



# WESTCARE EXPRESS

THE WESTCARE EXPRESS MONTHLY NEWSLETTER

MAY 2016

## The Caribbean

*WestCare Welcomes the "Place of Life"*

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**Guara Bi** was established in 2007 by **Cristian Duarte** in the United States Territory of Puerto Rico. Guara Bi means *"place of life"* and its logo is the Indian sun, which represents strength in lighting the way. Its mission is to provide services to low income people who are homeless, living with HIV/AIDS and drug addiction. The first facility opened in Caguas, Puerto Rico in February 2008. Facilities now include transitional shelters in Caguas, Vega Baja and Comerio and a permanent shelter in Caguas.



*Mr. Duarte*

At our January 2016 Annual Board of Directors Meeting, Guara Bi officially joined the WestCare family. Mr. Duarte has assumed a Sr. Vice President position within the Leadership structure and will supervise both Puerto Rico and Virgin Island programs.



## THE CARRIBEAN: *WestCare Welcomes the "Place of Life" (Con't.)*



Guara Bi is known for its outstanding programming throughout the region and has helped hundreds of homeless and low income people since its inception.

Services include transitional shelter, permanent shelter, transportation, group and individual therapy, drug testing, case management, recreational activities and access to primary care.



Please extend a warm welcome to the leadership and staff of Guara Bi!



## MOTHER'S DAY: *Sunday, May 8th*

The modern American holiday of Mother's Day was first celebrated in 1908, when **Anna Jarvis** held a memorial for her mother at St Andrew's Methodist Church in Grafton, West Virginia. Today, the Church now holds the International Mother's Day Shrine. Her campaign to make "*Mother's Day*" a recognized holiday in the United States began in 1905, the year her mother died.



Anna Jarvis had been a peace activist who cared for wounded soldiers on both sides of the American Civil War, and created Mother's Day Work Clubs to address

public health issues. She wanted to honor her mother by continuing the work she started and to set aside a day to honor all mothers, because she believed that they were "*the person who has done more for you than anyone in the world*".

In 1908, Congress rejected a proposal to make Mother's Day an official holiday, joking that they would have to also proclaim a "*Mother-in-law's Day*". By 1911 however, all US states observed the holiday. In 1914, Woodrow Wilson signed a proclamation designating Mother's Day, held on the second Sunday in May, as a national holiday to honor mothers.

WestCare extends love and thanks to all Moms, including clients, employees, volunteers and alumnae.

### VIRGIN ISLANDS: *Our Change Agents in the Caribbean at Work*

**Kendall Tutein**, Regional Vice President, and **Kim Nosek**, Director of Treatment Services of the Village VI, recently testified at the US Virgin Island's Legislative Committee on Health, Hospitals and Human Services hearing. Testimony was presented for Bill 31-0075, an Act to authorize the Department of Human Services to develop a comprehensive care program for females in the Youth Rehabilitation Center and the Juvenile Justice system, proposed by the Honorable Senator **Nereida "Nellie" Rivera-O'Reilly**.



*Kendal Tutein*

Ms. Tutein and Ms. Nosek expressed support for the bill to have a comprehensive care plan developed that includes gender specific strategies addressing issues such as pregnancy, substance abuse, gang involvement, physical abuse, and education for female youth in the juvenile justice system.



*Kim Nosek*

We presented several recommendations:

1. Establish or update a Virgin Islands Juvenile Justice policy
2. Expand to include gender specific strategies for at risk male and female youth.
3. Require the comprehensive plan to be based on a trauma informed approach to include trauma focused treatment, graduated sanctions, and risk focused programs and strategies.
4. Identify federal and state level funding sources currently available to support the development of the comprehensive plan and identified strategies and trauma informed trainings.

The bill was passed favorably to the Committee on Rules and Judiciary for final review.

Great work, Kendall and Kim.

### NEVADA: *In Memory of Jean Tobman*

#### *Founding Board Member, Supporter, Philanthropist*

**Jean Tobman** was an incredible woman who preferred to work quietly, yet tirelessly, behind the scenes for WestCare.



*"Jean never wanted any attention or recognition,"* recalls **Darlene Terrill**, Director of Development in Nevada. Jean passed away at the age of 90 on Saturday, April 23rd, joining her late husband **Herb Tobman**.

