



WESTCARE EXPRESS

MARCH 2017

THE WESTCARE EXPRESS NEWSLETTER

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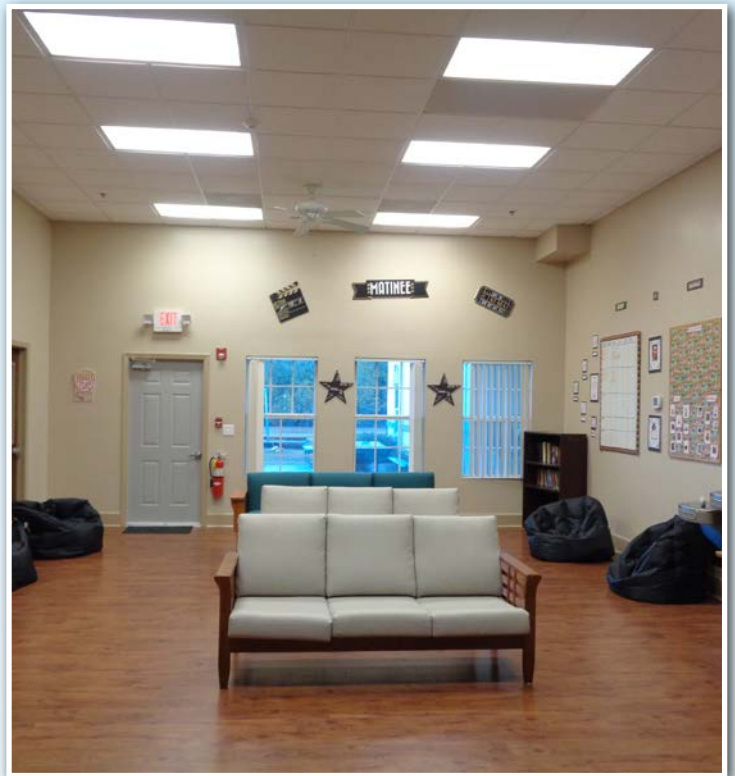
By Dr. Eugene Walker – Chairman, WestCare Georgia Community Advisory Council



As Chairman of the Georgia WestCare Board since 2003, and on behalf of the WestCare Foundation, I am pleased and proud to announce the relocation and opening of the WestCare Georgia Youth Academy from the historic Boggs Campus to a facility located at 2385 Oak Grove Church Road in Carrollton, Georgia.

The WestCare Georgia Youth Academy, now located on a beautiful 30 acre site, provides intensive residential treatment services for adolescent boys who are Georgia residents battling addiction, mental health, and behavioral problems. These treatment plans and services are free and the average length of stay is between four and nine months. They are made possible through funding by our

GEORGIA: *A Change of Scenery Brings New Optimism (Con't.)*



partner, The State of Georgia Department of DBHDD, Office of Addiction Services.

The Youth Academy facility, with surveillance cameras and many professional staff, is billed as a program of excellence. **Carolyn Frye**, a five year WestCare employee and licensed LPC, has been tapped to be the Program Director for the Youth Academy. The staff includes a fulltime Clinical Director, Nurse, Counselors, Case Manager, Psychiatrist, and other professional staff. This compassionate team is committed to making sure that the youth in our care are safe and that they and their family members will be treated with dignity and respect throughout the treatment process.

WestCare Georgia is committed to being a transparent community and state partner. Toward that end, we will established a local Community Advisory Council comprised of area residents and business and civic leaders to ensure greater community relations in our ongoing effort in *Uplifting the Human Spirit*.

WISCONSIN: *Bridging the Gap*

(Articles submitted by Elizabeth Coggs, Regional Vice President)



Municipal Judge **Valerie Hill** and Rap Star **Ray Nitti** gave their opinion on solutions to bring an end to new violence in Milwaukee at the Second Annual “Bridging the Gap”, where people of all ages worked to engage the community in a dialogue. This event had Dr. **Andrew Calhoun** as a moderator and the age range of participants was six years to 62 years.



Let's Have a Laugh

Mathematicians know there's a fine line between Numerator and Denominator.

The Sunday sermons were so boring, the congregation took collections to buy Sealy Pastorpedic pews.

Still trying to find a word that rhymes with times.



