



November 2012

## So Much to Be Thankful For

By Dick Steinberg – *President and CEO, WestCare Foundation*

As we enter the season of giving, this admitted “softie” can get sentimental with the best of you. It only makes sense, since we are all in the business of health, well-being and compassion.

I get a little reflective at this time of year, with “retro thoughts” that go back 40 plus years. I had just finished my second tour in Vietnam putting lots of little bandages on folks . . . worked in my family’s motel business in Las Vegas . . . returned to work in the YMCA for a few years . . . then finally finished up college with an M.S. in Rehab Counseling. Then the real fun began when I took a little job at a start-up non-profit agency, Fitz House in Las Vegas, Nevada. The journey that started in the 1970’s was just beginning.

Our eventually melded agency, WestCare Foundation, is now reaching individuals, families and communities in fifteen states as well as the U.S. Virgin Islands in the Caribbean and our Pacific Island programs headquartered on Guam. We are proud of our standing as one of America’s most extensive and effective non-profit providers of evidence-



based alcohol and drug treatment and other behavioral healthcare services. And we aren’t done, yet. I am convinced our success, wide acceptance and continuing growth has a common thread: YOU.

We have been blessed by the finest, most dedicated WestCare “family members” for which I ever could have dreamed. In addition, with public dollars shrinking daily, our private donor “angels” have assisted us by filling in the many funding gaps along the way. Such additional funds allow us to serve thousands more every day, including veterans, mothers and fathers, children and adolescents, victims of trauma, those experiencing homelessness, and many involved with the justice system. YOU have heard the call and accepted the challenge to “uplift the human spirit” of your fellow citizens across this great country.

At this special time of year, let me simply wish you and your loved ones a warm and wonderful Thanksgiving. At our house, our prayers of thanksgiving will include YOU and all that you have done for our WestCare family.

– Dick

*Editor’s note:* Please refer to information about end-of-the-year tax laws covering charitable donations, provided in this Express (see on page 17).



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## Client Give-Back: Adopt-A-Park

By Derrick Bressel – Vocational Specialist

To aide the City of Fresno Parks, After School, Recreation and Community Service Department (PARCS), WestCare residents of the MLK Campus have assisted in providing green space clean-up, painting, and general maintenance to Frank H. Ball Park in Fresno, California.

Residents have logged over 40 hours of service time. Volunteer opportunities enable clients to gain job skills for resume building and the opportunity to give back to the community. Many of the volunteers have expressed their pride in completing community work that keeps the park well maintained, safe and clean for residents and visitors to enjoy.



## California



## SJVV at Stand Down 2012

Stand Down ~ a suspension and relaxation from an alert state or a state of readiness.

Central Valley Veterans (a community partner with SJVV) held Stand Down 2012 on September 18, 2012. Stand Down is a military term that is used when the soldiers need to relax, rejuvenate, and reload. This event runs four days with the first day being check in for homeless veterans. The veteran can check in and stay in an encampment and receive three meals a day, clothing, new boots, sleeping bag, and much more.

This year's Stand Down was a huge success with over 30 vendors promoting their organizations to the veterans who made it to the event. San Joaquin Valley Veterans and WestCare representatives were also in attendance and were able to connect to a lot of veterans who haven't been into the office. SJVV was able to complete 25 new intakes on clients needing our services.

Wednesday September 19th was the actual kick off for the event with the opening ceremonies. Our very own AmeriCorps Member, Yolanda Armendariz, was a part of the opening ceremonies with a group that she belongs to called AIVA – American Indian Veterans Association. Fresno's Mayor, Ashley Swearingin, spoke at the opening ceremony and she said it best in her speech, "Thank

By Erin Shelton – Receptionist

You." Words cannot express the sacrifices that veterans have given for our freedom.

The days were filled with bands playing great music, and veterans obtaining resources and networking with other veterans. Not to mention the weather was absolutely beautiful! A special thanks to the SJVV staffs at Hanford and Fresno as well as those who signed up with WestCare for such a successful event.



Yolanda Armendariz leads Opening Ceremonies

The SJVV brains, brawn and beauty behind Stand Down 2012

# Danville, Kentucky Observes Recovery Month

Article written by SAP resident Martin Gossett

WestCare Kentucky at the Boyle County Detention Center hosted an Open House in celebration of National Recovery Month attended by clients, staff, and the community. September was declared National Recovery Month in Boyle and Mercer counties. Judge Executives Milward Dedman and Harold McKinney signed Proclamations to make this official.

Residents of SAP worked on recovery-based presentations that were on display during the Recovery Fair. The topics included Prescription Drug Abuse, Reentry & Aftercare, Picking up the Pieces for Teens, Is Addiction Inherited?, Signs & Symptoms of Abuse, Veterans & PTSD, Synthetic Drugs, a Therapeutic Community, Effects of Drug Trafficking, Substance Abuse and your Mental Health, and Children with Parents in Recovery. All the projects were very informative and interactive.

Also in attendance at the fair were WestCare employees Bob Neri, Carol Renard, Leslie Balonick, Renee Alexander, and Robbie Starling. It was awesome to have such a huge WestCare presence. Dr. Karen Shay touched everyone's heart as she shared how addiction has affected her personal life. The Supreme Court Chief Justice, Mary Noble, who is the reason for the Drug Court Program in Kentucky, stressed the importance of recovery programs. Kevin Pangburn, Director of SAP for the Dept. of Corrections, informed us of how SAP has impacted the DOC and how they plan to continue. Yvette Hourigan, KyLAP Director, shared programs available to the public, clients, and their families who need help with addiction or supporting an addict. The Jailer, Barry Harmon, spoke about the reasoning for partnering with WestCare and DOC. All of the speakers presented information that was useful to everyone and were very much appreciated.

