

WestCare Express

The WestCare Foundation Employee Newsletter



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7 Ways You Can Stay Healthy at Work During the Flu Season

Article published by – www.cdc.gov/h1n1flu/vaccination/acip.htm.

Flu refers to illnesses caused by a number of different influenza viruses. Flu can cause a range of symptoms and effects, from mild to lethal. Two strains of flu, seasonal flu and the H1N1 flu, are currently circulating in the United States.

Flu Symptoms may include fever, coughing, sore throat, runny or stuffy nose, headaches, body aches,

chills and fatigue. In H1N1 flu infection, vomiting and diarrhea may also occur.

Most healthy people recover from the flu without problems, but certain people are at high risk for serious complications. You can protect yourself and others by following these key action steps.

1. Maintain a healthy lifestyle through rest, diet, exercise, and relaxation.
2. Wash your hands frequently with soap and water for 20 seconds or use an alcohol-based hand cleaner if soap and water are not available. Be sure to wash your hands after coughing, sneezing, or blowing your nose.
3. Avoid touching your nose, mouth, and eyes. Germs spread this way.
4. Cover your coughs and sneezes with a tissue, or cough and sneeze into your elbow. Dispose of tissues in no-touch trash receptacles.
5. Keep frequently touched common surfaces clean, such as telephones, computer keyboards, doorknobs, etc.
6. Don't spread the flu! If you are sick with flu-like illness, stay home. Symptoms of flu include fever (100 degrees Fahrenheit or 38 degrees Celsius) or chills and cough or sore throat. In addition, symptoms of flu can include runny nose, body aches, headache, tiredness, diarrhea, or vomiting. CDC recommends that sick workers stay home if they are sick with flu-like illness until at least 24 hours after they are free of fever without the use of fever-reducing medicines.
7. Get vaccinated against seasonal flu when vaccine is available in your area. If you are at higher risk for 2009 H1N1 flu complications you should receive the 2009 H1N1 flu vaccine when it becomes available. People at higher risk for 2009 H1N1 flu complications include pregnant women and people with chronic medical conditions (such as asthma, heart disease, or diabetes). For more information about priority groups for vaccination, visit www.cdc.gov/h1n1flu/vaccination/acip.htm.

For more information:

- Visit: www.flu.gov
- Contact CDC 24 Hours/Every Day • 1-800-CDC-INFO (232-4636)
- TTY: (888) 232-6348 • dcinfo@cdc.gov

WestCare California 2009 Fall Graduation is on November 2

Submitted by the WestCare California Staff

WestCare California fall graduation is scheduled for November 2, 2009. Client Felix D., is the winner of the window decorating contest ~ announcement of the upcoming graduation. WestCare is given one window to decorate at the theatre regarding graduation.

California



Committee also stopped by to show support to Felix while he decorated the window. ▲

The Personal Growth Center Goes Swimming with the Dolphins!

Article submitted by South Florida Staff

South Florida

The Personal Growth Center, a Florida Keys Operations program, is unique and follows the clubhouse model of psychosocial rehabilitation for adults with severe and persistent mental illness. The clubhouse model is an environment where members develop work skills and improve their daily living skills and affords socialization experiences. Additionally, members learn more about their illness enhancing their recovery. The PGC depends on its member's strengths and talents to assure the day to day operation. Members work side by side with staff to carry out daily activities and assist in orienting new members.

Each year, the members of the Personal Growth Center get to participate in another one of a kind program that is unique to the Florida Keys. Members go to the Dolphin Research Center (DRC) in Grassy Key and participate in DRC's Dolfriend Program. Not only is this a once in a lifetime chance to swim with an exotic animal, but it also has therapeutic value. Involving dolphins into a person's treatment can increase attention span, reduce stress, increase social behavior and motivate the person in their recovery (Nathanson, 1998). This special event also gives them cherished, happy memories to look back on and to share with one another. The members, needless to say, look forward to this event every year, and we all wanted to share the excitement with the rest of the WestCare family!



