



JUNE 2015
THE WESTCARE EXPRESS
IN THIS ISSUE

Large Grant for Women and Children's Campus

By Barbara Mason, Grant Coordinator, FitzHouse Enterprises, Inc.



FitzHouse Enterprises, Inc. recently took the lead on a grant application for WestCare Nevada which was offered by the **Nevada Women's Philanthropy (NWP)** to renovate the **Women and Children's Campus**, an emergency shelter in Las Vegas. The funding request is to replace the damaged roofing at the shelter and install fifty-five new energy efficient windows and thirteen doors. The NWP only grants two awards a year, and we are very proud to announce we received one of these prestigious honors!



The WCC is a 33,453 square foot campus and provides our clients and their children with emergency shelter, food, employment assistance, case management, education, and core supportive and wraparound services to our clients, such as substance abuse and mental health assistance.

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COVER STORY: *Large Grant for Women and Children's Campus (Cont.)*



The new roof and windows will help to further our energy efficiency initiative which already includes a new solar field, and will provide us with significant energy savings.

The additional dollars not spent on heating and cooling this very large facility will be directly passed on to helping provide services to our clients. The solar field project was also a FitzHouse Enterprises project, and was

accomplished through the assistance of an incentive based program offered by Nevada Energy and Black Rock Solar for just under \$300,000.00. The additional energy savings we will realize with this new renovation will give us additional dollars we can target towards providing client services with— allowing WCC and WC-NV to be more financially stable.

We are very grateful to the NWP! The NWP is unique as it is a member-driven, pooled fund, large impact grant-making organization established to address the needs of the greater Las Vegas community. Their membership consists of philanthropically-motivated women, united by a powerful desire to address emerging issues facing the community in the areas of arts, education, environment, social services, and health. NWP has granted \$3.26 million to Las Vegas-area nonprofits since it was created in 2005. It averages about 80 members per year and is an all-volunteer organization that has developed a very highly competitive and respected application and applicant screening process.

A special thanks to **Mike Lavin, Kevin Morss, Heather Frost, Jen Hilton, Darlene Terrill**, and our Nevada CAC members **Marilyn Moran, Timbuck Rivera, and Barbara Mullholland**.

VIRGIN ISLANDS: 25 Years of Service and 250 Years of History

Story and photos contributed by *Frank Rabbito - Sr. VP of Florida/ Caribbean Operations, Kendall Tutein - VP WestCare Virgin Islands, and Mark Genovesi - Client Services Coordinator.*

Historical information courtesy of both Wikipedia contributions and www.stcroixlandmarks.com.



WestCare Virgin Islands Staff

Saint Croix was inhabited by various indigenous groups during prehistory. Christopher Columbus landed forces on the island on November 14, 1493 and was attacked by the Kalinago, who lived at Salt River on the north shore. Control of the island was traded among various powers, including Spain, Netherlands, Knights of Malta, and Great Britain before it became a possession of France from 1650 until 1733. On June 13, 1733, France sold the island group to the Danish West India Company. For nearly 200 years, St. Croix, St. Thomas and St. John were known as the Danish West Indies.

In 1917, Denmark sold St. Croix, St. Thomas and St. John to the United States, formalizing it in the Treaty of the Danish West Indies, in exchange for a sum of US\$25 million in gold. In a national referendum on the issue, 64.2% of Danish voters approved the sale. An unofficial referendum held in the islands resulted in 99.83% vote in favor of the purchase. The island's inhabitants were granted United States citizenship in 1927.



VIRGIN ISLANDS: *25 Years of Service and 250 Years of History (Cont.)*

Most of the picturesque old sugar mills dotting the island's landscape were built early in the period of 1750 to 1800. There was nothing makeshift about the construction of the Manor or Great House. It was often a copy of some admired European mansion or followed the neo-classic style with tropical modifications. The architectural designs show varying influences, but the construction methods were almost all uniform. Great limestone blocks were hewn out of the wet sea coral or taken from a quarry, hauled to the site and used in the two- to three-foot thick walls. Local stone and ballast brick supplemented the coral blocks, held together with lime mortar made in the plantation kiln, then plastered over and usually painted. Skilled artisans were brought from Europe to oversee the more talented of the slave apprentices. Our treatment program operates out of structures that were built during this period.