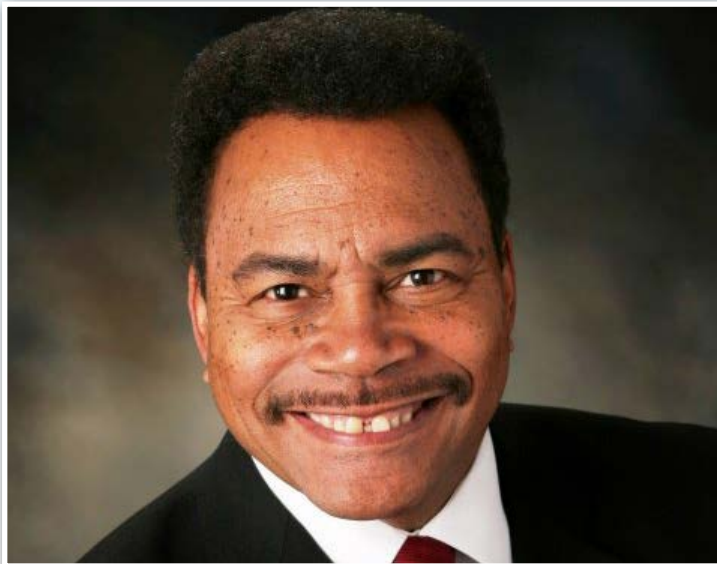
WISCONSIN: *Job Training and Placement in Milwaukee*

Job training and placement continues to be a big focus of WestCare in the Harambee neighborhood of Milwaukee. The latest business to step to the plate is the locally owned, widely respected Pete's Fruit Market, which is opening a new grocery store in the area. And that means new job opportunities for the young people we serve.

Shown from left to right: **Royce Nash**, Urban League; **Teddy Tsitiridis**, owner of Pete's; **Vidal Colon**, store manager; and **Kenneth Brown II**, WestCare community organizer.



WISCONSIN: *Honors for a Branch of the Coggs Family Tree*



Wisconsin Community Action Council Chair **Spencer Coggs** was surprised recently at the City of Milwaukee Black History Program. He was honored as the longest serving African American elected official in the State of Wisconsin. Mr. Coggs, the cousin of WestCare Vice President **Elizabeth Coggs**, was first elected to the State Assembly in 1982 and served for 20 years before becoming a State Senator. He is currently Treasurer for the City of Milwaukee.

Thank you, Spencer, for maintaining the Coggs family's positive influence on the local and state levels.



WISCONSIN: *Home is Where the Heart is*

Courtesy of Kenneth Brown II



Mr. Landry's new apartment



WestCare and community notables with Mr. Landry and Lt. Gov. Kleefisch

And there is no place like it...when you don't have one.

WestCare Wisconsin recently continued its ambitious initiative to place military veterans in permanent housing by presenting a key to his new apartment to Mr. **Wesley Landry III**. Lieutenant Governor **Rebecca Kleefisch** was on hand to honor the highly-decorated 15 year Army veteran, at a high-level ceremony held at the local YMCA.

Mr. Landry becomes the fifth veteran to be placed in housing at Woodlands, property that was purchased and rehabilitated by WestCare's FitzHouse Enterprises.