▲ Personal Growth Center Member and dolphin at the Dolphin Research Center (DRC).

WestCare Georgia to Blanket Atlanta With Treatment for Homeless

By William F. Stone – *WestCare Director of Special Projects*

Georgia

WestCare Georgia (WC-GA) has received a five year grant award for \$350,000 annually from the Center for Substance Abuse Treatment (CSAT), Substance Abuse Mental Health Services Administration (SAMHSA) to provide treatment services to homeless adults and those at high risk for homelessness in the greater Atlanta area. Using a community based outreach approach where staff will bring treatment and support services to the client through partnerships with permanent supportive and transitional housing and homeless shelter providers throughout the City, staff will co-locate at agency partner residential housing complexes operated by National Church Residences (NCR), Sante Fe Housing, the Atlanta Housing Authority, and at Atlanta’s largest homeless shelter, the Metro Task Force for the Homeless. Substance abuse and mental health counseling services will also be supplemented at WC-GA’s outpatient treatment center on Lakewood Avenue in Southeast Atlanta.

WC-GA will also be working locally with the Georgia Council on Substance Abuse to provide training for staff and create a recovery oriented system of care (ROSC) with wraparound services for homeless adults and their families. Since many returning war veterans to the Atlanta area also face eminent homelessness, substance abuse and mental health problems and housing assistance needs, WC-GA will also be working closely with the Homeless Veterans Program, a program of the Department of Veterans Affairs in Atlanta.

Services will be provided annually through the Blanket Atlanta program to 175 homeless and permanent supportive housing clients with substance abuse, mental health or co-occurring disorders. Clients will receive outreach, assessment, case management, outpatient substance abuse and mental health treatment, recovery support and wraparound services. The purpose of Blanket



Atlanta will be to link treatment with comprehensive, wraparound services such as primary health care, housing assistance, 12-step groups, recovery support services and job preparedness training. Services will improve residential stability, reducing substance use and anti-social behavior.

The Georgia team including Senior Vice President Leslie Balonick; Regional Vice President Michael Langford, Project Director Jeannie Lewis, Office Manager Joyce Randle and John Bascom, WC-GA’s Resource Development Specialist are pictured above during an implementation meeting, with the project’s evaluation team on the phone including Dr. Frank Scafidi and Denise Connor from The Village in Miami, Florida and Dawn Ruzich, from WestCare Illinois. Kristen Chaffee, Regional Controller, created the Blanket Atlanta budget. New project staff will include a Program Manager, two Counselors, a Recovery Support Coach, a Research Assistant and support for the Project Director and evaluation team time.

Ashcamp Flu Vaccines

Kentucky

Twenty-three residents and two staff from Ashcamp received a flu vaccine from the Pike County Health Department.



Nevada



A Letter from Christina B.

Submitted by the WestCare Nevada client, Christina B.

I got to WestCare in August 2008. It had already been a long up hill battle with addiction. I had put a long run in with two failed treatment attempts and was coming to WestCare as a last resort. When I checked in at detox, one thing was for sure, this would change everything I thought I knew about drug treatment.

When I arrived on the Rancho Campus, I never thought to myself I'd be spending a year of my life here. However, had I known all the changes I'd go through then, I might have not been so reluctant to listen when I got here.