The Village Virgin Islands program is located on an 18th century plantation site that produced sugar and rum on Sion Hill Estate, Sion Hill and is made available for our use by the US Virgin Islands government. The Sion Estates/ Sion Hill property contains a number of buildings and ruins that were typical for the era and included: The Great House, Overseer's House, Bath House, Cook House, Birthing and Sick House, Stable, and Factory Building where sugar was produced from cane juice. Windmills were used to grind the cane.

Five historic buildings are used to provide substance abuse treatment, mental health services and prevention programming.

The Great House was completed in 1757 – 250 years ago - and is the men's residential home. Sion Hill's Great House is a well-kept ruin showing the fine dressed-stone workmanship around the doors, windows and cornices. The Great house was built on a hill to catch the trade winds. In 1765, the great house had renovations completed. The view from the 2nd story balcony is spectacular.



The Great House

VIRGIN ISLANDS: 25 Years of Service and 250 Years of History (Cont.)

Next to the Great House, it was customary to construct the Cook House and cistern. Today, the Cook House is the “Therapist’s Cottage” (*pictured to the Right*) and still contains the original stoves and root cellar. The site is using a cistern built 250 years ago to store well water that is purified with a chlorination system.



The Cook House / “Therapist’s Cottage”



The Overseer’s House

The Estate or Plantation contains a structure that was once the Overseer’s House (*pictured to the Left*). Today the structure houses Prevention and Susanna’s Place, our CSAT funded TCE HIV Program staff.

Also pictured is our Administrative Office which originally was used for Birthing and a Sick House.

There are a number of ruins on the property. The factory building consisted of a long boiling house, which was two stories high, where the cauldrons called ‘coppers’ were used to reduce the cane juice to sugar. There were sheds for storage of tools and barrels and others to keep the fuel dry, a distilling house and outdoor cisterns to hold the cooling pipes for



Administrative Office

VIRGIN ISLANDS: *25 Years of Service and 250 Years of History (Cont.)*



The Factory

the rum-making process, a molasses cistern and racks above it for the hogsheads of draining sugar and a shed to store the filled sugar barrels. There are stables used for the mules, horses and oxen and a long, low brick-arched building to hold the cane carts. There was perhaps a fancy carriage house for the gigs and barouches as well.

There are simple graves located on the back side of the estate for the slaves. It was a picturesque slave custom to outline each earthen mound with lustrous pink conch shells, so that a slave graveyard was a thing of reflected pink and white beauty, glowing in the soft light as the slaves must have expected the pearly clouds of heaven to look when their days of sorrow were done.

An inventory dated from the 1700's lists 65 stone dwellings with thatched roofs identifying that a slave "Village" existed on the property, possibly located on the lowland on the west side of the estate. The original bell used to call slaves in from the fields is still located on our site.

Saint Croix has an interesting and remarkable history. There are strong links to the United States. Alexander Hamilton, a leader in the Revolution and the first Secretary of the Treasury, spent some of his childhood on Saint Croix. The Dutch supported the Union during the Civil War and the beginning of negotiations in 1865 of the purchase of the Islands.



WestCare has much to take pride in being of service to the residents of this beautiful place and to have such a remarkable and dedicated staff.

To learn more about the history of Saint Croix visit the Saint Croix Landmarks Society web page:

- www.stcroixlandmarks.com

WYOMING: *Teamwork... Doing What's Needed*

WestCare Wyoming staff at the Wyoming Medium Correctional Institution in Torrington were asked, as we are at least twice a year, to assist Wyoming Department of Corrections (WDOC) food service staff to prepare wholesome meals during an impromptu “shakedown.”

The work consists of preparing breakfast, lunch and dinner for two to three days, making sure 750 inmates are fed. April was no different, as WestCare staff jumped in ready to work and get the job done!



From Left to Right: Zeb Greer, Kim Loomis, Joanna Koetters, Shelly Vivion, Andrea Smith, and Bill Warr

WYOMING: *National Correctional Officers and Employees Week*



May 4-9, 2015, the Wyoming Department of Corrections recognized National Correctional Officers and Employees Week. At the Wyoming Medium Correctional Institution, they started the week off with a Color Guard Ceremony where WestCare employee **Frederick Marquez** and WMCi Deputy Warden, **Ruby Ziegler** sang the National Anthem. We continued the celebration throughout the week with different activities and grill-outs.