On the fun side, there were raffles and a delicious selection of food catered by Dupree Catering in Lexington, KY. The raffle prizes were gift cards donated by local restaurants and stores. Moments of seriousness, laughter,

and total compassion made the day. With the combined efforts of the SAP Program Director, Counselor, WestCare Staff, BCDC staff, and residents this Recovery Fair was a huge success. The Program at the Boyle County Detention Center is doing special things!

## Kentucky

Boyle County SAP participants



Signing proclamation: Judge Exec. McKinney, Counselor Laura Schwartz, Judge Dedman



The WestCare crew: From left: Robbie Starling, Bob Neri, Carol Renard, Laura Schwartz, Leslie Balonick, Renee Alexander, Jerod Thomas



## Kentucky

### 6th Annual "Recovery" Golf Scramble

Jared Kiser, Tyler Noland, Phillip Dawes, Seth Proffitt were the winners of the 6th Annual "Recovery" Golf Scramble. All proceeds went to fund the operations of the Estill County Community Involvement Center.



## Community Council News

WestCare Kentucky received \$1500 grant from Kentucky Appalachian Ministries in Berea to support family events. The Estill County Community Involvement Center had three swim parties. We had over 200 in attendance for all three events and it was a real blessing. The events were successful with Great Fun and Fellowship.



Kentucky Community Council member Judy Myers and Steve Feck.



### Believe It or Not, Voting is A Way of Honoring Our History!

Courtesy of [www.finesuccessmag.com](http://www.finesuccessmag.com)

As long as our country has existed, there have been people who didn't want us to vote. There were several freedom fighters that stood up for the right to vote. Well, those times may seem ancient, but there are still people today who don't want us to vote. It's now our turn to stand up and vote to preserve the honor of those who fought for our right to vote.



# Health Scourge Hits Our WestCare Family

By Wendy Ramos – Executive Assistant

On October 10th, The Village South held their Annual Breast Cancer Awareness Day. Many outside agencies as well as Village programs participated in this very special event for clients and staff.

This year the event hit closer to home than before as one of our long-term employees just became a survivor. Ruby Moss, a 7 year veteran of the Village, was diagnosed and is now in remission from this devastating disease. The HR department was pleased to present Ms. Moss with a special gift in honor of her recovery.

Please join us in keeping all of our WestCare women (and men) in our thoughts and prayers and especially Ruby that she continues on the path of good health.



Elena Hoyos Receptionist, Raquel De Cardenas HR Coordinator, Ruby Moss Behavioral Health Technician & Diana Alvarez-Mendez Regional HR Director.

## Florida

# Making Therapy and Fun Mutually Inclusive: Homeless and Runaway Youth Photograph the Community

By Erik Lieux – ROM Lead Street Outreach Therapist

There was an air of excitement about the campus arriving at the Miami Bridge youth shelter on a Tuesday afternoon. Part of The Village South's Reach out Miami outreach efforts focuses on facilitating prevention oriented therapy/substance abuse groups at The Bridge weekly. My team and I admit that counseling youth isn't always easy, especially homeless, runaway, or lockout youth.

Fortunately, we do have the power of proven interventions backing us up, utilizing therapy strategies which are engaging, and age specific. Concerning treatment, research has shown that youth respond best to engaging stimulus: group activities, hand outs, games, role play, and in this case, a photography assignment.

I too was fairly excited this day as to what was taking place after coordinating for weeks



Through the eyes of young shutterbugs



on the effort with Dr. Gale Kofsky, Education Specialist at Miami Bridge. The week prior to the shoot, I spoke with several of the youth after our weekly group to finally lay the idea out on the table and discuss in detail what this assignment was all about. With the youth's feedback, we agreed to photograph in two locations: Miami Beach, and Little Haiti.

*Continued on page 6*



*Continued from page 5*

The youth would photograph with a disposable camera of 27 exposures shooting within the guided group framework of: "something you'd like to change," "something beautiful," and "something you see yourself" all while journaling notes as they went along. The notes and developed photos would serve as material for further discussion in an upcoming group.

As six of the sheltered youth were transported and accompanied by appropriate Bridge staff to South Beach, the adventure was underway. One youth, who was detained after running away from home and making "a lot of bad choices" had never been to the beach in her 15 years of residing in Miami. "Wow!! Where are we?" she said giddily. As I guided the group during the outing, I could see what was taking place was much more valuable than I had imagined. The labels of homeless, lockout, or runaway seemed to rub off a bit as these youth smiled, laughed, and asked other beach goers permission to have them in their photos for the assignment. Even if only for a little while, these youth were being able to actively participate in bringing "beauty to the city" as another youth stated.

Needless to say, the youth were so excited; they used up the whole camera reel in Miami Beach's South Pointe Park before making it to the second location in Little Haiti. In a poll of all the summer activities the youth were engaged in, the photography assignment was voted their number one favorite. Dr. Kofsky

and I were so amazed by the positive feedback that assignments like this are highly likely to be repeated and integrated back into a supportive group framework for assisting these youth with the challenges which lay ahead, and the struggles which are part of their daily lives. In short, this was a great experience for the youth. When providing creative therapeutic interventions in line with a Positive Youth developmental framework, youth respond. It's amazing what one can achieve just by a novel shift in approach to treatment!