Wes Landry gets a key and a hug from Lt. Governor Rebecca Kleefisch



Mr. Landry meets the media

FLORIDA: *Reaching Out - Making Someone's Life Easier*

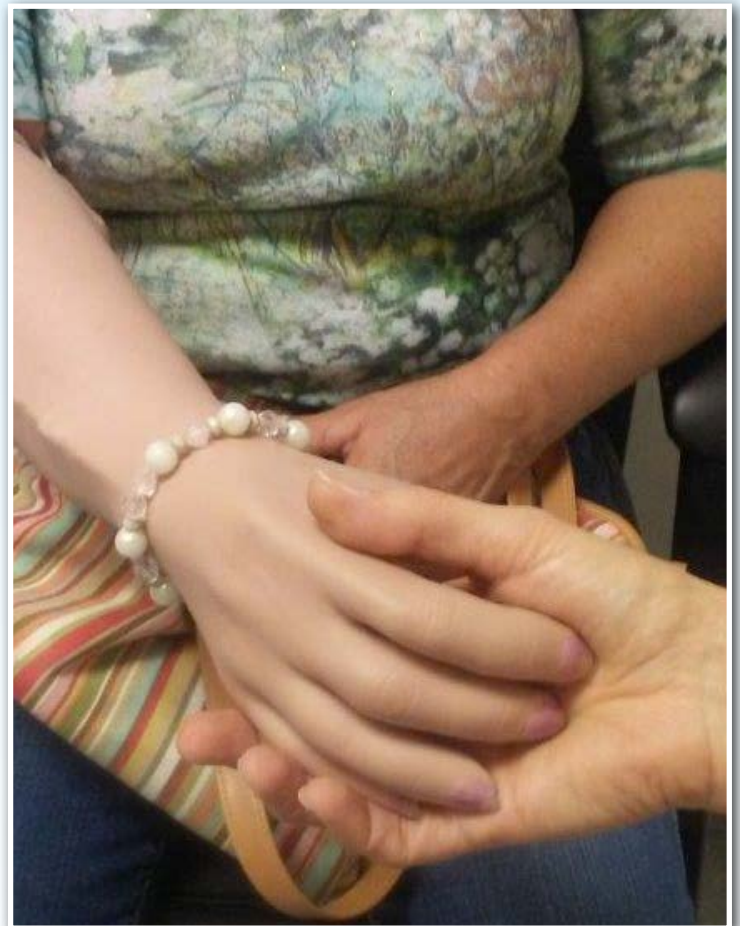
By Julia Grattan, Peer Specialist - Guidance/Care Center

My mom had a dear friend who ever since birth had only three quarters of her left arm. She was born in the 1920's and there was never any discussion about a prosthesis for her. Over the years she became very adept at using the part of the arm she was given. In her later years she even got a driver's license. In those days no one ever thought to get a prosthesis. Luckily, today is not the same.

Elizabeth Sampson (Sam), our nurse practitioner at Guidance/Care Center, Inc. Marathon office, has a person we serve that is missing her right hand and much of her arm. She had lost it about 10 years ago and is in midlife now. No one had ever talked to her about a prosthesis. With our current state of technology, robots, and all sorts of other inventions, it boggles my mind that no one had taken the time to talk to her about making her life easier. Well, Sam took the time, making phone calls to get her prosthesis and the physical therapy she needs to use her new arm.



When we asked the person we serve about her new arm, she said *"I am extremely happy. I can hold things. While I am holding something in one hand, with the other hand I can open a door."*



A warm and heartfelt THANK YOU goes to Sam for caring enough to ask that first question and then following up with all the other steps it took for the prosthesis to come to fruition.



FLORIDA: A WestCare Favorite Receives Top Honor

By Renee Salyers, Camp Director - WestCare GulfCoast

APF announcement link: <http://www.addictionpolicy.org/single-post/2017/01/25/The-Moyer-Foundations-Camp-Mariposa-Program>

The Addiction Policy Forum recognized Camp Mariposa near St. Petersburg for its unique approach to serving children with family members struggling with addictions.



Camp Counselors

This is one of 52 Innovation Awards that will be given over the next year through APF's Focus on Innovation Initiative which highlights programs across the country

that contribute to a comprehensive strategy to address addiction. WestCare is very excited that Camp Mariposa was the first prevention program in the country to be recognized.



In mid-February, GulfCoast-Florida started the second year of Camp Mariposa with 13 campers, ages 9-12, and 10 mentors. Throughout the weekend, campers participated in traditional activities, combined with education and support activities led by trained mentors. These activities build knowledge, coping skills, confidence, and an opportunity to connect with one another. Camp Mariposa provides a safe, fun, and supportive environment critical to help break the cycle of addiction. Activities including outdoor "finding a common ground"



and indoor movie night. WestCare is pleased to be one of many non-profits throughout the country that partner with The

Moyer Foundation's Camp Mariposa.

FLORIDA: *It's Not a Stretch to See That REACH Works!*

By Danny Blanco, Outpatient Services Director

The development in 2013 of the Recovery and Extended Addiction Care in-Home Program, (REACH), an adult outpatient program, was necessary to serve those people in the community requiring in-home outpatient services following treatment at WestCare's Village South residential facility. It began as a way for these people to receive quality in-home continuing care treatment, when they otherwise wouldn't have been able to due to transportation or scheduling issues. The program utilizes an evidence-based model called Community Re-Enforcement Approach, or CRA. The program also offers Relapse Prevention and Seeking Safety EBP Models to help families transition into a life of recovery and tackle the common problems faced by those dealing with addiction and trauma.