ILLINOIS: *It's Not What You Say, It's What You Convey*

By Angela Rickelm, Counselor

WestCare at Sheridan Correctional Center recently hosted Dr. **Dennis Deer** LCPC, CRC, CPAIP for a training on motivational interviewing. Dr. Deer was inspired by breaking the cycle of violence in his community, and now he helps others as president of Deer Rehab Inc.

The training inspired staff to motivate our clients at different levels of change, with positive regard, active listening, and out-of-the-box thinking. Dr. Deer suggested we ask our clients four open questions about a behavior they want to change, asking them why they want to make the change, how they would go about making the change, what are three good reasons to make the change, and on a scale of 0 to 10 how important is it for our client to make this change. Dr. Deer informed our staff that at his facility the clients use “choice talk,” which means they identify their actions or inactions as their choice encouraging their sense of autonomy and efficacy.



Dr. Dennis Deer

Our staff was taken through interactive activities to show the benefits of motivational interviewing and practice motivational techniques. Thanks, Dr. Deer.

DID YOU KNOW?

In 1909, a Spokane, Washington woman named Sonora Smart Dodd, one of six children raised by a widower, tried to establish an official equivalent to Mother's Day for male parents. She went to local churches, the YMCA, shopkeepers and government officials to drum up support for her idea, and she was successful: Washington State celebrated the nation's first statewide Father's Day on July 19, 1910.

Don't forget: Father's Day is **June 21st, 2015!**



Information courtesy of the History website.

QUESTION CORNER: June 2015

“What is the best trait you got from your Mother, and how has it helped shape your life?”



Yuniko Tonge
Research Assit., GA (The Woman's Place Program)

“The best trait I acquired from my mother, Brenda, is strength. Growing up, I watched my mom make things happen, without a mention of the background work that was done. I was only able to see the end result. Now that I am older, I can still say that this holds true. She has carried, with the help of my dad, my siblings and I, and has raised us to be persons of good moral character. Her unwavering faith in God is the foundation of our household. I am blessed to have a mother who is selfless, and has always looked out for my best interest! Her strength has given me the confidence to do even greater than she has! I LOVE MY MOM!”

“I would have to say the best trait I got from my mom was how to be a caring person. She is always going above and beyond to help others, and putting others ahead of herself. She always said “do unto others as you would have them do unto you.” This still echoes in my mind throughout life’s ups and downs with people I encounter. My Ma, Shelley, has played many roles, from my best friend to my worst enemy, and everything in between. As I have become older I am even more grateful for her, and the life lessons she has taught me. I may not have had a perfect childhood or life but she has been there by my side through it all. Although my Ma and I live almost 1,500 miles apart, we remain close to this day.”



Tiffany Alana
Prevention Specialist, FL Keys (Guidance/Care Center)



QUESTION CORNER: June 2015 (Cont.)



"This is my mama, Victoria Espinosa. She is easily the kindest, most patient and understanding person I know. My family describes very sweet individuals they meet as, 'Tia Vicky-ish!' I think many of my mom's traits rubbed off on me - especially my optimism and patience. I've learned to see the good in everyone and the bright side of every situation."

QUESTION CORNER: July Question

For July: **"We will be celebrating our Dads on June 21st. What positive dynamic did your father bring to your family and to your life?"**

Please send your response, along with a photo of the two of you, to john.wallace@westcare.com by June 23rd.

FLORIDA: AIDS Walk on South Beach

By Carolina Botero, Recreational Coordinator and Monserrat Romero, BHT

The Village South staff and clients participated in the 27th Annual AIDS Walk Miami, a 3.1 kilometer / 5 mile walk-a-thon fundraiser that follows a course through Miami Beach's historic district, Ocean Drive and Lincoln Road. The walk begins at the Convention Center and ends at the Botanical Gardens.

FLORIDA: AIDS Walk on South Beach (Cont.)



Every year, Miami's Care Resource is able to help 15,000 people living with HIV and AIDS in Miami-Dade and Broward communities because of this event. This is the 15th year that the WestCare Village South has participated, and all clients and staff always feel proud to support another community agency that also supports us.

A few comments by clients:

"Through this walk, I remember the importance of a healthy society" - **Danielle B.**

"Through this walk, I remember the importance of protecting and preserving the health of our younger generation !!!"
- **Errol D.**

Thanks for participating, helping the cause and having fun, staff and clients.

FLORIDA: *WestCare's Florence Nightingales*

WestCare's *Florence Nightingales* "nursing" our operations in the Sunshine State. Thank you!!