ROM STAFF – ▶  
From left: Luiza "Jackie" Hernandez, Erik Lieux, Barbara Chaguaceda



## Florida

◀ Focusing on a new outlook on life



# The Month of November

**November Birthstone:** Topaz.  
Topaz is a symbol of friendship.

**November Birth Flower:**  
the Chrysanthemum.

The symbols of the chrysanthemum are optimism and joy.

The hidden message of the Birth Flower, the Chrysanthemum, so favored during the Victorian era meaning "You're a Wonderful Friend."

**Sign of the Zodiac and Dates:**  
Scorpio – October 24 - November 22

**Characteristics of Scorpio:**  
Focused, Determined, Emotional, Hypnotic and Complex.



## November Calendar

**November 1st**

2:30pm - 4:00pm

Village South CAC Meeting – 5:30pm/ET  
3050 Biscayne Blvd., Suite 900, Miami FL

**November 2nd**

9:00am - 1:00pm

Miami FL - Celebrate Families in  
Transition Programs 20th Birthday  
12:00 noon - 4:00pm/ET American Legion

**November 4th**

Daylight Savings Time

**November 8th**

9:00am - 10:00am

Florida FL-G/CC – CAC Meeting  
9:00am/PT – 12:00 noon/ET  
#5411 Marathon, FL

**November 9th**

1:30pm - 2:30pm CA-CAC Meeting  
#2145 / MLK Facility, Fresno, CA.

**November 10th**

10:00am - 10:30am Fresno Aids Walk  
Woodward Park, Fresno, CA.

**November 11th**

Veterans Day

**November 12th**

Veterans Day Observed

**November 13th**

10:00am - 11:30am

GA-CAC Work Session III - 1:00pm/ET

**November 13th**

3:30pm - 4:30pm

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

**November 15th**

6pm - 8pm/PT – CA Graduation

Fresno West side Seventh Day  
Adventist Church 2750 Martin Luther King

**November 16th**

10:30am - 11:30am/ET

Eastern KY-CAC Meeting  
2nd Street, Pikeville, KY

**November 19th**

9:00am - 10:00am

AZ-CAC Meeting  
6:00pm/MT – AZ Time and 5:00pm/PT  
Bullhead City, AZ

**November 20th**

5:00pm - 6:00pm

Executive Committee Meeting  
8:00am/PT – 11:00am ET

**November 22nd**

Holiday – Happy Thanksgiving!

**November 29th**

9am - 10am Florida FLGC-CAC Monthly  
Fund raiser Conf. Call  
12:00 Noon/ET – 9:00am/PT

## November Observances

### November is Child Safety and Protection Month

Courtesy of – *Gayle Crabtree, Yahoo! Contributor Network*

**D**id you know that November is Child Safety and Protection Month? Parents should update their child safety protection plans annually. As children grown and change they require different levels of protections. Child Safety and Protection Month gives us a reminder to check out everything from our homes, to the gear our kids use to cyber safety education. With kids you never want to leave anything to chance.

One of my family's favorite child safety and protection devices was a simple set of walkie-talkies. I made each of the kids take their own when they went for a bicycle ride even though the girls had to stay together. Plus, they had to have either bicycle helmets or at least their horseback riding helmets. No excuses.

We lived in a rural area where cell phones did not work. The walkie talkies had a 5 mile range. For their child safety and protection and for my state of mind they were not allowed to go outside of the coverage area.

Every time out it was the same routine. My middle school girls complained loudly about having to carry the walkie talkies. I told them it was for their own safety and protection and they could either take the walkie talkies or stay home. They took them but complained loudly until one certain day . . .

On this particular day the girls had been gone about a half hour before my younger daughter's frantic voice burst out over the airways. "Mom! Dad! Come quick! Sis just wrecked her bike!" We got directions, jumped in Hubby's truck and roared off.

We arrived a few minutes later to find my older daughter sitting beside the twisted frame of her bicycle and my younger daughter trying to comfort her. They had decided to race downhill on a road with loose gravel and my older daughter took a bad spill. A tree took the full force of her now defunct bicycle while her horseback riding helmet had a new half-dollar sized dent and scratches on one side. She was upset and scraped up but otherwise ok.

The next time the girls went out with their child safety and protection gear they had a fresh attitude. Both of them checked and double checked to be sure the walkie talkies each had fresh batteries. Neither one of our kids ever complained about the walkie talkies again.

Keeping kids safe is hard. Too bad we can't stick them in a bubble and not have to worry about them. The best that we can do is teach them well and update our child safety and protection as the kids grow.

Are you looking for ideas on how to keep kids safe?

The following list of child safety and protection resources may help. For more information, go to:

<http://voices.yahoo.com/november-child-safety-protection-month-4574055.html?cat=25>



## Day of the Dolphin

Not a cloud in the sky, a blue we had not seen in a long while. This experience was truly for us "The Day of the Dolphin." The day began beautifully, and we knew the day ahead of us would turn out, at the very least, pretty.