Jean and Herb dedicated over 40 years of service and support to WestCare that benefited thousands of men, women and children. Jean's compassion, commitment, personal and financial contributions were exceptional.

*"Jean and Herb were both supporters and Board Members from the start and were extremely helpful with our fundraising efforts all the way back to our beginning when we were FitzHouse,"* said **Mike Lavin**, Senior Vice President of Operations.

*"She truly embodied our motto of 'uplifting the human spirit'. We have lost a great leader and friend. She will truly be missed,"* added President and CEO **Richard Steinberg**.

**Heather Engle**, Director of the Women and Children's Campus, perhaps says it best with her thoughts: *"The most amazing angels are the ones that masquerade as human beings on this earth and change lives and circumstance with a subtle grace. This is who Jean Tobman was to me. Jean will never know the full impact of her kindness. The sadness of her passing is followed by a feeling of honor to have known her and more importantly gratefulness for what she has given freely to so many. She changed so many lives and her generosity will continue to make a difference for years to come."*

The Tobman family says they will ensure Jean's philanthropic spirit lives on. *"You know, she was the whole thing,"* her daughters said in a statement. *"She was the matriarch and the glue for this family; now it's going to be up to the next generation to continue that legacy."*

Jean Tobman is survived by her three daughters, eight grandchildren, and nine great-grandchildren. She was preceded in death by her husband, son, and one grandson.

In lieu of flowers, the family requests that donations be made to WestCare Foundation:

#### **WestCare Foundation**

Attention: Denise Johnson-Williams  
1711 Whitney Mesa Dr.  
Henderson, Nevada 89014

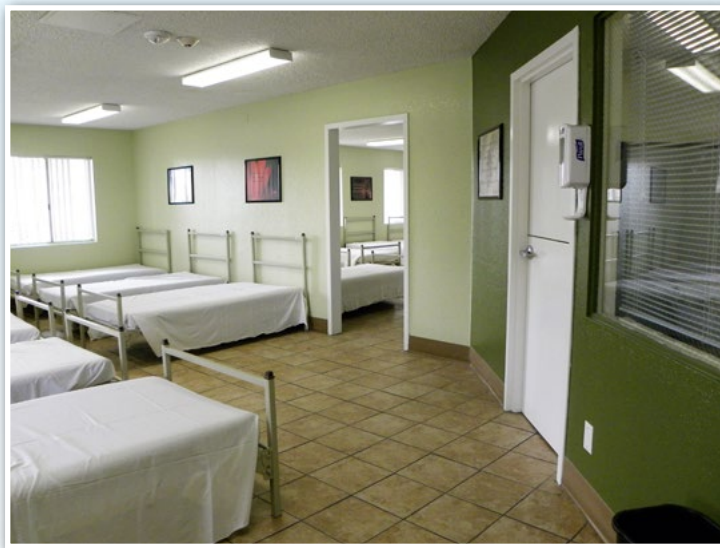
Or for online/electronic donations, please visit:

[www.westcare.com/page/memorial-tobman](http://www.westcare.com/page/memorial-tobman)

### NEVADA: *A Safe Haven for the Homeless in Las Vegas*

By Susan Decker and Darlene Terrill

Staff and residents are smiling while they're surrounded by workers renovating WestCare's facility at 930 North 4th Street in Las Vegas. Renovations include: Repainting the offices and bedrooms, installing new flooring, and adding sparkling new tile on the bathroom walls. Once finished, the facility's capacity will expand to 49 beds for step-down social model programming for withdrawal management, transitional living and emergency shelter.



The *Safe Haven* program is assigned 15 of those beds. Programs serve both men and women who are struggling with chronic homelessness as well as mental health and/or substance use disorders. *"Our job is to help people. That's a job that's never done,"* says **Lawanna Calhoun** who supervises the facility.

*"The biggest challenge here is that everyone is different with*

*different needs,"* according to Behavioral Health Technician, **Sashia Whitmire**. To help meet their diverse needs, each individual is assessed and offered appropriate assistance. In addition to treatment, they are educated on living skills and job searches. A client's typical day may include a group or individual session, preparing a resume, practicing for a job interview and/or spending quiet time watching television or enjoying the outside courtyard. Staff members often serve as advocates that help residents get medical services, identification cards and birth certificates. They've even been known to network on a client's behalf to get "green cards".