*Kimberly Richey
(Gulf Coast)*



*Cindy Bowen, Sandra Kennedy, and Angel Crosby
(Guidance/Care Center)*



*Shonte Everett and Amy Padierne
(The Village South)*

FLORIDA: *Mental Health Awareness Month in Marathon*



Martina Belotti

During Mental Health Awareness Month in May, exhibits reflecting a safe and drug-free community and overall well-being were sponsored by the Guidance Care Center and Marathon High School's Project Success. Coordinated by **Tina Belotti**, behavioral health therapist for the G/CC, representatives from the Monroe County Coalition were on hand to interact with students in grades six through 12 to help them recognize the signs of suffering, and share information related to positive things students can do to manage stress and stay drug-free, emphasizing that turning to alcohol or drugs to cope is not the answer. 700 students and 30 faculty members attended the lunchtime event.

Carolyn Campbell, program associate for the Middle and Upper Keys, said the Coalition is there to help with substance abuse as well as mental health. Students

FLORIDA: *Mental Health Awareness Month in Marathon (Cont.)*

found the information on what the schools in Colorado are experiencing based on legalizing marijuana especially interesting, she said.

The Presidential Proclamation recognizing National Mental Health Awareness Month says:

“Despite great strides in our understanding of mental illness and vast improvements in the dialogue surrounding it, too many still suffer in silence. Tens of millions of Americans face mental health conditions like depression, anxiety, bipolar disorder, schizophrenia, or post-traumatic stress disorder.”

To learn how you can get involved, visit www.mentalhealth.gov.

WESTCARE SNAPSHOTS

This beautiful pastoral setting is the Wyoming Honor Farm in Riverton, where WestCare provides outpatient substance abuse services.

Do you have a photo of your surroundings you'd like to submit? Please send it to john.wallace@westcare.com by June 20th.



Rainbow in Riverton

Wyoming Honor Farm - Riverton, WY

HUMAN RELATIONS

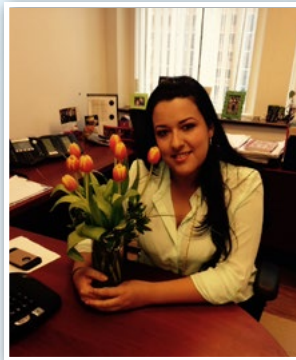
It began as National Secretaries Day in 1952, but evolved over the years into National Administrative Professionals or Executive Administrators Day. Whatever it's called, WestCare treasures the men and women who play those crucial roles in our operations. It's a job that requires exceptional skill, tact and loyalty to the cause. Ask any successful upper level manager and they will rightly redirect any praise to their assistants.

"Executive ability is deciding quickly...and getting someone else to do the work." - **John G. Pollard**

Last month, our operations in Florida pushed the envelope (no doubt organized by an EA!), and the pictures tell the story of how WestCare feels about all our employees in those key and decisive positions.



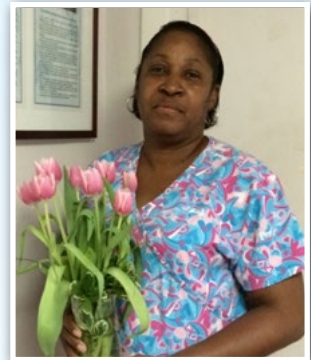
Donna Gullia
(Guidance/Care Center)



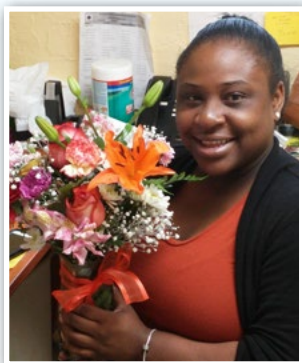
Elena Hoyos
(The Village South)



Tiffany Thurston
(The Village South)



Ross Kelom
(The Village South)



Merle Wynter
(Virgin Islands)



Nelly Rivers
(Virgin Islands)



*Deborah McElroy, Michele Sanders,
Adrianon Marion, and Sandra Leger*
(Gulf Coast)