When we arrived at the Dolphin Research Center (DRC), all the Personal Growth Center (PGC) members wanted to light up their cigarettes. We were all nervous. However, the anticipation was like the first day of kindergarten; we could not wait to meet the dolphins so we bypassed the smoke and hurried into the DRC. Our first stop was a pleasant, cool gift shop. Some of the members bought their souvenirs right then.

While the arrangements were settled, we waited shortly behind a red rope to see the dolphins. Almost immediately, the dolphins were showing off for us. The dolphins would play dead by floating on top of the water but once you looked at them they made a run for it. The dolphins would swim up in groups preparing us for our encounter. During this time, many photos were taken of our experience because this was the first time many of us had seen a Dolphin up close, nevertheless met one.

Some of the PGC members chose to wear a life jacket and began putting them on in preparation to interact with these happy creatures. Eventually we all went in the water,

and began getting instructions on how interact with the dolphins. We lined up facing the outer water as the trainers on the left and on the right of us instructed the Dolphins and us what to do. While this was happening, the DRC photographers and our counselor, Sina, took pictures of us from all the angles. These are great photographs, they are worth seeing.

This is when the fun began. We got to rub, shake fins, kiss and swim with four of the friendliest creatures anyone of us has ever met. They laughed for us and let us pet their ever so soft hides. The dolphins did very high flips and jumps, and gave us each a big wet kiss. Then two dolphins would take each of us for a ride around the enclosure. The trip around the pool was like catching a cab but you had to water ski to get there. Towards the end, the trainers asked the dolphins "Were you fed enough?," and the dolphins laughed their heads off. Then the trainers asked the dolphins if they were enjoying themselves. The dolphins all gave big nods of approval.

So from all of the members at PGC that were able to experience the day of the dolphin, we would like to thank the staff of the Guidance/Care Center's Personal Growth Center Department and the Dolphin Research center for one of the best experiences of our lives.

***Thank you all!***

By Adam Figueroa – PGC member

### Florida



## November 15th is America Recycles Day!



Courtesy of [www.americarecyclesday.org](http://www.americarecyclesday.org)

Since 1997, communities across the country have come together on November 15 to celebrate America Recycles Day. It is one day to educate and motivate. One day to get our neighbors, friends and community leaders excited about what can be accomplished when we all work together. One day to make recycling bigger and better 365 days a year. Get involved!

Let's work together to make recycling bigger and better in 2012.





## WestCare Sheridan Spreads Pink, Awareness and Support

By Charlene Hamann – *Recreation Therapist*

During the month of October, WestCare Sheridan showed their support of breast cancer awareness by wearing pink on Fridays. With breast cancer accounting for the second-largest cancer-caused death rate among women, we thought it would be a great idea to wear pink on our dress-down Fridays and help spread the awareness and to let survivors know we support them in their battle and to also remember those who may have lost the battle.

This was also a way to help clients recognize the importance of encouraging family members to get regular mammograms and health check-ups. Part of the commitment to change at Sheridan is being a supportive and positive voice in the lives of the clients' mothers, grandmothers, aunts, sisters, and daughters. One client reminded us that it isn't only women who are affected by breast cancer; men too have been diagnosed with this disease. Awareness is the key to prevention; to be aware is to remain alive!

### Illinois



## Standing Up for Stand Down

By Nicholette Davis – *VOYAGE Program Supervisor*

### Nevada

WestCare was proud to take part in the 3rd Annual Winter Veterans Stand Down which was held on October 4th & 5th at the Cambridge Community Center. The event was open to

all men and women who have served in the United States Military, Reserves, National Guard and Merchant Marines.

The Stand Down is a community-based intervention program designed to help the nation's estimated 67,000 homeless Veterans combat life on the streets. WestCare staff volunteered their time at this event promoting the various programs that are available to the Veteran and Homeless communities including Substance and Alcohol Treatment and the Veteran Emergency Transitional Housing program.

This year's event expected 600-700 participants and family members presenting for services; there were about 50 agencies available providing services, information and long-term solutions for Homeless or at-risk Veterans. Services included personal hygiene items, showers, haircuts, clothing, food, medical services, dental services, surplus items (sleeping bags, jackets, blankets, socks, etc.), Employment Services, Housing, Readjustment Counseling, food packets, hot lunch and more.

Service providers that participated included the Department of Motor Vehicle, Social Security Administration, Nevada Welfare, Nevada Legal Services, Veterans Administration, Las Vegas Urban League and other various Veteran organizations.



## Another Fun Event Along the Colorado River

By Kim Mitchell – *Interim Area Director*

WestCare Arizona held its 14th annual 5K Fun Run for domestic violence awareness. Numerous runners and walkers were on hand vying for the many prizes that were handed out at the end. Sr. Vice President, Maurice Lee, was on hand very early in the morning to join us! Maintenance Coordinator, Mike Jackson, came in 8th overall and the tough competition included local track team runners.

Everything went off without a hitch, well except for one thing! As we were setting up 4 water stations along the route, our 1st water station was stolen right off the street including 2 cases of water, 2 chairs and a table before we could get back to it! How un-nerving! Several members of our WestCare staff were on hand to assist in making this event a success and I owe it to our fantastic team. Nothing stops the Arizona team from proceeding on! Next year will be bigger than ever!



**Arizonas 14th  
Annual 5K  
FUN RUN**



### Arizona

◀ The hard-working WC crew: Marie Tellez, Cheryl DeBatt, Lisa Berry, John Zirkle, Jon Longorria

John Zirkle and Maurice Lee - both tireless!



