mr. Mom to his two daughters, Mary Jane and Hannah. Neil didn't always have custody of his girls. Over a year ago, he lost custody due to his drug addiction.

Neil entered into WestCare and his girls remained in the custody of their mother. In the beginning of his program, Neil wasn't very motivated in his recovery. He continued to abuse illegal substances and didn't take advantage of the many classes WestCare offered. Everything changed when Mary Jane and Hannah had to move out of their mother's home and enter foster care. Knowing his daughters were no longer with family, and that he was the only parent they had to lean on, Neil decided to turn his life around. With the new motivation to break family cycles, Neil began to follow rules, attend classes to prove to himself and others that he could be a suitable father, and a real Dad.

While in WestCare, Neil participated in supervised visits through the SMART 2 program. As time went on and his progress continued, he was soon granted liberal visits and began SMART 2 Positive Parenting services. Neil has stated that through SMART 2 he has learned patience, and how to

appropriately communicate with his daughters. He feels that his daughters have learned boundaries and listening skills while in the SMART 2 program.

Neil has been sober almost a year and gained full custody of his daughters just recently. He enjoys taking them to the zoo and telling them stories before bed. He looks forward to starting school in August and spending this Fathers Day with Mary Jane and Hannah.



Neil D. and daughter
Mary Jane

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Graduation

Celebrations!

This is the time of year for major steps in the lives of many of our clients, in terms of educational advancement. Self-confidence and pride factor heavily in their personal growth and health.

Here are some photos from several states.



▶ A record number of WC California graduates celebrate their achievement

▽ A picture says a thousand words!



▶ The Bakersfield program was well-represented



▶ Family, friends and clients pack the house for California's semi-annual commencement



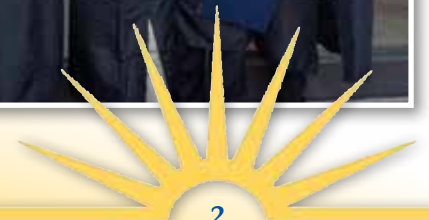
California



Georgia



Georgia had its own 'Super Heroes' ceremony recently. The story behind this program can be found deeper in this issue.



WestCare Supports Breastfeeding Mothers!

By Heather Baker – *Healthy Start Coordinator, Village South*

In keeping with WestCare's commitment to its employees and families, one of the newest measures demonstrating WestCare's "family friendly" position is the recent passage of a policy supporting breastfeeding mothers and families.

The health benefits to the baby of breastfeeding are numerous, and include decreased risk of ear infections, respiratory illness, gastrointestinal disorders, skin disorders, diabetes, obesity, leukemia, and Sudden Infant Death Syndrome (SIDS). Health benefits are maximized when baby is exclusively breast fed for the first six months. Benefits of breastfeeding to mother's health include lower risk of breast and ovarian cancers, reduced risk of Type 2 diabetes, and quicker recovery from pregnancy.

Although the benefits are many, for years throughout the United States mothers often

had to choose between returning to the workforce and continuing to give their baby the best possible start in life by breastfeeding. For those mothers who were determined to do both, they often had to express (pump) breast milk in the unhygienic environment of a public bathroom while struggling with whether, or how, to talk with their supervisor about the time needed to make sure their baby continued receiving the best possible nutrition available.

WestCare's policy ensures that employees who have a new baby are welcomed back to the workforce with all of the support needed to ensure the best start for baby, as well as a smooth transition for mom. It allows nursing mothers the flexibility needed to schedule breaks which facilitate milk expression, and guarantees a clean and private space other than a bathroom in which to pump their milk. This is a wonderful thing for mothers and babies – and for WestCare as well. One little known fact is that breastfeeding improves a company's bottom line, through less sick time taken by both mothers and fathers of babies who are breast fed, as well as improving employee productivity and morale, and reducing employee turnover rates.

Healthy Start staff from The Village South

Florida



spearheaded the campaign for increased support for breastfeeding employees working with Human Resources closely toward passage of the policy. The Village Healthy Start program in Miami offers services to pregnant and breastfeeding mothers and infants, with the goal of reducing rates of pre-term labor, low birth weight babies, and infant mortality. Staff are trained and certified to provide breastfeeding support to clients; there is also a Certified Lactation Counselor on staff who is available to speak with employees about breastfeeding questions and concerns.



Village South Warriors Walk for AIDS!

By Wendy Ramos – *Assistant to the Sr. VP, Village South*



On Sunday, April 22nd, over 30 adult and adolescent clients and 15 staff walked for the 24th Annual AIDS Walk Miami sponsored by Care Resource and The Food for Life Network. The walk was a 5K (3.1 miles) and is one of the oldest and largest AIDS walks in the country. This annual fundraiser helps make it possible for Care Resource to serve over 18,000 client encounters, deliver 40,000+ meals to home-bound clients and perform 12,000+ HIV and STD screenings. The Village Warriors were proud once again to be a part of this wonderful community event.