*Staff members Sashia, Lawanna, and Blaise Schafer*

WestCare's *Mobile Outreach Safety Team* (MOST) is also based at this facility. Team members work with local law enforcement, Clark County Social Services and other agencies to target and provide services to frequent users. *"A really heartbreaking part of street outreach is telling someone they're not homeless enough,"* says Lawanna.



## NEVADA: *A Safe Haven for the Homeless in Las Vegas (Con't)*

Unfortunately, the Department of Housing and Urban Development issued a new definition of homelessness in January. Even if the Safe Haven program is perfect for them, if someone isn't eligible, they can't be enrolled. In that case, we work to link them with other service providers.

While there are many challenges, there are also success stories. These include the homeless man, who the Outreach Team had been contacting two or three times per week for several months, who came into the WestCare

*Withdrawal Management* program 26 times. 25 times he left after breakfast the next morning. The 26th time, he stayed. He was admitted into the Safe Haven program where he can reside for 12 to 24 months. That was over one year ago. Today, he has a job, his own apartment and keeps in touch with those who helped him reclaim his life. He says he is amazed that somebody cared about him.

Yes, it's what we do.



## WISCONSIN: *The Lure of Leadership*

WestCare Foundation Deputy Chief Operations Officer **Frank Rabbito** recently led the team in Wisconsin through an awesome educational experience about goals and exceeding expectations in the work we do.

Frank also had a chance to work with the *Face Forward* Leadership Council as they continue to plan, develop and coordinate community clean-ups and gardening and Mother's Day Parenting Brunch for the Face Forward clients in Milwaukee.

Thanks, Mr. Rabbito, for visiting our programs and giving us new ideas for community programs, and for encouraging our full range of leaders.



### WISCONSIN: *Employers Respond to Job Call*

By Elizabeth Coggs, Regional Vice President - WestCare Wisconsin



Fourteen vendors and nearly 100 job seekers participated in the 1st *Face Forward* job/resource fair at the Martin Luther King Center. It was a great initiative organized by the Face Forward Team that was opened to the public. It is nice for the participants to know that WestCare Wisconsin cares, and that there are employers and community resources in Milwaukee that are here to help them.

Some of the employers at the fair included Wisconsin Department of Workforce Development, Milwaukee Area Technical College, Youth Empowerment Project, Canfield Cleaning Services, Safeline and Assurance Wireless, Wisconsin Regional Training Partnership and the Milwaukee Police Department.

There are a lot of local employers and community resources that we have not reached out to yet, but we are using this opportunity to speak to them directly.



### FLORIDA: *Lifting Up...Long Distance*



*Staff members Gary Roberts, Elizabeth Sampson, and Patricia Motley*

Late last month, teamwork at the Guidance/Care Center in Marathon resulted in a consumer safely receiving help in a time of need. This consumer usually received case management services in Key West but reached out to the *Wellness Program* staff. He called from a location in Northern Florida, deeply depressed and imminently suicidal. After initial assessment, **Elizabeth Sampson**, Nurse Practitioner, was able to consult with **Gary Roberts**, Case Manager, about resources and a plan of action to help this consumer. An urgent email was sent to **Patricia Motley**, Wellness Program Coordinator, and she was able to contact local authorities in Northern Florida for a safety/ wellness check while the Nurse Practitioner remained on the telephone with the gentleman. Both nurses stayed on the phone until the local authorities arrived and the man was in their care.

We recently received a letter from the gentleman. He thanked us for *“saving his life”*. He is now in a detox/rehab center, working one day a week in the kitchen, attending AA meetings, church functions, and therapy. This is the reason we do what we do. On several occasions, we had been told that we were *“wasting our time,”* *“he will never change,”* but we persevered. We as nurses, take the oath we vowed very seriously. Sometimes it gets us into trouble.....sometimes not. But we owe it to our patients to care, provide for and support them, be their voice, and make sure they are on the right path to healing.

We are so proud of this particular client and look forward to hearing about the progress along his journey.





## FLORIDA: *In Memory of a Pedro Pan*

On Friday April 08, 2016, Mr. **Jose Rodriguez**, Operations Director for the Village South sadly and unexpectedly passed away after suffering a heart attack at the age of 67. It is a great loss to all who knew him.



Mr. Rodriguez had a long career with the Village beginning in 1981 as an Administrative Assistant, moving to Director of Acquisitions, Director of Purchasing, and Director of Resource Development to his last title of Operations Director.