## November is National American Indian Heritage Month

November is National American Indian Heritage Month. President George H. W. Bush first declared it in 1990. The month honors and celebrates the cultures of American Indians, or Native Americans, and Alaska Natives. Since President Bush's declaration in 1990, every United States President has released a proclamation each year declaring November to be American Indian Heritage Month.

The idea for American Indian Heritage Month began in the early 1900s. Several American Indian leaders worked to have a special day set aside each year to honor their peoples. New York was the first state to have such a day. In May 1916, the governor of New York declared the second Saturday in May to be American Indian Day. Illinois and other states soon declared their own American Indian days. After the establishment of Black History Month in 1976, some American Indian leaders began working toward the idea of having a heritage month for American Indians.

The purpose of American Indian Heritage Month is to recognize the important role that American Indians have played in our history. It is also a time to acknowledge the injustices that American Indians have suffered. In addition, it is an opportunity to look at the challenges that American Indians still face, and how those challenges can be overcome.



## Jalapeño Cornbread Stuffing

### Ingredients for Jalapeno Cornbread:

- 2 cups yellow cornmeal (preferably stone ground)
- 1/4 to 1/2 cup drained, canned, chopped green chilies
- For the above: (Use green chilies if you don't like the heat, or canned sliced jalapeños if you like the heat or spice)*
- 2 cups (8 oz.) grated sharp cheddar cheese
- 1 cup (2 sticks) unsalted butter, melted
- 2 cups cream-style corn
- 4 eggs, lightly beaten
- 1 cup buttermilk
- Salt
- 2 teaspoons baking soda
- 2 T. unsalted butter for pans



### Directions for Jalapeno Cornbread:

Preheat oven to 375 degrees F.

Combine cornmeal, corn and cheese in a large bowl and blend well. Add melted butter, buttermilk, chilies, eggs, baking soda and salt to taste and mix thoroughly. Melt 1 tablespoon butter in each of 2 cast iron skillet or heavy 9-inch baking pans until very hot but not browned.

Divide batter between skillet, smoothing with spatula. Bake until done, about 45 minutes.

### Ingredients for Jalapeño Cornbread Stuffing:

- 7 cups crumbled Jalapeño Cornbread (see recipe above)
- 4 cups toast cubes
- 3 hard-cooked eggs, chopped
- 1/4 cup (1/2 stick) unsalted butter
- 2 cups finely chopped onion
- 1 cup finely chopped celery
- 1/2 cup finely chopped green pepper
- Turkey liver, chopped
- Turkey heart, chopped
- Turkey gizzard, trimmed and finely chopped
- Salt and freshly ground pepper
- 3 eggs, lightly beaten
- 1/2 cup (about) turkey or chicken broth



### Directions for Jalapeno Cornbread Stuffing:

Combine cornbread, toast cubes and chopped eggs in a large bowl and toss lightly to mix well. Set aside. Melt butter in large skillet over medium heat. Add onion and garlic and saute until softened. Add green pepper and celery and cook until crisp-tender, about 3 minutes. Add gizzard, liver and heart and saute just until they lose raw color. Season with salt and a generous grinding of pepper. Let cool slightly.

Add onion mixture to cornbread and blend well. Stir in eggs. Blend in enough broth to moisten slightly.

*From the kitchen of Craig Claiborn and Pierre Franey*

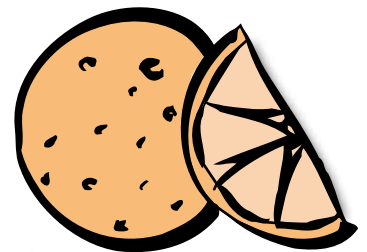


In 1621, the Plymouth colonists and Wampanoag Indians shared an autumn harvest feast that is acknowledged today as one of the first Thanksgiving celebrations in the colonies. For more than two centuries, days of thanksgiving were celebrated by individual colonies and states. It wasn't until 1863, in the midst of the Civil War, that President Abraham Lincoln proclaimed a national Thanksgiving Day to be held each November.

## Cranberry-Orange Relish

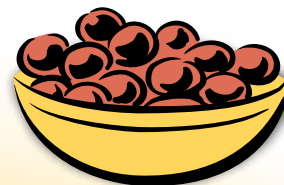
### Ingredients:

- 1 pound cranberries, rinsed and drained
- 2 cups sugar
- 1/4 cup water
- 1/2 cup orange juice
- 2 teaspoons orange zest
- 1/4 cup chopped, candied ginger
- 1/2 cup blanched slivered almonds, toasted



### Directions:

Combine all ingredients except almonds in large saucepan. Cook over medium high heat until cranberries pop, about 10 minutes. Remove from heat and skim off the foam. Stir in almonds. Serve chilled.