Just a few of the staff who attended:
(Left to Right) Fnan Gaim, Angie Lobo, Elyse Dermer, Wendy Ramos, Sharon Thomas, Tabatha Bailey, Desiree Francis

Celebrating Nurses Week at Village South

Village South observed Nurses Week with a special celebration on May 7th. Pictured are Shonte Everett and Jennifer Jimenez.

"Happy Nurses Week from someone who gets squeamish from looking at a paper cut from four feet away."



Administration Professionals Day

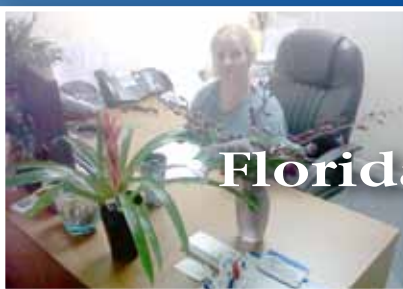
Florida

May was quite a month for festive celebrations at Florida's many programs. These photos represent a sample of the well-deserved acknowledgment of our top-notch and priceless office employees on Administrative Professionals Day.



GulfCoast

Village South



Florida Keys staff



U.S. Virgin Islands



Celebrating Administrative Professionals Day

Administrative Professionals Day was observed in many WestCare locations. Here are three hard-working staff members singled out in the Virgin Islands –

Left photo: Kim Nosek, Armando Severino and Nelly Rivers.

Right photo: Shantel Albert.



Volunteers Making a Huge Difference

That was the theme for this year as WestCare Arizona held their 14th Annual Volunteer Recognition Dinner on May 10th at Laughlin Ranch. Over 30 volunteers were recognized with dinner, a certificate and gift bags. Door prizes were won by several individuals. As customary, the night ended with the Volunteer of the Year award presented to Clara Shankles, a longtime volunteer at our Thrift Store. Clara's volunteer service with WestCare has lasted over 10 years.

The Volunteer Dinner is one of Arizona's highlight events of the year. All of our volunteers play an important role in our daily routine and this is our chance to say thank you to all of them. There were a few

By Kim Mitchell – Office Manager

Foundation staff in attendance; Board members; and the Arizona Community Action Council members. Bill Porter, Vice Chair for WestCare's Western Region gave an amazing speech about the fine job that Arizona does with this event every year and how he continues to be amazed at the community and the support they give to WestCare Arizona.

Amy Roukie, Regional Vice President closed out the night with words of gratitude and hope. This was Amy's first time attending the Volunteer Recognition Dinner and we believe she enjoyed meeting and getting to know those in the community that help Arizona continue to Make a Difference in the Lives of Others.

Arizona



Clara Shankles was honored as Volunteer of the Year by WestCare Arizona



The Month of June

June Birthstone:

The Pearl

Sign of the Zodiac and Dates:

Gemini - May 21 - June 21

Characteristics of Gemini:

Inquisitive, Clever, Adaptable, Lively & Communicative

June Birth Flower:

The June Birth Flower is the Rose. The general meaning of the June Birth Flower, the Rose are symbols of love and beauty.



June Calendar

June 4th

AZ CAC Meeting
6:00pm -7:30pm PT
CIC Facility, Bullhead City, AZ

June 6th

CA CAC Meeting
1:30-2:30pm PT
MLK Campus, Fresno

June 7th

FLVS CAC Meeting
5:30pm ET
Biscayne #900, Miami

June 5th

World Environment Day

June 12th

Florida FLGC-CAC Meeting
3:30pm PT/6:30pm ET
City Center, 100 2nd Ave. South
#901 South

June 14th

FAVA Board Meeting
3:00pm PT/ 4:00pm CT

June 14th

Flag Day

June 16th

Arizona Veterans Clean Up

June 17th

Fathers Day

June 19th

Executive Committee
Pre-Board Meeting
8:00am PT/11:00am ET

June 20th

First Day of Summer

June 23rd

Public Service Day



June Celebrations!

World Environment Day is June 5th Green Economy: Does It Include YOU?

Courtesy: <http://www.unep.org>

The global financial crisis that began in 2007, and is still resonant today, is considered by many economists as the worst financial crisis since the Great Depression of the 1930s. One of the key lessons we can draw from this experience is that running economies the way we've always done, doing business as usual, is clearly not an option. The new Green Economy is therefore a proposal for an alternative and far more sustainable way of doing business.



A green economy is described as one that results in improved human well-being and social equity, while significantly reducing environmental risks and ecological scarcities. In other words, we can think of a green economy as an economic environment that achieves low carbon emissions, resource efficiency and at the same time is socially inclusive.

Flag Day is June 14th



Flag Day is an American holiday celebrating and showing respect to our flag and the people who designed and created it. Our flag represents our independence as Americans and our unity as a nation. The great history of our flag you can read about in *Flags of America*. It leads our soldiers in battle and many have died protecting it. It even stands on the moon.

We Americans are proud of our nation, our culture, our people and our flag that represents all of those things. So raise your flag on Flag day and show that American spirit!