His life story is a fascinating one!

Not many people know he was a *Pedro Pan* (Peter Pan in

English) kid. *Pedro Pan* was a mass exodus of unaccompanied Cuban minors to the United States in the 1960's and eventually became known as the largest recorded exodus of unaccompanied youth in the Western hemisphere. Barely a teenager, he lived in a group home as did thousands of others just like him; a new country, a new opportunity.

Mr. Rodriguez was well liked and had many friends, and everywhere he went friends always went to him and greeted him. On one occasion, he got very emotional because he saw someone he recognized and shook hands; it was a fellow *Pedro Pan* from the group home he had not seen in over 45 years.

Jose will be missed by many. He is survived by his wife Rita, his son Cristian and his family, including his beloved mother.

### FLORIDA: *A GulfCoast Tradition Continues*

*Submitted by Maureen-Ann Gula*



On April 14th, WestCare GulfCoast's Community Action Council (CAC) hosted its 4th annual *Breakfast FriendRaiser*. Over 100 guests gathered in downtown St Petersburg to hear inspiring speeches from keynote speaker, Pinellas County Commissioner **Ken Welch**, and **Jonathan Wade**. Mr. Welch spoke of the great work

that WestCare does in the community, and Jonathan spoke of how organizations like WestCare saved his life through treatment for drug and alcohol addictions.

GulfCoast Area Director **James Dates** honored each CAC member with an award thanking them for their many years of dedication to "*Uplifting the Human Spirit*". **Charles Claybaker** from the Claybaker D.U.S.T.O.F.F. Foundation was also honored for his work at GulfCoast's *Mustard Seed Inn Veteran Community Living* facility.

This year's *FriendRaiser* raised over \$6,000.00.



*Mr. Jonathan Wade*



*Mr. Ken Walsh*

### KUDOS! *Our Monthly Shout-Outs to Exceptional Individuals*



A terrific milestone for the Village South Child Care Center staff who achieved Gold Seal Accreditation! Way to go ladies!

Pictured: **Arkeea Lewis-Reed, Lakisha Nelson, Shajuana Williams, James Givens and Charlene Jones-Jackson.**

Congratulations to newly-employed **Leonard Love** and 18 young Wisconsin colleagues who graduated at the *6th Cohort of Power of Harambee* Completion Ceremony. They all completed the WestCare job training program in a partnership with the MacPyles Corporation and the Milwaukee Court and Delinquent Services.



WestCare Iowa staff is always ready for April, which is the *Month of the Military Child*. And on April 15th, they “*purpled up*” in honor of military children! Purple symbolizes all branches of the military: Coast Guard- blue, Army- green, Navy- blue, Marine- red, and Air Force- blue.

Family Alliance for Veterans of America (FAVA) believes that when a military member serves, their whole family serves, too.

Nice tradition, FAVA.



Thanks, congratulations and well-wishes are pouring in for **Ramiro Calderon**, Parole Agent II, who is retiring after a highly respected career in California. On behalf of all of our programs and those that we serve, thanks Ramiro for your years of service, tireless efforts and unwavering commitment to those that deserve another chance.



**GEORGIA:** *A Warm Handoff Helps Plant the Seeds*

By Carolyn Frye, Program Manager



Behavioral Health Counselors, **Tiffany Hill** (left) and **She'me Thorns** stand outside of the Atlanta City Detention Center awaiting the release of a new client. In collaboration with the City of Atlanta Public Defender's Office, *The Woman's Place* (TWP) program facilitates the *Strategies for Empowerment, Education, Development, and Sustainability* (S.E.E.D.S.) program.

The Woman's Place provides substance abuse and co-occurring disorders treatment for minority women with

these diagnoses, as well as trauma and high risks for HIV/AIDS and Viral Hepatitis. Most women in the criminal justice system are poor, undereducated, unskilled laborers, and are disproportionately women of color. Many come from impoverished urban environments, were raised by single mothers, or were in foster care placement. A SAMHSA/CSAT grant affords TWP an opportunity to address gender differences inherent in all of these issues.

S.E.E.D.S was developed by TWP Program Manager, **Carolyn Frye**, and the Atlanta Public Defender's Office intends to positively impact the cycle of jail and substance abuse issues for female offenders in the Detention Center. Director **Rosalie Joy** envisioned a gender-specific mind, body, spirit, and recovery connection program based on evidenced-based curricula delivered to women within 60 to 180 days of their release from jail. This time frame allows for building a solid therapeutic relationship pre-release and the completion of key substance abuse recovery curriculum components post release.