# Kudos!

## WestCare Honors Their Employees and Clients

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

WestCare employees have earned special recognition from their supervisors:



*From Georgia*

### Derek Howard

This news coming from our Sr. VP-Operations Mike Lavin: Congratulations to Derek Howard, a member of our elite WestCare construction and maintenance team. He has completed and passed the Georgia contractors exam which opens the door to have FitzHouse as a general contractor for all construction in GA.  
*Great job Derek!*



*From Florida*

*Pam Ungvary*

### Pam Ungvary

Kudos to the Village South's **Pam Ungvary**, who did a fantastic job as Research Assistant for the CSAT-funded Assertive Adolescent and Family Treatment Program (AAFT) at The Village South in Miami. In addition to collecting the follow up data for the project, Pam became certified as a GAIN Assessment trainer, also served as data manager, and helped present data on the project at state and national conferences. Now that the project is successfully concluded, Pam will be a Prevention Specialist for the Miami Beach Coalition. Congratulations, Pam, and thanks for helping WestCare continue to *uplift the human spirit!!!*

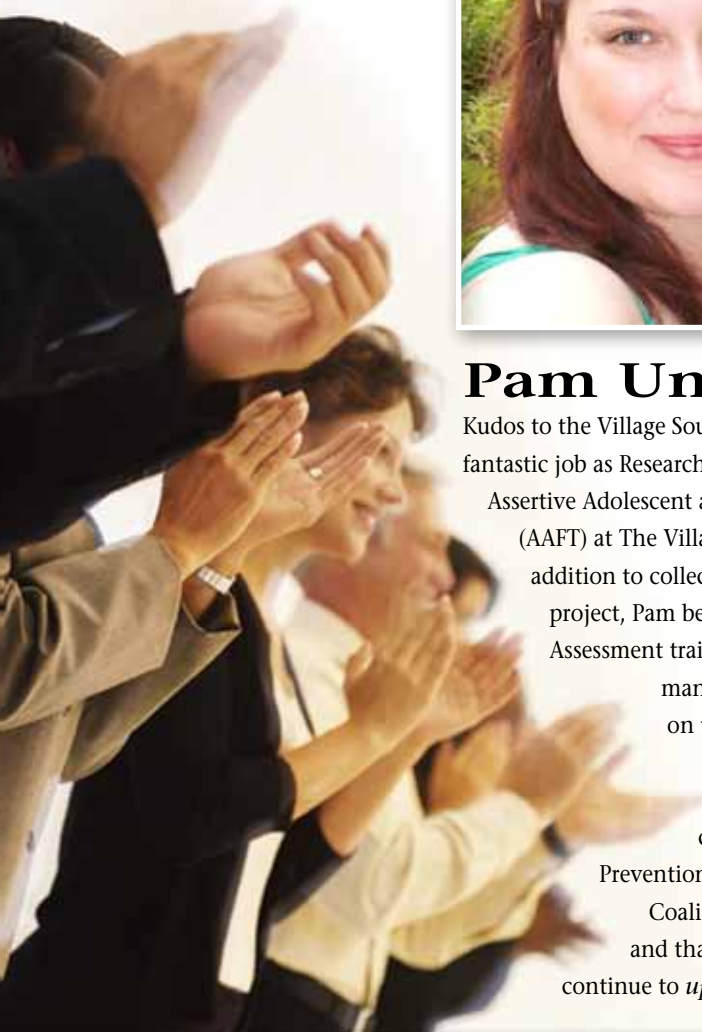


*From Iowa*

*Honor*

### Honor

A special salute to Honor, one of the remarkable spokes-dogs for the Family Alliance for Veterans of America. He is shown here with Josh Wilson, of the Iowa Governor's Office. Way to represent, Honor!





## AmeriCorps Spotlight

### 'United by Service

By Dan Bernal – Director, Veteran Services

This month's AmeriCorps Spotlight serves as a shout out to all of our National Service Members. Congratulations to all of our AmeriCorps team who have recently or will soon conclude their year of service! Please join me in offering sincere thanks to John and Ted in Arizona; Yolanda, Sally, Ricky and Roberto in California; Robert, Sandy, John, Michael and Jim in Florida; Sharon in Georgia; Xanthia and Maryrose in Illinois; Paula in Iowa; Joshua, Delores, and "Deb" in Kentucky; David in Minnesota; Terry, "L.C.", John, Trina, and Jim in Nevada; Myron in Washington; and to Felisha in the U.S. Virgin Islands. Well done! Your continued service to your communities, states, and nation

reflects great credit upon you, as you have proven time and again that you are faithful servants to veterans and veteran family members throughout the nation.

Over the course of the year of service, AmeriCorps Members have a monthly conference call to share stories, pass out information, ask questions of each other and report on the state of their individual member experience. Likewise, supervisors of AmeriCorps Members also have a monthly call to discuss similar topics. This past week, as I've been reflecting on the first year of *United By Service* and thinking about ways we can improve in our mission going forward, one experience really stood out. On this month's Supervisors' call, one Supervisor after another commented on how grateful they were to have had the AmeriCorps Member they were supervising as part of the WestCare Family. AmeriCorps Members have enhanced WestCare's ability to provide services, increasing the depth of care provided to veterans and veteran family members.

The memorial pictured here is in the courtyard across the street from the Family Alliance for Veterans of America (FAVA) headquarters in Forest City, Iowa. The

inscription on the base of this memorial splendidly encapsulates what the WestCare/AmeriCorps *United By Service* National Service Members represent: COUNTRY – HONOR – DUTY – DEDICATION

Fifteen Members are renewing for an additional year of service. They will join 45 new AmeriCorps Members throughout WestCare facilities, continuing to provide services to veterans and veteran family members. In the second year of the *United By Service* mission, there will be 40 National Direct AmeriCorps Service Members and 20 State AmeriCorps Members, 10 each in Florida and Nevada, for a total of 60.