Public Service Day – June 23rd

Courtesy: timeanddate.com

Happy Public Service Day! In 2002, the United Nations began Public Service Day to highlight the contributions that public service has made and can make. Today is a great day to deviate from your routine and volunteer your time to help someone else out. If your schedule is jam-packed today, plan to do something later in the week when you have more time.



It doesn't need to be said that there are many philanthropic opportunities in your community, country, and globe. Whether you help out at your local food pantry, clean-up a park or walk dogs at an animal shelter – the opportunities are endless! Volunteers are always needed, whether in schools, nursing homes, fire stations or churches, so be sure to get your friends and family involved too. Remember that every act of compassion and kindness, no matter how small, can make a difference!



Fathers Day is June 17th!

Celebrated on the third Sunday of June in the United States

A day to honor Dad. Better still, it is a day to enjoy time with Dad and appreciate all he does for you. What Dad really wants is healthy, happy and successful kids. And, he wants you to spend a few moments with him on Father's Day. Today's life style is busy for

both dads and kids. So, a little time with dad on Father's day is just what he wants.

A Father is more than the biological paternal source of our being. It is the person who cares and provides for us. It is the man who helps to set the standards, the family values and the example. So add to this group, step

fathers and other men who willingly and eagerly accept and cherish the role. Whether biological, adopted or informally, if they are the father figure to you, give him some recognition today and don't hesitate to call him "Dad."



AmeriCorps Member Spotlight

By Dan Bernal – AmeriCorps Peer Team Leader

Sandy Leger

AmeriCorps Member Sandy Leger is serving at WestCare Florida at the Mustard Seed Inn in St. Petersburg. Sandy serves under the supervision of James Holland, Program Manager.

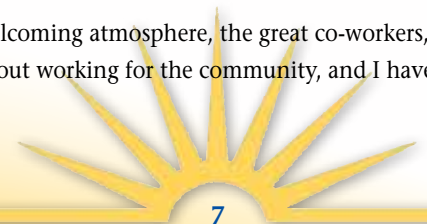
Sandy is the daughter of a Vietnam Navy Veteran, and she always admired the connection her father had with his military friends, some of them for a lifetime. Before being assigned to the Mustard Seed Inn, Sandy was not familiar with a transitional living program.

"I have learned so much about the importance of a program like Mustard Seed Inn to help people in the community," said Sandy.

Sandy says that she is proud to be a part of what AmeriCorps and WestCare do for veterans and their families in St. Petersburg.

What has stood out most for Sandy in her AmeriCorps experience thus far is hearing the stories and the emotional bonds of the veterans. She feels her AmeriCorps experience has given her the opportunity to make a difference in the lives of others.

"My favorite aspect of serving as an AmeriCorps Member is the welcoming atmosphere, the great co-workers, and a supervisor that is awesome to work with. I get to learn a lot about working for the community, and I have met the most wonderful people, all caring and giving. The best place I have ever worked!" said Sandy.



Here's a Clever Idea You'll 'Like'

By Julie LeFils – *Special Projects Officer, WestCare CA*

“People share, read and generally engage more with any type of content when it's surfaced through friends and people they know and trust.”
– *Malorie Lucich, facebook Spokesperson.*

How can we spread the mission of WestCare? How can we show our communities the services we provide? How can we share the stories of the lives changed? Social media has given us the answer, and WestCare California is doing everything we can to seize the opportunity.



The best way to spread the word of WestCare is through the passion and dedication of our very own staff members! Through our facebook page we post events, stories, and pictures from all of our various programs to give our 'followers' a unique look inside our walls. In order to gain momentum, we launched an internal facebook 'like' campaign that encouraged staff to have their friends and family 'like' our page. In just one week we gained 25 new followers, and by the end of week two we hit the 300 mark!

With a healthy competition and Subway gift cards for the winners, we have proven that together we can achieve more! There is nothing more powerful than word of mouth, and by sharing our WestCare page on their wall, status, or newsfeed, they are giving their word that we are an organization that uplifts the human spirit – even if it isn't technically from their mouth!

California



SMART 2 News!

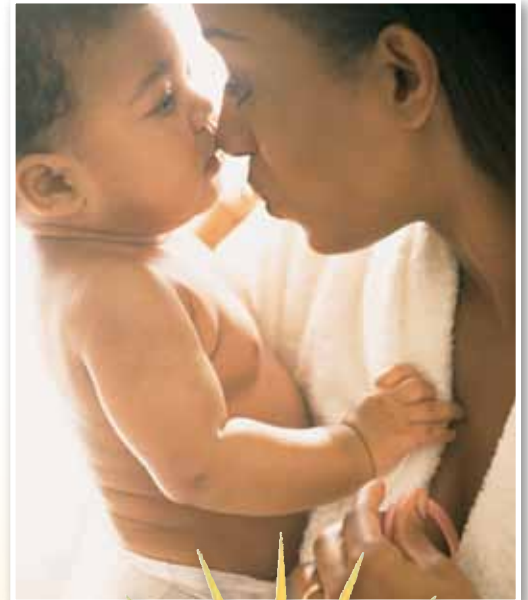
SMART 2 works collaboratively with First 5 Fresno County, Exceptional Parents Unlimited and Babies First. It is funded by a federal grant from the Department of Health and Human Services, Administration for Youth and Families and First 5 Fresno County, CA.