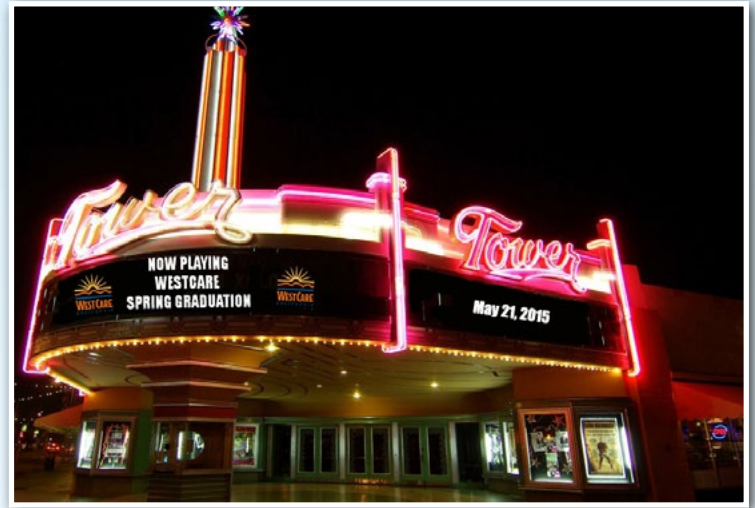


Maureen Gula
(Gulf Coast)

CALIFORNIA: *Graduation... Worthy of Top-Billing*

By Michael Mygind, Special Projects

The 2015 spring WestCare California graduation marked the completion of 40 individuals' hard work with programs that included TC, DRC, Men 2 Men, M'Ella, YMAX, Fresno Outpatient and Bakersfield Residential and Outpatient. It was held at Fresno's historic Tower Theater and featured keynote speeches by Emmy winning news anchor (and Community Council member) **Liz Harrison**, and professional football player **Isaiah Green**. We are proud of all of our graduates and their accomplishments, and hope that they take all they have learned and prosper on their new road of recovery.



CALIFORNIA: *Clients Reach Out to Youth*

Clients from our MLK site volunteered to speak to the adolescent clients in Sanger and Clovis. Each speaker presented their life stories, passed on some of their wisdom and shared their knowledge of drug dependence. The teenagers from both school sites were engaged and were happy to participate and ask questions. The MLK speakers reported that it was a *“wonderful experience,” “made them feel human,”* and something that they are *“truly grateful to be part of.”* One adolescent client reported that she *“really felt connected”* with an adult client’s story, and that she is going to make more of an effort to work on her sobriety because of it.



CALIFORNIA: *Support for Mental Health Awareness*



Some of our staff at our MLK facility showed support for Mental Health Awareness Month. We loved seeing the green ribbons during this year’s May campaign. Let’s all remember to focus on how people can address their mental health early, rather than at *Stage 4* - when symptoms are more severe, and recovery a longer process.

NEVADA: Denim Day... Walk a Mile in My Jeans

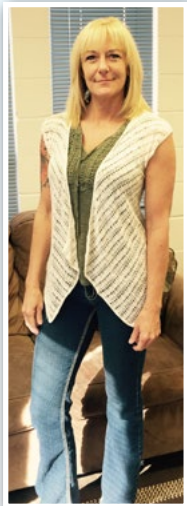
By Darlene Terrill, Director of Development

On April 29, 1998, a judicial court in Rome overturned a sexual assault case and ruled in favor of the victim. The perpetrator's original defense indicated the victim gave consent because her jeans were *"too tight and must have assisted the perpetrator in taking them off, therefore consenting"*. Thankfully this ruling was overturned and discredited this unmerited defense.

Erin Kinard, Area Director WestCare Nevada, encouraged all programs to participate in the movement. On April 29, 2015, all Nevada staff was asked to wear denim, to not only show support for this movement, but also to show support for those sexual assault victims within our programs and our communities.



Las Vegas, NV - MLK



Tonopah, NV



Pahrump, NV



Reno, NV



Las Vegas, NV - WCC

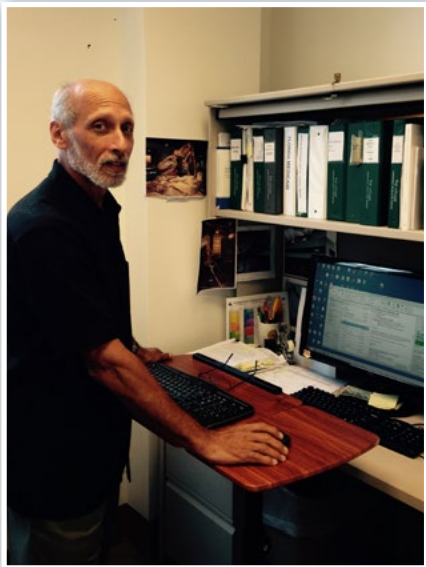
NEVADA: *New Chaplain... No Stranger to Uplifting Human Spirits*