There is at least one, one-hour, weekly clinical session that focuses on the patient and their family. The session may consist of an individual or family session and is crucial for the client to remain clean for the duration of treatment. More sessions per week could be deemed appropriate based on the therapist's assessment. Case management is provided to each client and focuses from vocational to family needs. There is weekly drug testing taking place to monitor compliance in the program.

Since its implementation, REACH has successfully expanded to further help families referred from Dependency Drug Court, Juvenile Services (aged 18 and

over), and Child Welfare Specialized Services. In addition to weekly therapy and urinalysis, the program now proudly offers a psychiatric service, Click-a-Clinic, where people are able to meet with a psychiatrist online from the comfort of their own homes and receive medications at no cost to them through The Village.



Pictured from left to right, REACH staff members: Lisandra Canetti, Rafic Sabbag, Tamara Sanchez, Victoria Paine, Rory Levine, Danny Blanco

Therapists help link people to psychiatric services conveniently and also normalize the process of medication management. People we serve are additionally able to participate in Recovery Passport, an online journaling application which helps with monitoring and supporting the recovery process.

As the needs of the community continue to grow, the REACH program continues to offer specialized in-home treatment that is convenient, caring and effective.

KUDOS! Our Monthly Shout-Outs to Exceptional Individuals

WestCare Nevada has been receiving tremendous support from Masterpiece Barber College, a fixture in Las Vegas. Each week, students give residents of the Safe Haven program free haircuts and shaves. Big thanks to owner **Marcus Allen**, instructor **Raymon Green**, and all the aspiring barbers at Masterpiece for bringing a sense of pride and self confidence to our clients.



A message from the Caribbean gives kudos and thanks to WestCare Chief Operations Officer **Maurice Lee** for his recent visit.

“The Guara Bi Dominican Republic family was much honored to receive the visit of Mr. Lee to their facilities. (Pictured here with Jose Brito, original program resident) Everyone was very happy to have him and enjoyed his experience and contagious positivism. During his stay, the staff and residents showed Mr. Lee the program facilities and the scope of work made within the community.”

The 17th annual Unsung Heroes event celebrates community service by those who believe in the future of the Florida Keys. It is sponsored by the Community Foundation of the Florida Keys. This year, Guidance/Care Clinic nominated **Sherry Read** to be recognized. Sherry volunteers as a member of the GCC Community Action Council. She was chosen due to her extensive community involvement, expertise, and commitment to the Center’s programs. Sherry’s advocacy and passion for behavioral health has been an asset. She is truly a behavioral health ambassador.



KUDOS! *Our Monthly Shout-Outs to Exceptional Individuals (Con't.)*

KUDOS!



Congratulations to **Megan Jesus**, Program Director of the Re-Entry Hub at Folsom State Prison's Women's Facility. Megan recently passed her exam to become a Licensed Marriage and Family Therapist with the California Board of Behavioral Sciences.

KUDOS!



Duchess Becomes a Mother!

“Almost two years ago, right after I started working at Custody to Community Transitional Reentry Program (CCTRP)-San Diego, there was a kitten found in the engine compartment of one of the overnight staff’s cars. When I got to work and saw her it was love at first sight! I took her home and named her Duchess. She is officially the CCTRP-San Diego Rescue Cat! These are her kittens born 4 weeks ago!”

April Ziegler, Bookkeeper, CCTRP-San Diego

KUDOS!



April is Alcohol Awareness Month

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The National Council on Alcoholism and Drug Dependence and the U.S. Department of Health and Human Services recognize the month of April as Alcohol Awareness Month. Drinking too much alcohol increases people's risk of injuries, violence, drowning, liver disease, and some types of cancer. The good news? We can all do our part to prevent alcohol misuse or abuse. Make a difference: Spread the word about strategies for preventing alcohol misuse or abuse and encourage communities, families, and individuals to get involved.



PUERTO RICO: *TCA Comes to the Island*

(Articles submitted by Yolanda Gonzalez.)