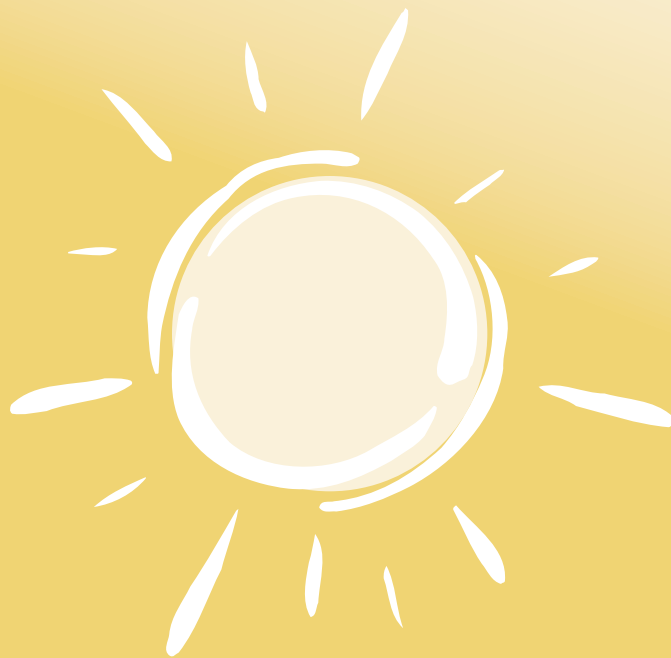
I struggled with my treatment and identifying my core issues but, with my counselor, at the time, Heather Duckworth, I was soon tackling all the baggage I had collected. I looked up to women in recovery like Dee Wirth, as she mentored me and I was in awe of women who had mentored her, like Jennifer Hatterman.

So I poured my heart out in hopes to find the answers and solutions that I needed to become a woman with integrity and dignity. I opened my eyes and faced truths that I might not have been brave enough to face with those women standing behind me if I fell. Then I was shifted to a new counselor, Stephanie Robinson, who would walk side by side through the darkest hours of my treatment here. I regard these women as my family as each one of them left a distinct lasting impression on me. They pulled me apart and helped put me back together again. Without this type of treatment, I was of the hopeless variety.

Now I have a daughter who will not have to suffer like her other siblings. She knows her mommy is there full time, not like I was before. I have grown up.

Upon graduation in September, all the hard work tied in to a visual celebration that left me in tears and speechless at a microphone. I was filled with a combination of gratefulness, amazement, and humility that I have made it this far. For a drug user like me, this was truly life changing. In closing, I am proud that the legacy I leave behind at WestCare will help the new sister that walks in the door, find her way and not lose hope. I would also like to thank Candice Kidd for helping keep the strings that tie our program together intact.

Thank you so much all who loved me till I could love myself. - Christina B.



A safe, healthy and drug-free workplace is everyone's business.

Thanks for making it yours.



U.S. Department of Labor, Working Partners for an Alcohol- and Drug-Free Workplace
www.dol.gov/workingpartners



Arizona



▲ AZ staff Raquel Merrigan, her son, Jaycob and her dog, Angel, Tracy Stevens, Debi Gesler and Stephanie Allen.

Break the Silence; Make the Call

By Tracy Stevens – Area Director

October is National Domestic Violence Awareness month and WestCare Arizona held its 11th Annual Domestic Violence Fun Run/Walk on Saturday, October 17th. The annual event is meant to raise awareness in the community of the prevalence of domestic violence, let victims know where they can go for help and raise money for the Safehouse Domestic Violence Shelter which has been operated by WestCare Arizona since 1998.

108 participants turned out to register between 7–8am on the warm and slightly windy morning. There were about 50 staff and community volunteers to get the event set-up, work the registration tables, water station tables and cheer the participants on.

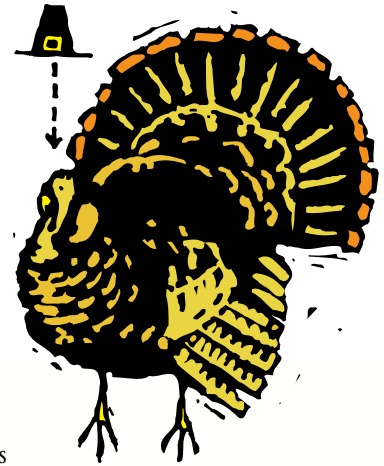
Cameron Broadcasting's KFLAG radio station provided live broadcasts during the event. They also have been promoting the event for the last month with PSA announcements. There were raffle drawings for over fifty gifts donated by over 40 area businesses as well as games and prizes for the little ones. Domestic Violence facts were presented in a speech by the Arizona Area Director and a testimonial of a former Safehouse client also read to the crowd. When the final tally came in, the event raised \$6,850 for the shelter.