Parenting Advice from Smart 2 – *Secure Attachment*

Courtesy of Early Moments Matter

Creating a secure attachment with your infant is crucial to their development. Every time you meet your child's need, you give them a sense of attachment and teach them about the world around them. Attachment doesn't happen overnight, but is a process that is learned over time. According to a growing body of scientific evidence, children with responsive caregivers during the first year of life develop a stronger ability to manage stress, form healthier relationships, perform better in school, and enjoy higher self-worth. Not every parent is natural at attaching to their new infant, but here are a few steps parents can follow to help create secure attachments.

- Step 1: Understand your child's cues and style of communication
- Step 2: Create a foundation of security and trust with your baby
- Step 3: Provide consistent and responsive parenting
- Step 4: Connect with your child through touch, physical comfort, laughter, and play
- Step 5: Don't forget about yourself; care for your own emotional well-being



WestCare Wisconsin Launches in Milwaukee's Historic Harambee (Ha-Rom-Bay) Community

Submitted by WestCare Wisconsin staff

Nearly one year after WestCare President & CEO Dick Steinberg, Sr. VP Dr Judi Kosterman, and Sr. Regional VP Leslie Balonick made their first visit to Milwaukee, WestCare Wisconsin is headed down the runway and preparing to lift off. Dr. Kosterman introduced the Rev Dr. James G. White, then President/CEO of the Johnson Institute Foundation to Dick at a meeting in St Petersburg, FL three years earlier. A year later, White assembled a talented and dedicated dream team to revive and uplift the grassroots Harambee Community Vision and Mission in Milwaukee, WI. Working full time for the past two years with little to no compensation, and little to no funding, the team was able to restore the integrity of the Vision and Mission, and prepare the school, housing programs, community outreach, and AODA services for re-launch. Dick and the WestCare Executive Team's offer for Dr. White and his team to join the WestCare family has insured that the Harambee Community will move forward and grow stronger in the years to come.

The 42 Year Old Harambee Community Legacy

The Harambee Community Mission and Vision arose from the ashes and the aftermath of rioting in Milwaukee that erupted with the assassination of the Rev. Dr. Martin Luther King Jr. in 1968. After two years of praying, planning, and persevering, leaders of the area hardest hit by the riots launched an initiative to reclaim, rename, and rebuild the "Beloved Community." They carved out their boundaries, held a naming ceremony and presented their strategic plan to the community. Harambee (Ha-Rom-Bay) is an African term in the Swahili language that is a high command for the entire community to "Work Together-Pull Together."

With the support of the University of Wisconsin Milwaukee Extension Program, the Harambee Community School in 1970, the

Harambee Ombudsman Project initiative in 1977, the Isaac Coggs Community Health Center in 1978, and the IMANI (e-mon-ee) Residential AODA Treatment Facility in 1991 were launched. By 1980, the community rebuilding effort was well under way. Today, 42 years later, the Harambee Community has put a troubled past behind it. Multimillion dollar commercial and residential developments, completely revitalized neighborhoods, and thriving community agencies, business, congregations, and educational institutions have found a home there.

The Isaac Coggs Community Health Center, named for one of the 1st African American Elected Officials to represent the area now operates independently and has become the largest Federally Qualified Health Center FQHC in the State of Wisconsin. Dr. White and his team helped to launch a nationally acclaimed Math & Science Academy at the Harambee Community School site.

With the support of Milwaukee City Government, WestCare Wisconsin is launching the Harambee Community Center (HCC). Through the HCC, WestCare Wisconsin will serve as the lead Neighborhood Strategic Planning organization for the Historic Harambee Community, and recently received its first funding award, a \$207,633 contract to administer housing rehabilitation and community organizing programs in the Harambee Community. Dr. White hopes to relaunch the IMANI AODA Residential and Outpatient programs later this year.

Wisconsin

Dr. White with Housing Development Manager Travis Landry



Other members of the new WestCare Wisconsin team include Claudia Brewer, Rochelle Landingham, Jewell Carter and Amina Webb.



"WestCare Wisconsin is a Community Pulling Together to Uplift the Human Spirit"

“West Coast Swag” with a Message

By Anthony Mendoza – Pahrump Media Center

Once again, the WestCare Media center in Pahrump, NV has created something visually new and fresh. In response to an anti-tobacco campaign competition sponsored by the Surgeon Generals office, kids involved with the new media program decided to heed the call. The kids wrote, recorded, and filmed the anti-tobacco music video, all within one week. What separates this particular message from others is that the music and its lyrics are current, fresh, lyrically intricate, and has what we call out here in Southern Nevada, a “West Coast swag.”