SEEDS' challenge is to recognize the impact that gender makes on the life experiences and relationships of the female offender and deliver a comprehensive program that addresses not only her criminal behavior and substance abuse, but also her successful transition and re-entry into her family and community. The five step process includes: 1) Participant identification, 2) Participant referral, 3) Intake and assessment, 4) Prerelease group and individual



## GEORGIA: *A Warm Handoff Helps Plant the Seeds (Con't.)*

sessions, and 5) Release and continuation of care. Women are provided wraparound services upon release that include housing, a job readiness program, G.E.D. preparation and clothing.

When each woman is released, the Specialist tests her for HIV and Hepatitis C. Counselors introduce her to the post release schedule of groups and individual sessions. If the client is homeless, she is offered housing with one of TWP's community partners based on availability. Each woman receives a welcome package and clothing, if needed.

This "warm handoff" has proven effective for the nine women admitted to the program. Our experience reflects that if a woman receives a minimum of 60 days of prerelease services, she is more likely to complete her treatment plan and to have maintained sobriety at her six-month follow-up.

A heartfelt thanks to the TWP team of **Tiffany Hill**, **She'me Thorns**, **Ekemini Nsentip**, and **Yuniko Tonge**, and Counselor Interns **Shannett McGee** and **Samantha Adams**.



## CHARITABLE DONATIONS: *How You Can Support WestCare*

If you shop online, you can help WestCare by shopping at **AmazonSmile** and selecting **WestCare Foundation**. A portion of the purchase will be donated to WestCare. You can give by going to <https://smile.amazon.com/cb/86-0852629>.



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/webapps/mpp/search-cause?charityId=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>.



### ILLINOIS: *Sharing a Lifeline*

By Linda Cox

Supervisor **Patti Pelaez** and Program Director **John Zidek** from Sheridan Correctional Center visited Logan Women's CC recently to train us on using the *Lifeline*. We were taught that lifeline experiences are a tool we can use when our clients are ready to move from one part of their treatment process to another, or when they feel the need to move beyond something in their lives.



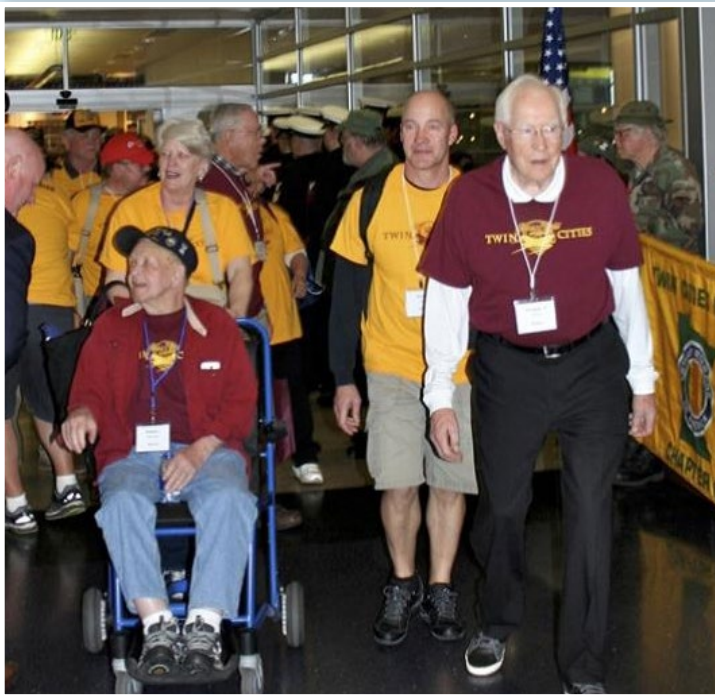
The client creative energy team created a beautiful poster with a lot of symbolism. They placed a wolf in the forefront of the poster to symbolize courage, horses and birds in the background to show freedom, a dead tree to indicate their past, and flowers in the forefront to symbolize new life of their recovery. They then presented the poster to the group and discussed the rules they created for the lifeline. One client gave an example by telling her life story on the lifeline and talking about the changes she has made in her treatment process.