The Safehouse Domestic Violence Shelter provides a safe, home-like environment for victims (and their children) that have been or are in an abusive relationship or situation. Just in the first nine months of 2009, the Safehouse has provided shelter for more victims than they did in all of 2008. At the shelter, the women receive case management, resources referrals, educational and life skills groups, help with legal assistance referrals, job and employment assistance and help pursuing their GED or enrolling in higher education.

The event was a success and all who participated had a great time. As the world economy continues to struggle and families face uncertain times, we at WestCare Arizona will continue to raise awareness of domestic violence in our community and do all we can to help the victims and the innocent children to recover from the trauma of abuse.

DID YOU KNOW? Thanksgiving Facts!

Thanksgiving was a centuries-old tradition held by most cultures around the world. After the autumn harvest, communities held 3-day-long feasts, sharing meat, bread and produce they grew. Today, Thanksgiving is known best as a U.S. public holiday.



The first U.S. Thanksgiving was held between September 21 and November 11, 1621 in Massachusetts by 50 Plymouth Pilgrims and their 90 Wampanoag neighbors. After that, Thanksgiving was held fairly randomly. Thanksgiving days were proclaimed annually by the U.S. Congress from 1777 to 1783 which, except for 1782, were all celebrated in December. George Washington declared Thanksgiving in 1789 and 1795, and John Adams in 1798 and 1799. James Madison declared Thanksgiving twice in 1815. None of these were celebrated in the autumn.

The next national Thanksgiving was declared only in April 1862, by Abraham Lincoln. In 1863, the President declared Thanksgiving for August 6, and for the last Thursday in November later. He went on to declare a similar Thanksgiving observance in 1864, establishing a precedent that was followed by Andrew Johnson in 1865 and by every subsequent president.

After a few deviations of the day of celebration - Thanksgiving was held on December 7 in 1865, and November 18 in 1869 - the last Thursday in November was proclaimed as the national Thanksgiving day, but still was not an official holiday. Thanksgiving remained a custom unsanctified by law until President Roosevelt signed a bill on November 26, 1941 that established the fourth Thursday in November as the national Thanksgiving public holiday.



Veterans Day is November 11th

Did you know that most Americans confuse Veterans Day with Memorial Day? Both holidays celebrate our veterans' service, but with one significant difference. Learn the history of Veterans Day.

A Brief History of Veterans Day

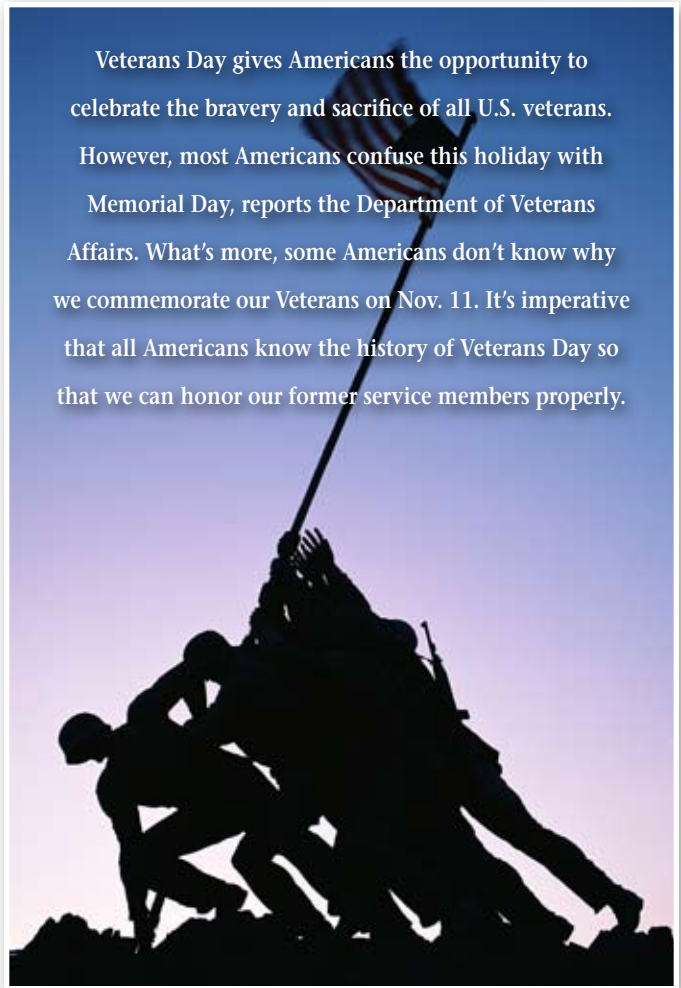
Veterans Day, formerly known as Armistice Day, was originally set as a U.S. legal holiday to honor the end of World War I, which officially took place on November 11, 1918. In legislation that was passed in 1938, November 11 was "dedicated to the cause of world peace and to be hereafter celebrated and known as 'Armistice Day.'" As such, this new legal holiday honored World War I veterans.