The competition had four categories in which to submit: 12-17 years old English, 12-17 years old Spanish, 18-25 years old English, and 18-25 years old Spanish. Each category was awarded a \$1000 grand prize and three \$500 cash prizes. The competition must have been incredible, because the Nevada entry wasn’t selected. But we think you’ll find the video outstanding.

To view the videos go to: <http://youtube/pIA9IxD4xKE>, or just go to

YouTube and type in ‘WestCare Nevada’ and you’ll find it.

For more information on the media center in Pahrump, NV, contact Tony Mendoza at 775-751-6990 ext 225.



Nevada

▲ Close ups:
Can't be shy about being a star!



Lights:
The Pahrump project is the closest thing to professional. First class!

Reno Update: VA Homefront Apartments Open!

Submitted by Amy Roukie – VP Nevada/Arizona



Civic leaders joined WestCare representatives at the recent grand opening of the Agency’s latest veterans’ residential facility, the VA Homefront transitional living apartments. The project was featured in a recent issue of The Express.

Pictured left to right are: Judi Kosterman, Amy Roukie, Sheila Leslie, Mayor Bob Cashell, Judge Dorothy Nash-Holmes and Maurice Lee.



Farewell To A Class Act

By Heather Shoop – *WestCare Nevada*

On May 17, WestCare Nevada honored and celebrated Deputy Administrator, Candice Kidd, as she retires after thirteen years of service.

A party was held in Candy's honor at the Women and Children's Campus with more than fifty people present, including staff from Nevada and Foundation, the community and the alumni. As a surprise, Early Clover of the Coasters serenaded Candy with the song "Unforgettable," the perfect choice for someone who will continue to be present at WestCare through her leadership, teaching and works of kindness.

There were laughter and tears as guests shared special memories and touching tributes to Candy's character, wisdom and caring nature. Most notable were the many stories from former clients and alumni about Candy loving them when they felt

unlovable, showing them they matter and giving them courage and support to achieve their dreams. Of the former clients present, each currently has at least two to eight years of recovery.

There will be plaques hanging in the Women and Children's Campus and the Las Vegas Community Triage Center to recognize and remember Candy's leadership and generous spirit. Candy will remain a consultant with WestCare for six months, to provide guidance and support through this period of transition.

All of us at WestCare Nevada thank Candy for her leadership, generosity and dedication. She has left a lasting impression in the lives of all she has touched and will be sorely missed.

Nevada



▲ Candy (top right) and the girls



▼ Garden Project ▲



Women and Children's Campus Garden Project

By Darlene Terrill – Director

The vision for the garden came from Board Member, Marilyn Moran. She has a special place in her heart for the ladies and their families at WestCare. Marilyn approached Sandy Price & her husband about working with her to create a vegetable garden at the campus, who said "yes" immediately. The Prices had worked in Arizona with programs for adults with developmental disabilities. One of the service agencies there had set up garden and greenhouse projects for the adults. They knew first-hand of the many ways these projects brought benefits to this population by bringing them a sense of responsibility and accomplishment; healthy food to benefit their bodies and a place for them to renew their spirits in nature. One of the operational programs actually generated funds for their residential campus through sales of houseplants grown in their on-site greenhouse.

On the first day of planting, about a dozen of the women and some of their children joined in the project. The ladies "dug" right in with the gloves and garden tools that Marilyn and John Moran had donated. They turned the soil and prepared it

with supervision and then they were given the opportunity to do all the planting. Garden starts of herbs, tomatoes, onions and strawberries were carefully planted and strategically placed for best growth. The children who joined that day were all given seeds to plant and markers to identify what they had planted. Everyone enjoyed the day and worked so well together. Since the automatic irrigation to the garden bed was not installed as yet, an explanation was given to all about the importance that the garden plants and seeds needed to be watered regularly.

Sandy quoted "We are very proud of how the residents have taken on this responsibility of watering the garden. The weather since the initial planting has been tough on young plants with so many windy days and temperature fluctuations, but the ladies have helped so much to sustain the growth of the garden."

Recently, another smaller raised garden bed was constructed for strawberries as part of the ongoing effort to provide a place for the many types of food that the residents have on their garden "wish list." On the day this bed was planted, we had the

Continued on page 12

Continued from page 11

pleasure of being joined by Marilyn Moran and her mother Jean Tobman, who have financially supported the building of this garden.

On Earth Day, a gardening bbq picnic was enjoyed, compliments of Sandy and her husband as more planting and grooming was done. One client's child learned how to cut back roses. He

examined a rose petal and saw a bug on it asleep. "Oh, look. He is sleeping. We can't disturb him!"

"It has been a great experience for us and we hope that the residents will continue to enjoy their garden space for many years to come" states Sandy.

WestCare staff and clients want to express our gratitude to Sandy, her husband, Marilyn and Jean

for making this wonderful learning experience available to us. The project will be successful as you are committed to coming weekly to assure the garden is properly being taken of. The clients and their children are anxiously waiting to eat the food they are growing. We are blessed to have you in our lives!