In February, members of the the Treatment Communities of America (TCA) honored the Guara Bi family with a visit to their facilities at CARIB, Caguas.



Program participants and staff explained the local WestCare programs, treated them to a traditional Puerto Rican lunch, and then toured the facilities at Jose Mercado, Caguas.



PUERTO RICO: *Count of the Homeless*



Guara Bi staff, joined the Department of the Family and Coalition of Coalitions, in carrying out the 2017 Count of the Homeless to obtain data on the number of people that do not have a safe place to sleep. This initiative will allow adequate planning for programs and services targeted to this population. Guara Bi has always been committed to Puerto Rico, and ready and able to see to the needs of the homeless population.

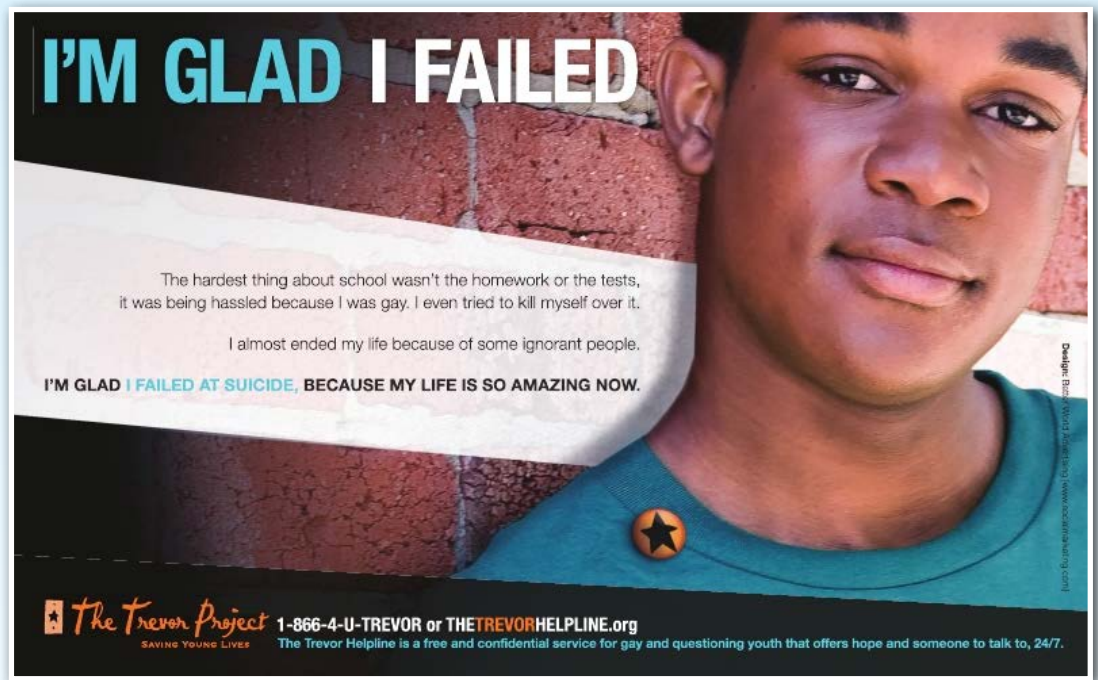


LGBT COUNCIL: *Legalization of Same-Sex Marriage Reduced Suicide Attempts?*

Last month, researchers from Johns Hopkins and Harvard published findings in the Journal of the American Medical Association (JAMA) that suggests there's a connection between the legalization of same-sex marriage and a reduction in suicide attempts, particularly among LGBTQ youth.

According to the Centers for Diseases Control and Prevention, suicide is the second leading cause of death among young people ages 10 to 24. Moreover, the rate of suicide attempts is 4 times greater for LGB youth and 2 times greater for questioning youth than that of straight youth. Additionally, in a study by the National Center for Transgender Equality, 40% of transgender adults reported having made a suicide attempt, and 92% of these individuals reported having attempted suicide before the age of 25.

Johns Hopkins and Harvard researchers combed CDC survey data on American high school students (living in 47 states) between 1999 and 2015, and found a 14% reduction in suicide attempts among LGBTQ high school students after their states had legalized same-sex marriage.