In 1954, after having been through both World War II and the Korean War, the 83rd U.S. Congress – at the urging of the veterans service organizations – amended the Act of 1938 by striking out the word "Armistice" and inserting the word "Veterans." With the approval of this legislation on June 1, 1954, Nov. 11 became a day to honor American veterans of all wars.

In 1968, the Uniforms Holiday Bill ensured three-day weekends for federal employees by celebrating four national holidays on Mondays: Washington's Birthday, Memorial Day, Veterans Day, and Columbus Day. Under this bill, Veterans Day was moved to the last Monday of October. Many states did not agree with this decision and continued to celebrate the holiday on its original date. The first Veterans Day under the new law was observed with much confusion on Oct. 25, 1971.

Finally on September 20, 1975, President Gerald R. Ford signed a law which returned the annual observance of Veterans Day to its original date of Nov. 11, beginning in 1978. Since then, the Veterans Day holiday has been observed on Nov. 11.

Veterans Day gives Americans the opportunity to celebrate the bravery and sacrifice of all U.S. veterans. However, most Americans confuse this holiday with Memorial Day, reports the Department of Veterans Affairs. What's more, some Americans don't know why we commemorate our Veterans on Nov. 11. It's imperative that all Americans know the history of Veterans Day so that we can honor our former service members properly.



5 Questions with Bill Stone

Bill Stone, originally from New York City, moved to Florida in 1991 and after living there for fifteen years, moved to Ellijay in the North Georgia Mountains in 2005. He began working for WestCare as the Director of Special Projects for the Foundation soon after moving to Georgia in February, 2006.

1. *What is your most rewarding experience and biggest challenge working for WestCare?*

My most rewarding experience is seeing grants that we work so hard on get funded in the various WestCare regions. Also, how happy the staff and I are when we are successful and the programs eventually get implemented to help our clients. The biggest challenge is the production and submission of those same grants due to the competitive nature of the business.

2. *What do you do in your spare time?*

You're kidding, right? I work for WestCare in my spare time. When I'm not doing that, I like to take vacations and travel with my wife, lay on the beach, swim and read fiction. That may sound boring, but that is my absolutely favorite thing to do. Nothing.

3. *What would everyone be surprised to learn about you?*

I went to Woodstock when I was 14 years old, I worked for the New York Times

during the Pentagon Papers investigation when I was in high school. I also played the French horn at Carnegie Hall when I was in junior high school with Queens All-Borough Orchestra and I have a large collection of original Broadway Cast Albums of musical comedies (Broadway shows going back to the 1930's).

4. *Proudest personal or professional accomplishment?*

I received the "Best Husband" certificate and award from my wife Kathy on Monday, June 3, 1996 and we've been married now for 18 years.

5. *What is your favorite TV show? If you do not watch TV what is your favorite type of music?*

I love Broadway show music, especially shows from the 1950's. My wife and I like to watch NCIS, House and 60 Minutes. But really, my favorite thing to do in leisure time is watch movies (I love old Hitchcock films, for instance).