Immersion Training at WestCare Sheridan Graduates 23

Submitted by Sheridan WestCare staff

WestCare Sheridan counselors and supervisors enjoyed a week long immersion training April 9-13, 2012 titled "Experiential Learning Techniques." Twenty-three employees took part in and graduated with honors during a 60-minute ceremony that included keynote speaker Kimberly Osborne (wife of Warden Kenneth Osborne) and WestCare supervisor Sixto Garcia, who co-facilitated the training.

Warden Osborne's opening remarks reminded us that in a Therapeutic Community, we have a great fortune in meeting authentic people. He then stated that he is here for a number of reasons and that it took him a long time to get here. "My journey wasn't one of career opportunity but one of love." Warden Osborne stated that in a setting such as this, the same things that make you laugh will make you cry. There are many heartfelt stories in a TC and the people who work in them need to be able to listen with compassion and still give sound advice and help heal old wounds.

Keynote speaker Kimberly Osborne shared a lot of her personal experiences and how she ended up where she is today. Starting small and ending big, it was the people she met along the way that helped her gain respect, build integrity and help the clients inside the prisons and outside in the communities. She has helped women, children, and men who struggle with life in prison and those who need help in getting started on a drug-free life once they return to their old neighborhoods. She has spoken to men fresh out of prison on

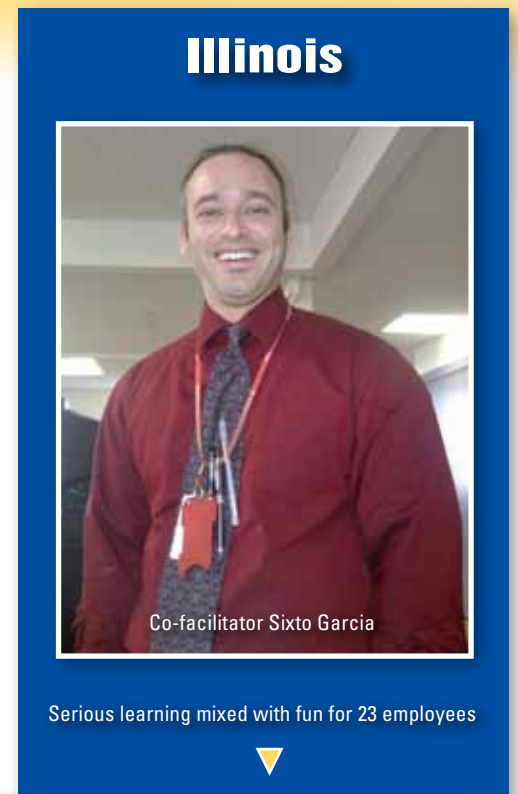
the west side of Chicago and has helped them move into safer housing in order to rebuild their lives. She has listened to many stories, teaching men that they need to be accountable and take action for themselves.

"Healthy living and taking care of ourselves first, then our families, listening and consulting with one another, observing one another, and giving valid feedback."

Other speakers included graduates themselves such as WestCare counselor Erin Deobler, who announced the graduates' new house name as the "The House of Transformation." Erin shared experiences from the first day of the training, through the middle, and into the final hours. She stated that in the beginning she felt uncomfortable and that the gift of a ring from a family member had helped her become part of the "community" again. She said she may have lost her passion at some point and this training has brought her back.

There was a lot of engaging, family, and community. Erin stated, "I hope to continue to grow and strive since I feel like I lost my way; this training has helped me remember why I am here."

Many Sheridan WestCare staff attended the ceremony and enjoyed a wonderful celebration



Co-facilitator Sixto Garcia

Serious learning mixed with fun for 23 employees



luncheon afterwards. The immersion training has generated great reviews, producing wonderfully dedicated counselors and supervisors that make the Sheridan WestCare TC the place where "uplifting the human spirit" is practiced daily!

WestCare Super Heroes

By Johnnie Green – Case Manager/Intake Specialist

Congratulations to our 2012 GED Graduates! On April 30th, the WestCare

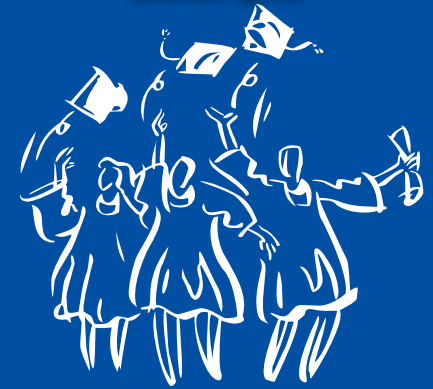
Family participated in the Augusta Technical College Commencement Services at the James Brown Arena in Augusta, GA. This year, we had a total of 8 graduates! Three of these young men had previously completed the program, but returned to receive their GED. In honor of their excellence, each graduate received a \$500.00 HOPE Scholarship to continue their education. This graduation signals their first step into the “real world.” This is where the true strength of their character, skills,

as well as their knowledge are put to the test. Our staff extends our best wishes for their graduation and would like them to remember the following:

- Always stay on your toes
- Know the appropriate way to react in certain situations
- Remain alert and respectful to others
- Most importantly, WE LOVE YOU!