*WestCare Staff from Logan, IL Correctional Center (L to R):  
Glodonna Hoyt, Linda Cox, Alex Venable, Brandy White,  
Amy Hancock, and Ethan Jones*

Our clients like the idea of the lifeline and we are excited to see how they use this experience. We are grateful to WestCare for the opportunity to use such an awesome tool in our program. *Uplifting the Human Spirit* at different sites.

### MINNESOTA: *Brothers and Sisters for the Ages*



Seventy-eight WWII and Korean War Veterans and their guardians flew to Washington, DC from Minneapolis for an all-day tour of the monuments that honor their service. WestCare representative **Dave Turner** was on hand, and snapped a few photos of their return.

The airport was packed with military, veterans, veteran groups and societies, families and well-wishers.



Said Dave: *"I had never been to an Honor Flight arrival, but I just knew I had to be there. I joined Minnesota House Representative **Bob Dettmer** (pictured) among the hundreds who greeted the men and women to show their admiration and appreciation for their sacrifice and service. It was a heartwarming event and the excitement will last for life."*

**This Month's Question:** *"Do you play an instrument? Tell us more."*



*"I've been playing bass guitar since I was in high school and have since played bass in six different bands. Someday, I would love to take up drumming."*

– **Michael Mygind**, *Special Projects Officer, CA*



*"I currently play the ukulele, guitar, sing, and write my own music. I have played piano since I was 5 and learned the violin when I was 14. I have also played xylophone, timpani and other percussion."*

YouTube: <https://www.youtube.com/watch?v=5Z1qlkbN8Rc>

– **Candice Muna**, *Research Assistant, Guam PREP Project*



*I play the violin. I've been playing since 7th grade and I'm 63 now. My grandson, Liam, is carrying on the tradition and is playing in his school orchestra. It makes me very proud!"*

– **Pamela Courson**, *Data Entry Specialist, CA*

**For June:** *"Who is your favorite professional athlete, male or female?" Send your answer and a photo of yourself by **May 20th** to [john.wallace@westcare.com](mailto:john.wallace@westcare.com).*

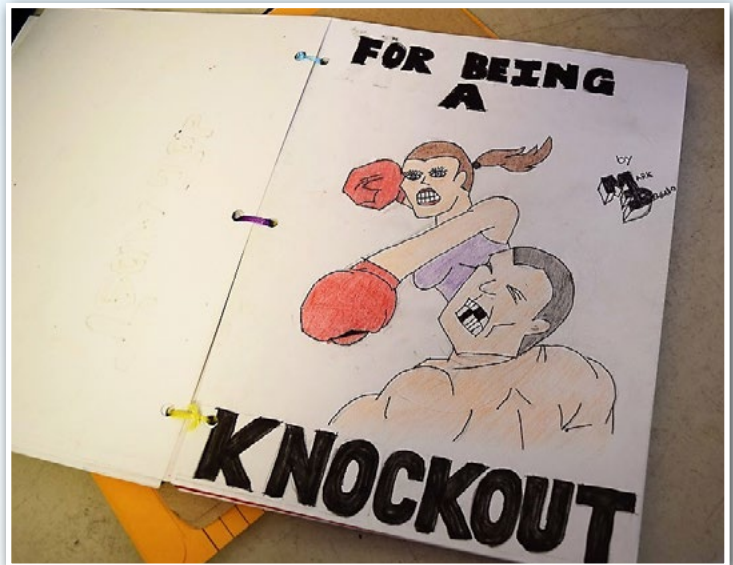


### CALIFORNIA: *A Champion to All*

*WestCare California Stories Submitted by Michael Mygind*



Retired professional boxer and founder of the Team Job fitness club, **Jenifer Alcorn**, was interviewed by the local NBC station. She was nominated by the American Red Cross for their Community Partner award for giving her time to provide various fitness classes for our women in treatment!



Following the interview, our men in treatment held a special presentation to thank her Team Job's recent donation of hygiene kits! They made and presented her with a book of thank you letters and a dream catcher. On behalf of our staff and all of those that we serve, thank you for "*Uplifting the Human Spirit*", Jenifer!



## CALIFORNIA: *A Short-Term Success Looks Long-Term*

WestCare continued to help guide the discussion as the Homeless Summit VIII event emphasized the importance of collaboration between faith-based and community service organizations for solutions to the issue of homelessness in Central California.