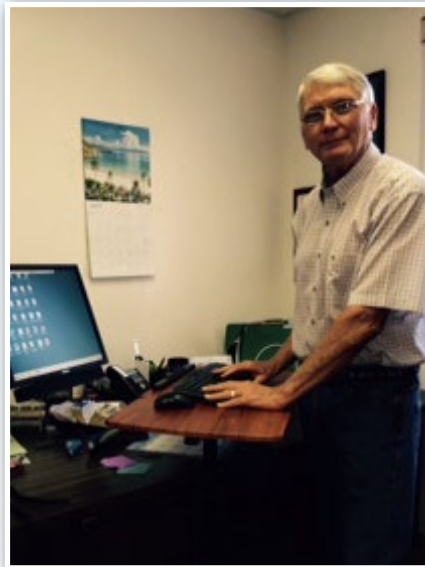
“Greetings, I am Chaplain Ryan Michael Creelman, a Las Vegas native with a heart for service and love for people. An Inter-faith Chaplain is someone who can meet the spiritual needs of a diverse group of Religious, Spiritual, and Non-Affiliates. As a Licensed, Ordained, and Commissioned member of the clergy for local, state, and national Spiritual Service needs, I am honored to join the WestCare Family as Director of Spiritual Care. With 13 years active in the Recovery and Faith based Community, I find the development of a Chaplain Program for those in care is truly a visionary collaborative initiative that many respected men and women have desired for some time, and is considered long overdue. Spirituality and religious dimensions are specifically relevant issues in the treatment of mental health and substance abuse disorders. For those in crisis and/or distress, a Chaplain’s presence is a beacon of comfort and peace through life’s unsure and challenging times.”

Welcome aboard, Chaplain Ryan Michael!

YOUR HEALTH: *Out-STANDING Idea from WestCare Florida*



Dr. Michael Miller



Gary Roberts

Dr. **Michael Miller**, Village South Special Projects Officer and Guidance/Care Center Case Manager **Gary Roberts** are trying out the new stand-up desk concept. Studies show that standing for at least 15 minutes every hour during your work day helps you to feel more energetic and even lose weight! For those of us who prefer the sit down desk – if you can get up every 15 minutes every hour and move around you can reap the same benefits. So let’s all join in the movement and stand up and get moving!

THE GREEN CORNER: *Your Next Big Accessory... The Pen*



Pens are something that has been part of our lives since we were kids. We get a pen, we write stuff, it runs out of ink, and it goes in the trash. In offices, in schools, and in homes that is the same fate of each and every ballpoint pen. This produces an immense source of waste in the workplace and at home. Not only is it damaging to the environment, as not all of those used pens are properly recycled, it is also not economically efficient.

There is a simple solution to this wasteful problem, and that is something we already have: The **fountain pen**. Before the era of mass production, writing utensils were something to be cherished and maintained. It was the mark of a scholar to have a masterful command of the pen, and today this classy and timeless tool can be a great display of character. Fountain pens are designed to last a long time and can be refilled.

Rather than something that is meant to be tossed away, the pen should be an expansion of you, as though an accessory like a watch or a necklace. It's only fair since the pen is the ultimate symbol of expression and knowledge. While the fountain pen will cost significantly more than a ball point pen, if well maintained, you'll never have to buy another pen again.

Fountain Pen Day is the first Friday in November each year, celebrated by enthusiasts worldwide as a time to embrace, promote, and share the use of fountain pens.

See more at www.earthday.org.



KUDOS! *Our Monthly Shout-Outs to Exceptional People*



Kim Milligan

Adult Case Manager / GCC - FL

Kim Milligan's supervisors heap praise:

"She has stepped up to help other case managers and therapists navigate the new on-line database we are required to do for assessments. She has a great attitude, answers client questions, and is extremely patient in listening to our most difficult clients. Her knowledge of social security benefits and disability are a huge asset to our agency. In addition, she is always available and has had the largest number of intakes completed in the Key West office for the past three consecutive months. Great job, Kim!"

WestCare's **Boards of Directors** and **Community Councils** continue to guide us through the challenges of the non-profit world. Our volunteers establish well-thought policy and make wise financial decisions in all our states and areas. These are civic leaders who understand that a strong social service agency translates to a healthier community. We have tremendous gratitude and respect for all members of our boards and councils.