Thank you for the opportunity of having WestCare in your lives as you continue to ***Uplift the Human Spirit!***

Georgia



(Editor's note: Please see photos of these gentlemen on page 2)

Mother's Day 2012 . . . revisited

Editor's note: It's always a joy to see WestCare moms cuddle, cradle and get downright silly with their kids. It's part of a process of re-bonding and family reunification for many of the ladies and their young offspring. Here are a few post-Mom's Day expressions.

Women's and Children's Campus Celebrates Mother's Day

Healthy Families is a residential program in Nevada designed to meet the specific needs of low-income pregnant and/or postpartum women, their children, and other affected family members. Outside of substance abuse treatment, this program provides a parenting component that assists the women in learning how to effectively parent and form healthy, loving bonds with their children. Having their children plays a significant role in the recovery process and facilitates the development of healthy family roles and behavior patterns. On May 12, 2012 these women were able to celebrate these healthy family roles!

“Today we had a wonderful time gathering together for a Happy Mother's Day snack. We had chicken wings, root beer floats, chips, and salad. All the girls really enjoyed this activity. Recovery isn't easy but with the other girls, that we call sisters, it makes it a whole lot better.” – *Jasmine W.*



A Mother's Story in SMART 2

I had a drug problem, and one day someone called Child Protective Services (CPS) on me. CPS took my children away from me and they were put into foster care. After four months of being in foster care, my children were approved to live with my parents. I entered the WestCare drug rehabilitation program in California and began supervised visits through SMART 2. I visited with my two beautiful daughters, ages 5 years and 1 year, in the SMART 2 Learning Center. SMART 2 helped strengthen my parenting skills as well as my bond with my daughters. I was able to finish my program at WestCare and change my life for myself and my children.

In March I was granted unsupervised visits with my girls. I am staying clean and sober and seeing my children all the time. I am happy that God gave me a second chance to change my life and am very happy that things have changed for me and my family. I want to thank WestCare California and SMART 2 for your continued help and support. – *Sincerely, Corrienne P.*

Kudos!

WestCare Honors Their Employees and Clients

Our monthly shout-out to members of the WestCare family, who stand tall and 'uplift' others in their care and peers around them. Please submit your nominees by the 15th of each month.

From California

Cleadus Shelton ▶

The announcement of **Cleadus Shelton's** promotion to Program Coordinator-Men's Residential. Cleadus started his career with WestCare as an AmeriCorps member, became a counselor tech, and then Counselor where he is now certified by CAADE. Cleadus also became a student leader and honors graduate at Fresno City College.



Cleadus Shelton

From Florida

◀ Pedro Betancourt

In Florida, they are very proud of **Pedro Betancourt**, Village South Behavioral Health Technician, for obtaining his high school diploma. Pedro has worked for the Village South for over 6 years and has worked very hard to achieve this long awaited goal. And he did it in only 6 months!



Pedro Betancourt



Matthew Sullenberger

Tiffany Johnson

Sean Harrigan

Foundation Headquarters

Information Technology Staff Members

And the Editor of this publication will take the liberty of saluting a small group of WestCare employees who toil in relative obscurity at Foundation headquarters, yet whose talents and expertise keep us all on-line and connected.

I used the IT System Help-Line again recently, because for those of us aging like fine milk, technical stuff is as easy a picking a broken nose. Kudos to **Matthew Sullenberger**-Director of System Administration,

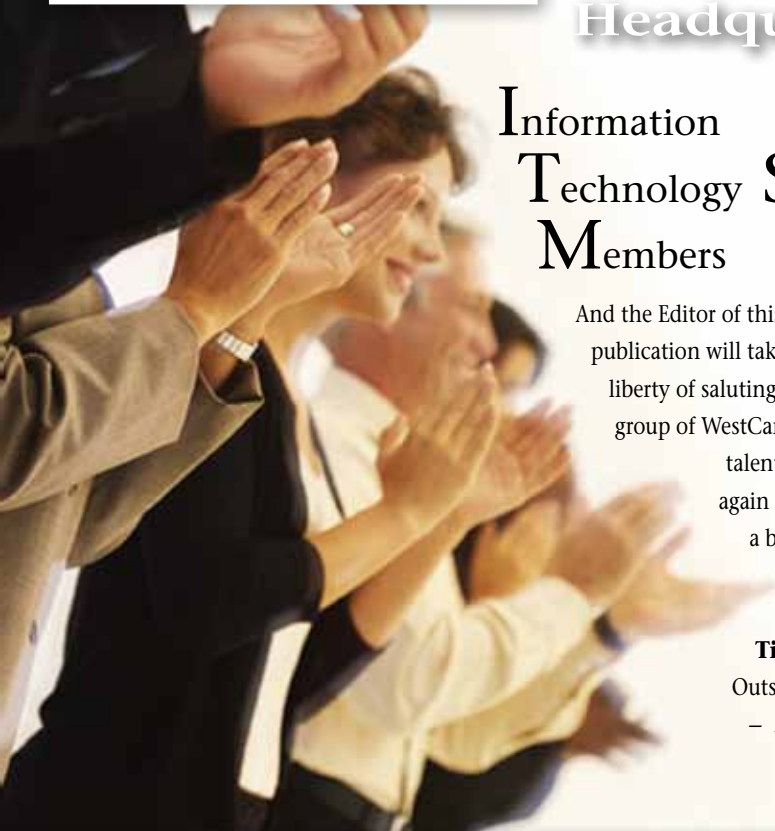
Sean Harrigan-System Administrator, **Rolando Castellano**-IT Support