Senior Vice President **Shawn Jenkins** was part of a panel that included representatives from the *Fresno Madera Continuum of Care* and focused on long term solutions such as permanent housing.

Through future collaboration and increased awareness, we hope to play a big part in helping end chronic homelessness for veterans and others in our Central Valley.



## CALIFORNIA: *"I've Got All My Life to Live...I will Survive."*

**Virginia Sparks**, Deputy Administrator of Criminal Justice Services, checks in with this update from the northern San Joaquin Valley of California: *"We opened our Custody to Community Treatment and Re-entry Program (CCTRP) in Stockton on April 4th. We currently have 12 women, and more coming every week. The women are so excited to be here and they are responsible for why the opening has gone so smoothly. They are motivated to get their new life started, and have had such a positive attitude. We are thrilled to be able to give these women the services they deserve!! Welcome to the WestCare family, and Welcome HOME!!!"*



### NORTH CAROLINA: *WestCare Girls Train the Next Battle Buddy*



Family Alliance for Veterans of America, Inc. and the WestCare North Carolina Girls Academy have teamed up for FAVA's Battle Buddy program. **Steven Jordal** and **Rhonda Jordal** traveled with **Pendleton** to North Carolina and spent three days of training with Education Coordinator **Nancy Snyder** and three students, **Jami**, **Siomara**, and **Courtney**.

Pendleton is one of FAVA's service dogs in training and will be placed with a veteran free of charge after completing training and qualifying as a service dog. FAVA has a partnership with Iowa State University Extension and Outreach and has 4H students and families as trainers.

Nancy will be the lead trainer of Pendleton, and she and the girls will attend weekly training, as do 4H trainers who come each week to FAVA's Battle Buddy Barracks

and Education Center in Forrest City, Iowa. The other service dogs in the current program are **Carson**, **Campbell**, **Benning** and **Lejeune** as the 2015 puppies were all named after military bases.



FAVA will be getting a new group of puppies the beginning of this summer and these dogs will be named after the military alphabet. Check out the FAVA facebook page at [www.facebook.com/FAVAOrg](http://www.facebook.com/FAVAOrg), like us and see continuing pictures of the puppies and their training!

### WASHINGTON: For a Veteran and His Family, Home Depot “Can Help”

*(Editor’s note: Over the years, few corporate friends of WestCare have put in so many volunteer hours for our programs than Home Depot. The following dispatch is from our WestCare/Department of Veterans Affairs correspondent Donald A. Lachman)*

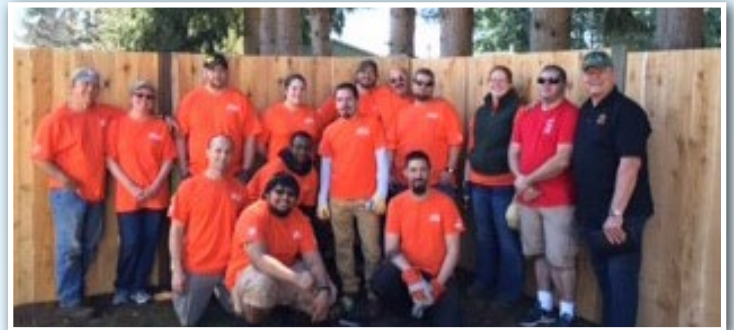
The Pacific Northwest continues as a hub for the global war on terror, as training, deployments and separations from the military continue at a fast pace. For **Anthony**, a seasoned combat Veteran with two deployments, life took an unexpected turn as he stood in a long line processing soldiers for another combat deployment to fight terrorism. Medical staff determined that his injuries from prior missions prevented him from carrying out his duties. Soon, like thousands of other service members, Anthony found himself making the transition to the world of civilian life.

Yet he had little time to devote to his own rehabilitation because he now faced a parent’s worst fear, a child with a potentially life threatening medical diagnosis. This new challenge intensified when the family was informed that both of their young daughters required immediate medical interventions. Long road trips along the crowded I-5 corridor leading to Seattle’s Children’s Medical Center became a regular part of their life.

This left no time, resources or energy for confronting a growing list of home repairs. Broken fences, plumbing and light fixtures, as well as the removal of old carpeting which doctors believed was contributing to Anthony’s health issues would have to wait.

Then the Home Depot Team came to their assistance.