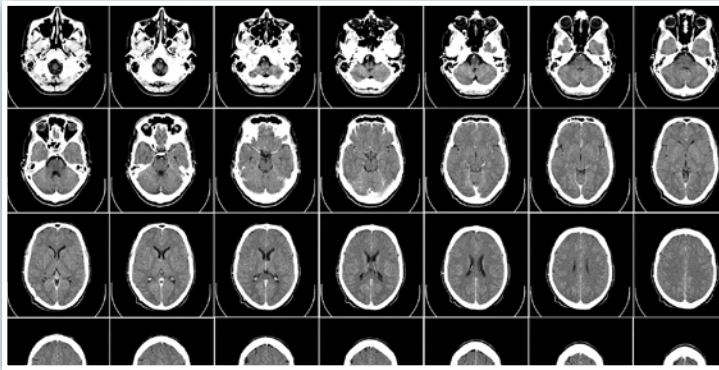
Although researchers weren't able to apply a direct connection, they hypothesize that a reduction in stigma related to same-sex marriage may have contributed to the rate reduction. The National Alliance on Mental Illness (NAMI) also suggests that LGBTQ youth are especially susceptible to "minority stress" caused by prejudice and stigma, which can result in suicide attempts, suicidal thoughts, or self-harm.

In the study published in JAMA, researchers conclude that legislators should always consider the mental health consequences of same-sex policies. For more information about crisis intervention and suicide prevention services for LGBTQ youth, check out The Trevor Project at thetrevorproject.org and The National Suicide Prevention Lifeline at suicidepreventionlifeline.org.



INDUSTRY NEWS: *Cases of Amnesia May Be Linked With Opioid Use*

Courtesy of Partnership for Drug-Free Kids



Officials in Massachusetts report a cluster of 14 patients who experienced sudden-onset amnesia, which they suspect was caused by opioids. Thirteen of the patients reported current or past substance abuse, and 12 said they used opioids.

Six of the patients said they also used benzodiazepines, while another five said they had used cocaine, HealthDay reports. Report co-author Dr. Alfred DeMaria Jr. said the patients ranged in age from 19 to 52, making it unlikely their memory problems were due to a stroke or dementia.

Brain scans of the patients showed abnormalities that appeared to be caused by a toxic substance, the researchers report in the Centers for Disease Control and Prevention's Morbidity and Mortality Weekly Report. Most patients have improved over time, but two patients still had memory problems after one year. Even among those whose memories have improved, some patients continue to forget directions and other information just given to them.



How Anyone Can Support WestCare Online

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



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



WestCare is also on **Razoo**, the online fundraising engine. The organization participates in events like #GivingTuesday. Donations can be made by heading to the following link:

<https://www.razoo.com/us/story/Westcare-Foundation>.



INDUSTRY NEWS: *Pharmacies Thriving in Opioid-Stricken Towns*

By Phil Galewitz, for *The Atlantic*

Read full story: theatlantic.com/health/archive/2017/02/kentucky-opioids/515775/

MANCHESTER, Ky. — This economically depressed city in the foothills of the Appalachian Mountains is an image of frozen-in-time decline: empty storefronts with faded facades, sagging power lines, and aged streets with few stoplights. But there is one type of business that seems to thrive: pharmacies.



Eleven drug stores, mostly independents, are scattered about a tiny city of 1,500 people. Many have opened in the past decade—four in the past three years. And prescription pain drugs are one of the best-selling items—the very best seller at some.

Most pharmacies here and in surrounding Clay County (population 21,000) lack the convenience-store trappings of national chains like CVS or Walgreen's. They sell few

items over the counter, focusing on prescriptions and little else.

Clay's residents filled prescriptions for 2.2 million doses of hydrocodone and about 617,000 doses of oxycodone in the 12-month period ending last September—that's about 150 doses for every man, woman, and child. About half as many doses of each drug were reported in Allen County (population 20,640), on the Tennessee border 160 miles southwest. Even smaller quantities were used in Breckenridge (population 20,018), another central Kentucky county.

An epidemic of prescription pain-killer use and abuse has spread across the U.S. in recent years. More than 183,000 people died from overdosing on prescription opioids from 1999 to 2015, according to the Centers for Disease Control and Prevention. Nearly 2 million Americans abused or were dependent to them in 2014, the CDC has reported.