East Coast Board with Sr. VPs at May Meeting

WestCare Board of Directors and Community Councils (Nationwide)

JUNE TRIVIA

June is one of the four months with a length of 30 days. Just like the month of May, no other month begins on the same day as June. This is also the month with the longest daylight hours of the year.

KUDOS! Our Monthly Shout-Outs to Exceptional People (Cont.)



John Bascom

Community Service Coordinator / GA

The City of Atlanta has bestowed a top civic honor on WestCare Georgia's Community Service Coordinator, Mr. **John Bascom**.

The award, presented by Mayor **Kasim Reed**, salutes John for *"exemplary community service to the citizens of Atlanta,"* and an *"invaluable inspiration to all."*

WestCare Graduate and Caltrans Worker, Rudy Contreras was recently featured in Sacramento Bee story. Caltrans has partnered with WestCare California's Parolee Work Crew Program to clean litter, and it has several benefits to taxpayers. Rudy used it as a springboard to transform his life. He was hired last year as a highway maintenance worker and since then has reunited with his family, is mending his credit and hopes to soon purchase another home. Rudy's transformation started with his time with our Day Reporting Center that accepted him after he served 18 months of his sentence.

Please see the link below for Rudy's story:

www.sacbee.com/news/politics-government/the-state-worker/article20694588.html



Rudy Contreras

WestCare Graduate / Fresno, CA

GEORGIA: *The Woman's Place*

By Carolyn Frye, Program Manager

The Woman's Place program enters its 20th month of growth with a census of 68 minority women with substance abuse and trauma related problems. The nine-member team consists of two Behavioral Health Counselors, Registered Nurse, HIV/AIDS Women's Specialist, Research Assistant, three master-level interns, and Program Manager.

Several significant community partnerships support the program:



She'me Thorns, Carolyn Frye, Denise Hammonds, Yuniko Tonge, Erica King-Wheeler, Patricia Saunders, Ekemini Nsentip, and Tiffany Hill. Not shown: Kendra Seck.

- **Atlanta City Detention Center** – implemented a program in April 2015 through the Public Defender's office to introduce *The Woman's Place* services to women who are about to be released from jail. Counselors go into the jail to meet with women to establish relationships with them and provide support to them once they enter the community. Five women have become participants of the program through this process.
- **City of Refuge Transitional Housing** – provides transitional housing to women and their children. An original partner of the program, we now facilitate three groups on the City of Refuge campus and three groups at the WestCare Georgia location for City of Refuge clients.
- **Ruth's Place** – a program sponsored by Antioch Urban Ministries provides housing for women recovering from addiction. Five women from Ruth's Place are participants in the program.
- **New Hope Enterprises** – provides job readiness training for the "*chronically unemployed*". This partnership affords *The Woman's Place* a resource for our participants who need a free job readiness program with both Microsoft and CNA certifications.

PACIFIC ISLANDS: *Happening in Guam... Youth for Youth LIVE!*

By Kelly Jensen

Despite having the first major typhoon hit the island in 13 years the day before – the 25th annual Youth for Youth LIVE! Guam conference went off without a hitch! As the island-wide clean-up efforts began from the Category 1 Typhoon “Dolphin”, the youth organizers worked effortlessly to rearrange a three day conference into a two day event.



Youth for Youth LIVE! Guam is the evolution of a youth group originally known as the Dededo Drug Free Organization. Founded in 1988, Youth for Youth LIVE! Guam continues to focus on youth empowerment in the movement against substance abuse and the promotion of health lifestyles. They are a youth-centered and youth driven community based prevention program, with the belief that youth have much to contribute toward making positive changes in our island community.

WestCare Pacific Islands partnered with conference organizers to provide 16 scholarships to participants in our ***Project Isa-Ta program***, which serves to reduce the risk of HIV/STI's and teen pregnancy. Meanwhile, staff from ***Guahan Project***, our AIDS Service Organization, provided guidance and presentations to Youth for Youth LIVE! Guam youth. WCPI staff was also on hand distributing condoms, dental dams and education brochures about related topics.

With island-wide recovery efforts still in full effect – these youth continue to take on this momentous event – just like a storm!

WISCONSIN: *Follow up... Remember Patrick Davis?*

By James M. Ferguson II

In the February issue of the Express, we met **Patrick Davis**, a WestCare Wisconsin **Face Forward** student who was a victim of a devastating Milwaukee house fire that left Davis and his then eight month old son, **Noah**, homeless.