Specialist (missing from picture), and

Tiffany Johnson-IT Support Specialist.

Outstanding work, IT!!!

- From John Wallace, Editor



EXPRESSIONS from Human Resources

A message from HR Director Michael Shields



As we move into June . . . I would like to say “Thank You” to all of our Veterans and to those of us with family members in the military. May included both “Armed Forces Day,” and “Memorial Day.” Both are special Holidays to honor those who sacrificed a part of their lives, and those who made the ultimate sacrifice.

We sometimes forget the emotional strain on the Moms and Dads of kids-and they ARE kids who may be stationed or deployed anywhere in the world. There are no words to describe what it must be like for parents whose children paid the ultimate price. We can only honor our active duty members and all Veterans on these special days-and ALWAYS!

As far as HR-Biz goes, there have been a lot of changes recently, which means there are a lot of new career opportunities for everyone in WestCare. As always, take a look at current openings on the WestCare Website. You may also go to www.careerbuilder.com, type “WestCare” in the keyword box, and see what we have. (Plus you’ll get to see the VERY COOL video, featuring our own Sarah Lopez, from Reno, NV!)

That’s it for now! “Happy Summer!” It’s already 104 in Las Vegas!

Human Resources

Courtesy: United Health Care

More Great Information From Your Health Insurance Carrier *Stay fit – Even While You Sit*

When you spend most of your day in roughly the same position, it can be hard to get active and stretch beyond your comfort zone. But in just five minutes, you can improve blood circulation and flexibility – and feel rejuvenated for your next task. All it takes is a chair and some smart stretches. Here are a few to get you started:

- Sit straight in your chair. Leave a bit of space between your back and the chair. Squeeze your shoulder blades together. Count to five. Release and repeat.
- Lift your arms until they’re level with your shoulders. Using your left hand, grasp your right arm above the elbow. Gently pull it toward your left shoulder. Hold. Release and repeat with your left arm.

- Cross your right leg and rest your ankle on your left knee. Grasp your ankle and rotate it clockwise, then counterclockwise. Rotate about 15 times each way. Repeat on your left ankle.

To learn more about workplace fitness, go to www.myuhc.com

Make the most of our 24/7 Care24 service. When you call, you get one-to-one help from experienced nurses who are here for you and all your health and wellness concerns.

All calls are completely confidential. Call 1-888-887-4114 to get started. Nurses are available 24 hours a day, seven days a week.



FAVA News

By John Wallace – *Express Editor*

We always enjoy getting updates on our partnerships, programs for which we hold a great affinity. FAVA-Family Alliance for Veterans of America-is one such noble cause.

In these photos, provided by Chair Rhonda Jordal, Iowa Governor Terry Brandstad meets 'Honor,' one of FAVA's spokesdogs, and members of the Alliance staff. Also, outdoor scenes from FAVA's national headquarters at courthouse park in Forest City, Iowa. *Keep up the great work, FAVA!*



FAVA
Family Alliance for Veterans of America



WestCare Foundation



WestCare Leadership Management Academy

Bob Neri and Carol Renard have kicked off their ambitious and exciting new Virtual Leadership Management Academy. Please congratulate those in your region who have been selected for this program.

ADMINISTRATION

- Erin Kinard – Las Vegas, NV
- David Rosynsky – Las Vegas, NV
- Chris Upton – Las Vegas, NV

WESTERN/PACIFIC

- Cherri Lester – Wyoming
- Kevin Morss – Nevada
- Adriana Ramirez – California
- Heather Shoop – Nevada

FLORIDA/CARIBBEAN

- Elyse Dermer – Miami, Florida
- Maureen Grynewicz – Key Largo, Florida.
- James Holland – St. Petersburg, Florida
- Maureen Kempa – Key West, Florida
- Yolanda Laurent – St. Croix, Virgin Islands

CENTRAL REGION

- Jeannie Lewis – Georgia
- Audrey Mack – Georgia
- Dawn Ruzich – Illinois
- Jerod Thomas – Kentucky