CALIFORNIA: *Making Everyone Count*

(Stories courtesy of Michael Mygind and Gabriela McNiel)

WestCare California staff from Administration, Housing, The Living Room, Targeted Capacity Expansion grant, MLK Residential, and San Joaquin Valley Veterans programs, along with the help of some of the amazing people we serve, joined over 200 other agency and community volunteers in this year's homeless Point-In-Time count in Fresno and Madera Counties.



Presented by the Fresno Madera Continuum of Care (FMCoC), volunteers (including Senior Vice President **Shawn Jenkins**, pictured) tallied and surveyed homeless citizens over a three day stretch. The information collected was provided to the Department of Housing and Urban Development (HUD) to show the need in our community for more services geared towards helping Veterans and the chronically homeless.



Volunteers surveying the homeless



CALIFORNIA: *Plunging Into Action*

The WestCare STOP (Specialized Treatment for Optimized Programming) Area 1 staff did an outstanding job working with the California Department of Corrections and Rehabilitation and providers in the Oroville and Marysville area. They were called to duty for the evacuation that was required because of the emergency caused by the Oroville Dam. All participants and staff made it safely to approved locations, and once it was deemed safe they returned to their respective programs.

The Director of CDCR DRP publicly announced in a



meeting with other providers what an outstanding job WestCare's STOP staff did handling the situation and communicating with all branches of the state prison system in the process.



CALIFORNIA: *Communication Gets Comic-al*

By Jessie Myers, Facilitator-Substance Use Disorder Treatment program, Sierra Conservation Center



WestCare California staff and peer mentors at the Sierra Conservation Center (SCC) took part in a team building exercise to demonstrate how important effective communication in the workplace is. The object of the activity was to draw an image similar to the one that their teammate possessed. Here's the catch: The drawer must sketch the image based solely off the description their teammate gave them.

Staff and peer mentors sat back to back with each other as the visionary described their image to the drawer. Through this activity, staff and peer mentors were able to identify some of the obstacles that make communication difficult as well as discuss how to more effectively communicate with one another.

ILLINOIS: Celebrating 10+ Years With WestCare

(The following are comments from staff at the Sheridan Correctional Center who are observing employment milestones with WestCare)

"I believe God has called me here, and the most important thing He has taught me is how to love the un-loveable...they are His children and deserve to be treated with respect and dignity."

Kathleen Parks (12 years)

"This is not only my job but this is also my career. I love to see the smiles on their face when the people we serve identify changes. At WestCare we are all a family!"

Carolyn Dickerson (13 years)

"WestCare meets the people we serve where they are at in their recovery process and treats them with respect. Also, WestCare offers many in-services to better enhance the overall performance of each clinician."

Paul Weitz (13 years)

"The staff really supports each other personally and professionally. My work with WestCare has given me a chance to help the people we serve move back into society as successfully as possible."

Erin Nolan (10.5 years)

"The long drive in each day and the many staff that I have had to serve over the years has been challenging but rewarding and has taught me strengths and commitment I didn't know I had."

Jacquelyne Stinson (14 years)

"I believe in WestCare's mission. The numbers prove we do great work here. When a person we serve makes (real progress), staff has not only helped him, but his family as well."

Roberta Cline (13 years)

"The people that I work with have kept me here, and I've made a lot of great friends along the way."

Jamie Jacobs

(10 years)

A few other long-time employees are seen here.

Standing: **John Zidek, Paul Weitz, Jeff Adams, Jim Carr**



Seated: **Erin Nolan, Roberta Cline, Kathy Parks, Jamie Jacobs**

EXPRESSIONS: *The Benefits of Kindness*

By Susan Rinaldi, Director of Employee Engagement and Enrichment, Professional Services Department



There's no secret to creating a work-life balance. Our schedules are demanding and that makes it tough to prioritize between our work lives and our personal lives. Doing our best to find balance is essential to becoming our best selves. It's also true that "balance" means and looks like something different to every individual.

We don't need studies to know that a poor work-life balance can result in unhealthy levels of stress, unhappiness, and even reduced productivity. In my new role as the Director of Employee Engagement and Enrichment my focus will be on aiding our WestCare family to tackle stress, avoid burn out, quell compassion fatigue, and celebrate the meaningful work we do.