The weather was perfect as the volunteers began arriving up at the family’s residence. Anthony (*pictured in red shirt*



*in group photo*) stood on his porch watching in amazement as a caravan of trucks with their distinctive orange logos jockeyed for position on the street facing his home. The trucks were stacked with fresh cut lumber, building materials and a mountain of boxes. His home and yard started to hum with activity.



His yard overflowed with volunteers, a well-organized team that had practiced this many times before. Materials were sorted, a carpentry area established and quickly these talented volunteers were using their skills and knowledge to upgrade this Veteran’s home room by room, inside and out.

The project marked another display of the Home Depot/WestCare partnership. And Anthony and his family in Washington are the latest beneficiaries.



Submitted by Cecily Moreland and the WestCare Green Committee

Another wonderful Earth Day has passed (April 22) and this year we have honored and celebrated Trees for the Earth. Let us not forget to carry this gratefulness throughout the year!! Earth Day is more than just a single day. This Earth Day and beyond, let's make big stuff happen. Let's plant 7.8 billion trees for the Earth.

Make a difference: <http://www.earthday.org/earth-day>

I was reminded that the living tree has a great significance on our wellbeing through many thoughtful quotes...

*"A man has made at least a start on discovering the meaning of human life, when he plants shade trees under which he knows full well he will never sit."* - D. Eldon Trueblood

*"The best time to plant a tree is 10 years ago. The second best time is NOW."* - African Proverb

*"In nature, nothing is perfect and everything is perfect. Trees can be contorted, bent in weird ways, and they're still beautiful."* - Alice Walker

*"Storms make trees take deeper roots."* - Dolly Parton

*"I was in my yard and thought that the tree was a living being. We take trees for granted. We don't believe they are as much alive as we are."* - Ziggy Marley

*"Only when the last tree has died and the last river has been poisoned and the last fish been caught will we realize we cannot eat money."* - Indian Proverb

*"A life is like a tree... if you don't make it straight when it's young and green, you'll never do it when it's old and dry."* - Unknown

And finally... **Some advice from a Tree:**

*"Stand Tall and Proud  
Go out on a limb  
Remember your roots  
Drink Plenty of Water  
Be content with your Natural beauty  
Enjoy the View"*  
- Joanne Ruptis



## WESTCARE EXPRESS CALENDAR OF EVENTS: May 2016

**May 04** (9am-10am PT / 12pm-1pm ET)  
**Florida - Guidance/Care Center - CAC Meeting** (*Marathon, FL*)

**May 10** (8am-9am PT / 11am-12pm ET)  
**Executive Committee Teleconference Meeting**

**May 13** (1:30pm-2pm PT)  
**California - CAC Meeting** (*Fresno, CA*)

**May 14** (1:30pm-2pm PT)  
**Puerto Rico - CAC Meeting** (*Caribbean Project, Caguas, PR*)

**May 16** (9am-10am PT / 12pm-1pm ET)  
**Central Kentucky - CAC Meeting** (*Irvine, KY*)

**May 18** (10am-12pm PT)  
**Nevada - Women & Children's Campus Dedication** (*Las Vegas, NV*)

**May 19** (3pm-4pm PT / 5pm-6pm CT)  
**FAVA - CAC Meeting** (*Forest City, LA*)

**May 19** (6pm-8pm PT)  
**California - Graduation** (*Fresno, CA*)  
**Note:** *Tower Theater @ 815 E. Olive Avenue*

**May 21** (8am-12pm PT / 11am-2pm ET)  
**Foundation Board Meeting** (*Henderson, NV and Miami, FL*)

**May 25** (4pm-5pm AZ Time)  
**Arizona - CAC Meeting** (*Bullhead City, AZ*)

**May 30**  
**HOLIDAY: Memorial Day**

### MAY

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

### May Observances

- American Stroke Awareness Month
- Arthritis Awareness Month
- National Asthma & Allergy Awareness Month
- Better Hearing and Speech Month
- National Celiac Disease Awareness Month
- Global Employee Health and Fitness Month
- Healthy Vision Month
- Hepatitis Awareness Month
- Melanoma/Skin Cancer Detection and Prevention Month
- **Mental Health Month**
- High Blood Pressure Education Month
- Physical Fitness & Sports Month
- Osteoporosis Awareness & Prevention Month
- Preeclampsia Awareness Month
- Ultraviolet Awareness Month