A salute to all of our AmeriCorps Members; thank you! As we honor all of our nation's veterans every day, and specifically on Veterans Day, please take pictures of your particular neighborhood celebrations for inclusion in next month's WestCare Express.



**COUNTRY**

**HONOR**

**DUTY**

**DEDICATION**

## Daylight Savings Time Ends November 4th



Courtesy of – [www.nationalgeographic.com/news](http://www.nationalgeographic.com/news)

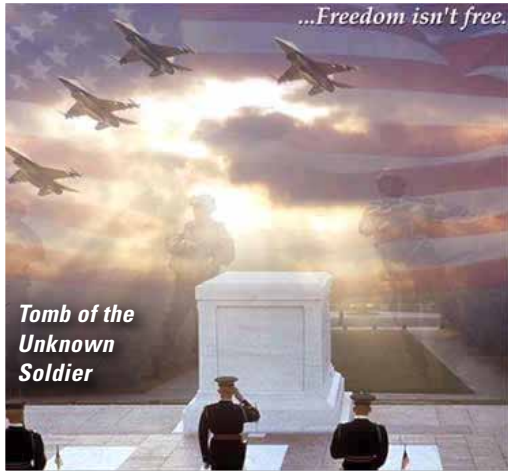
On the first Sunday in November areas on Daylight Saving Time return to Standard Time at 2:00 a.m. When Daylight Saving Time begins turn your clocks ahead one hour. At the end of Daylight Saving Time turn your clocks back one hour.

However, residents of Arizona and Hawaii – along with the U.S. territories of Puerto Rico and the Virgin Islands, among others – will do nothing. Those locales never deviated from standard time within their particular time zones.



# Veterans Day is November 11th

Courtesy of [www.holidayinsights.com](http://www.holidayinsights.com)



Veterans's Day honors all members of the Armed Forces who served this country valiantly, and in a very big way. They served and fought to protect us, to keep our country safe, and to preserve our way of life. Veterans gave their time, and risked their lives for you and me. In some cases, they made the ultimate sacrifice.

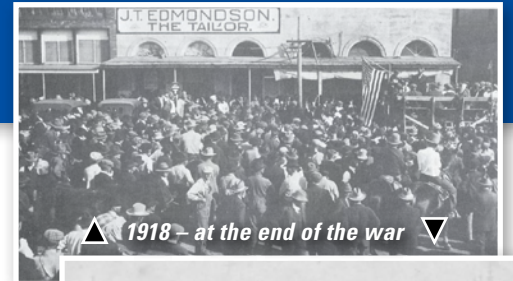
This holiday originally was called Armistice Day and was first celebrated in 1921. In 1954, President Eisenhower changed it to Veteran's Day in honor of those who served and died from all wars.



# Armistice Day is November 11th

Armistice Day, held on 11 November every year, commemorates the signing of the armistice between the Allies and Germany at 11 am on 11 November 1918 - the eleventh hour of the eleventh day of the eleventh month. Although hostilities continued in some areas, the armistice essentially brought an end to World War I.

After the end of World War I, Armistice Day was marked each year by a two-minute silence at 11am, a chance for people to stop and remember the 20 million who died during the conflict. Now the two-minute silence is more often held on Remembrance Sunday, the Sunday closest to Armistice Day, which is a day of remembrance for all those killed in war.



# Race to Recovery

Submitted by: WestCare Boggs Residents

On a Saturday morning in the fall, five residents – JF, QF, BJ, CG, and TW – ran in a 5K race, along with two staff members, Mr. Durwin Kelly and Mr. Michael Blackwell. All WestCare residents finished in the top 10 because we trained for weeks and it showed that all of our hard work paid off. It was a beautiful track with green scenery along a lakeside view which all the residents enjoyed.

On behalf of all the residents, we send our gratitude towards WestCare Boggs for our training and for helping become participants in a race we were not equipped for physically or mentally because we didn't think we had what it took, WestCare prepped all of us for success. Boggs has helped all residents physically and mentally in just the short amount of time they have to help us.

We all say without question . . . this program is very beneficial! *Thank You WestCare!*

## Georgia



Running to the finish line.



Durwin Kelly (far right) with other Boggs staffers.

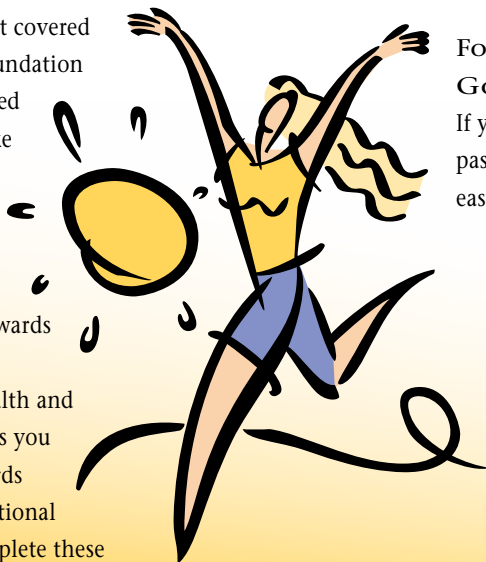


# Human Resources

# SimplyEngaged®

## Take Control of Your Health and Be Rewarded

If you are a participant covered under the WestCare Foundation Medical Plan with United Healthcare you may take advantage of the SimplyEngaged health and wellness program. SimplyEngaged allows you to earn valuable rewards for your activity. Your participation in the health and wellness program allows you to earn valuable gift cards valid at hundreds of national retailers when you complete these wellness activities.