Last month, the WestCare office in St. Petersburg, Florida, celebrated Random Acts of Kindness (RAK) Week. Staff worked together to identify "RAK Opportunities" and strung them on a "kindness garland" for some office inspiration. The activity proved the old adage that kindness

is contagious. According to the Random Acts of Kindness Foundation, being kind has some surprising health benefits.

For example, performing and witnessing acts of kindness produces oxytocin. Oxytocin is a powerful hormone and acts as a neurotransmitter in the brain. It aids in lowering blood pressure, increasing optimism, and improving our bonds with others. Kindness also is shown to help one feel less lethargic, less depressed, and less helpless. Engaging in acts of kindness also produces endorphins which help subdue pain. The RAK Foundation also reports that perpetually kind people have less cortisol (the stress hormone) and age slower than the average population.



In our never ending quest to find our equilibrium in a 24/7 world, I encourage our WestCare family to show ourselves and those around us some love. Being kind to ourselves helps us to continue to care for others. So, express gratitude, eat well, listen to music, read a book, help a neighbor, smile at a stranger, celebrate accomplishments, unplug, breathe, and create. The possibilities and benefits are endless!

This Month's Question: *"What is the one thing most people would find surprising about you?"*



"Might be that I run a 5k or 10k at least once a month and I backpack and climb mountains almost every weekend for fun – weather permitting."

- **Barbara Mason**, BA, MPA, Grant Coordinator
FitzHouse Enterprises, Inc. / WestCare Foundation, Inc.

"People might be surprised that I was a bully in grade school and in High School. I got into a lot of fights. Now, I am a nice guy and don't like violence or hate."

- **Raymond Gonzales**, Outreach Specialist, San Joaquin Valley Veterans - Fresno



"That I listen to rap music and I can spit E-40 rhymes like one of his crew members."

- **Erin Shelton**, Interim ESG Case Manager, Housing Services - CA

Next Month's Question (April 2017): *"If you could head a Cabinet office in Washington D.C. (Secretary of...), which department would it be?"*

Please send your response and a photo by Monday, March 20th to john.wallace@westcare.com.

Submitted by Cecily Moreland, Grant Development Specialist

Women and men in many cultures around the world wear headscarves or head coverings for various reasons.

The first instances of head coverings were markers of social standing. Women of nobility began wearing head coverings in order to differentiate themselves from the women of lower social status.

Jews, Christians, and Muslims all have divisions of their faiths where the women wear head coverings tied to religious and cultural practices. The headscarf can mean various things in various cultures.

Gele

The Gele is a traditional Nigerian headwrap worn as an accessory, during religious practice or special occasions.



Photo by Ade Adetayo

Hijab

The Hijab is worn by Muslim women and followers of Islam as symbol of modesty and dignity.



Photo by Hijabila

Sheitel, Snood, Mitpachat, and Kippah

Jewish law requires married women to cover their hair with a sheitel (wig), snood, the mitpachat (Hebrew: scarf) or tichel (Yiddish), as well as hats and berets. Jewish men, married or not, cover their heads with the kippah (Hebrew: skull cap), known as yarmulke in Yiddish.

Mantilla

Mantillas are worn by many Spanish and Latina women during religious ceremonies.



Photo by Robin Nest Lane

Shawl and Sari

A veil, scarf, shawl, or the end of a sari is worn during religious services in India.

Epanokamelavkion

In Eastern Orthodoxy a head covering called an epanokamelavkion is used by both nuns and monks!



KENTUCKY: *In Memoriam*

Her family and WestCare colleagues are mourning the loss of Mrs. **Brenda Mullins**, who passed away February 19th.



She served as a Counselor Technician at the WestCare Emergency Shelter in Pikeville, Kentucky for the past 4 years. She was a beloved mother, daughter, grandmother, coworker, and friend.

Many of the people she served are telling of the good deeds Brenda did for them while they were residents and how she continued helping them after they found permanent housing. She loved the homeless and the shelter so much.

As her daughter said: *"She spoke with so much pride about WestCare you would have thought she was the CEO."*

Rest peacefully, Brenda Mullins. Job well done.



Snapshots

Near Carrollton, Georgia, site of new WestCare youth academy.

"Some beautiful paths can't be discovered without getting lost."

- **Erol Ozan**, author/professor