Patrick Davis and baby Noah lost their home, furniture, clothes, food, diaper bag, and Patrick's book bag. In that same article we learned that among Patrick's list of New Year's Resolutions was a personal goal of finally earning his GED. These days Patrick can teach us something about hope and the flame within. What wasn't consumed in that devastating fire on January 5th was Patrick's resilience and his hope. The fire made Patrick work harder than he'd ever worked before, so hard that he became one of Penn Foster High School's graduates.



*"I can't believe that after everything I've been through, and every obstacle I've had to overcome, I'm finally here" said Davis to a group of his peers in the **Face Forward Program**. "Don't ever give up hope in yourself. No matter what happens, don't give up hope because sometimes that is all you will have to hold on to."*

The next chapter of his life has already begun. Patrick Davis is now a full time college student at Bryant and Stratton College in Milwaukee and is studying Human Service and Criminal Justice with the goal of becoming a City of Milwaukee Police Officer.

KENTUCKY: *Sorority's Community Service for WestCare*

By Keshia Stacy, Shelter - Direct Care.



On May 2nd, the **Zeta Omega Chi** sorority from University of Pikeville helped put together the first annual “Run for Shelter” 5k walk/run. It took place at Bob Amos Park, in Pikeville, KY. Scores of runners and walkers raised over \$650 for the WestCare homeless shelters. The participants came from local schools and businesses. Each received a t-shirt, and the top runner earned a \$50 Wal-Mart gift card. There was also a silent auction with donated items from local businesses.

We want to thank Zeta Omega Chi for all of their hard work and dedication, and look forward to working with them in the future.



INFORMATION TECHNOLOGY: *The IT Corner*

By Sean Harrigan, Director of Systems Administration

Aging Computers and Their Stealth Costs

Computers are force multipliers. By using computers, we spend fewer man-hours to complete tasks, and use fewer materials. Ultimately, this saves money. Computers are an investment, they pay for themselves. However, there is a point at which the savings are negated by the cost of operation.



As a computer ages, the frequency of required repairs and maintenance increases as hardware issues begin to take hold. This results in hardware costs, support costs, and lost productivity costs as computers are hard-down or non-responsive. Because of this, it is generally recommended within the industry that a workplace computer is replaced every 4-5 years for a desktop, or 3-4 years for a laptop.

This looks like quite an expense, but in reality it's a cost eliminator. A computer over 4 years old costs, on average, around \$560 per year in maintenance and lost productivity. That number increases rapidly as a computer gets older due to the shelf life of certain electrical components, and ever increasing software demands. This is a 'stealth' cost. You don't see it allocated specifically on a spreadsheet, but it's affecting your bottom line every day.

It's difficult to find the funding for new computer equipment sometimes, and especially so when there are many other things competing for the limited funding so many of us work with. When you consider whether or not to replace that old computer, think about how much it's costing you, versus how much you'll need to allocate for a new computer.

Based on our needs and situations, we recommend that you start looking for a way to replace any computer over 5 years of age, and strongly recommend immediate replacement of computers that are over 6 years of age. This is an extension to industry-wide best practices, but it's a recommendation that we make due to limited funding availability.


Check out the following links for some more insight:

- http://mobilecomputing.crn.com/img/TheAgeingPCEffect_TechaisleWhitePaper.pdf
- http://www.lbb.state.tx.us/Documents/Publications/Issue_Briefs/257_IT%20Replacement%20Schedule.pdf
- <http://i.crn.com/custom/INTELBCCSITENEW/HowMuchOldPCsCost.pdf>



WESTCARE CALENDAR OF EVENTS: *June 2015*

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



June 11 (10:30am-11:30am PT / 1:30pm-2:30pm ET)
Eastern KY - CAC Meeting

June 11 (2:30-3:30pm PT / 5:30-6:30pm ET)
FL Village South - CAC Meeting

June 16 (8am-9am PT / 11am-12pm ET)
Executive Teleconference Meeting

June 24 (4pm-5pm PT)
AZ CAC - Meeting
Bullhead City, AZ



Obscure June “Holidays”

(No, you are not automatically excused from work)

- Aquarium Month
- Candy Month
- National Accordion Awareness Month
- National Fresh Fruit and Vegetables Month
- Rose Month
- Turkey Lovers Month