WestCare Wellness Watch

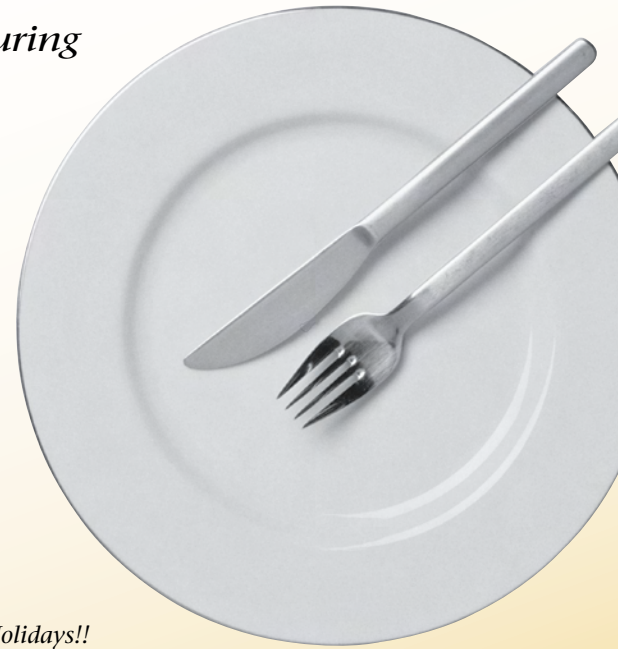
Celebrate the Holiday's While Still Eating Healthy

Submitted by Wendy Simpkins



Use the following tips to help you keep a healthy diet during the Holiday season:

1. Replace butter with olive oil.
2. Instead of stuffing the turkey with stuffing – try herbs which will add more flavor.
3. Go organic to avoid pesticides and hormones.
4. Replace mayonaise with low fat yogurt.
5. Trim all fat from meats.
6. Consider sweet potatoes, pumpkin mousse, etc. for desserts.
7. Check ingredients on any cans – look to avoid the bad sugars.
8. When buying honey, look for raw, unfiltered.
9. Don't make too much food! Stick with what will be eaten so you don't overstuff yourself and your guests.
10. Always have a big, healthy salad as part of the menu.



Remember you can enjoy the perks of the Holiday season – just do it in moderation. Happy Holidays!!

Honey-Glazed Sweet Potatoes

By Mayo Clinic staff

Dietitian's tip: Instead of topping canned sweet potatoes with a glaze and miniature marshmallows, this version uses fresh sweet potatoes and a lighter sweet coating, which brings out the flavor of the sweet potatoes and saves calories.

Ingredients:

1/4 cup water
2 tablespoons brown sugar
2 tablespoons honey
1 tablespoon olive oil
2 pounds sweet potatoes (about 4 large), peeled and cut into wedges
Cracked black pepper or chopped herb of choice (rosemary, sage or thyme), to taste

Directions:

1. Preheat the oven to 375 F. Lightly coat a 9"x13" baking pan with cooking spray.
2. To make the sauce, in a small bowl add the

water, brown sugar, honey and olive oil. Whisk until smooth.

3. Place a single layer of sweet potatoes in the baking pan. Pour the sauce over the sweet potatoes. Turn to coat them.
4. Cover and bake until tender, about 45 minutes. Turn the sweet potatoes once or twice to continue coating them. When tender, remove the cover and continue to bake until the glaze is set, about 15 minutes.
5. Transfer to a serving dish and top with pepper or chopped herb of choice. Serve immediately.

Nutritional Analysis: (per serving)

| | |
|---------------------|--------|
| Calories | 146 |
| Cholesterol | 0 mg |
| Protein | 2 g |
| Sodium | 42 mg |
| Carbohydrate | 31 g |
| Fiber | 4 g |
| Total fat | 2 g |
| Potassium | 553 mg |
| Saturated fat | 1 g |
| Calcium | 46 mg |
| Monounsaturated fat | 1 g |