Follow these steps for your personal health and wellness program:  
 Go to [www.myuhc.com/](http://www.myuhc.com/)  
 If you are already registered, log in to your account with your user name and password. If you are not registered, you must register with myuhc.com. Follow the easy steps under "Register Now." Click the "Health and Wellness" tab.

- Complete an online health assessment\*\* and get a \$75 gift card
  - Complete an Online Health Coaching program\*\* and get a \$25 gift card
  - Complete a telephone-based Health Coaching program\*\* and get a \$75 gift card
- Please call 866-868-5484 if you have questions about your rewards.



# Girls' Academy Enjoys Fresh and Fun Start

Submitted by Academy Staff

The 2012-2013 school year is in full swing at the WestCare NC Girls' Academy. The girls are enjoying their new classes and a fresh start on the new year. Our acknowledgment as a non-public conventional school was finalized, and we are now listed on the website as such. We received our school ID number and will be expecting a visit from the DNPE during the term. We are pursuing accreditation in the near future.

We started the year off with a day trip to the NC Zoo which is free for schools that are registered in NC. The day was full of watching all kinds of animals in a somewhat natural environment. The girls were intrigued by the gorillas because two of the mother gorillas had babies and the one had snatched the other one's baby up and there was a standoff. The girls were amazed and related on how the mother gorilla must feel to have her baby taken from her. It was a really teachable moment.

Bob Langevin is our Math and English teacher. He is new to the challenging aspects of teaching in a program such as WestCare but is not new to teaching. He has taught for 24 years in the public school system. He is a real asset to our education staff and is he does an absolutely phenomenal job working with our girls. He is very in tune with the students and teaches to their individual needs. The girls really like him and are comfortable with him as their teacher.

Nancy Snyder is the Education Coordinator and also teaches Science and Social Studies. She has taught for 22 years and has her Master's Degree in Teaching and her Special Education certification. Along with teaching, she makes sure all of the special education rules and regulations are followed and that IEP's are in compliance. She handles curriculum, records, data and making sure each student is taken to their school when they are ready to graduate the program to meet with their guidance counselor and start off on the right foot. Following the North Carolina Standard Course of Study and making sure the school is in compliance with all of North Carolina's education rules and regulations are

also part of her job.

WestCare North Carolina Girls' Academy makes learning fun for the girls and helps them to see their potential in each of the four core subject areas. School days are busy, but we also take time to have fun and enjoy our surroundings. Life Skills lessons are given daily and the students are learning quite a bit about how to do many things that will help them out in the world. We also have a Community Service program where our students can fulfill their obligations to the courts. They have completed some interesting projects. A few of them were captured on camera, like learning about cells in Biology and completing egg drop experiments. The girls have also been involved in other interesting activities, such as commenting on presidential debates, writing poetry and other aspects of learning that help the students not only receive an education, but also enjoy it!

Our greatest success is that on any given day, you can see sixteen girls attending, interested, and thriving in school. This is a far cry for many of these young ladies, who, just a few short months ago, struggled to attend one day of classes, let alone finish a semester and receive credit.

We are beyond proud of every young lady we work with, and we are excited to continue helping other young ladies excel educationally, as well!



The Academy girls at the NC Zoo



## North Carolina

▲ Egg drop experiment



▲ The quaint Academy schoolhouse in the woods.





## And Our Services Continue to Grow . . . *True Help for the Homeless*

By Michael Mygind – *Special Projects*

Members of the social service and mental health community were recently given a glimpse of the newly opened S.O.S (Support & Overnight Stay) program at the MLK facility in Fresno, California. The ten bed facility helps those who are in need of shelter and mental health assistance by providing them a place to stay for a period of 24 hours, a meal and connections to appropriate health services based on their condition.



## California



Over 125 visitors attended the event, were given guided tours by current residents and were able to buy original artwork created by alumni from the OPTIONS mental health program. All proceeds went back into art supplies for future art projects.

## WestCare Foundation

## Tax Law Update

### Year-end Major Gift Information

Excerpted from analysis by Rob Clarfeld – *Contributor-Forbes*

*Editor's note:* WestCare Foundation increasingly relies on private gifting to ensure our mission of 'Uplifting the Human Spirit.' Here is a brief summary of some tax advantages linked to significant charitable giving. For more information, consult your personal tax professional, and contact us via [WestCare.com](http://WestCare.com).

Many people already take advantage of their ability to make tax-free annual gifts of \$13,000 per person (increasing to \$14,000 for 2013), per recipient (in addition to unlimited direct gifts for medical and educational expenses). Above and beyond the annual exclusion gift limit of \$13,000, the federal applicable exemption amount for transfers during life (gifts) and death (estates) has increased (by indexing) to \$5,120,000 per person for 2012 – by far the highest it has been since the establishment of the estate tax. Wealthy individuals, who have both the means and desire to do so, should plan on making these gifts during 2012. As every estate and financial planning practitioner will tell you, making lifetime gifts is a simple and effective estate tax minimization strategy. Simply giving away assets at no gift tax cost will allow both the corpus and its appreciation to forever escape the Federal estate tax. Taking that concept one step further, smart estate planning seeks to leverage those gifts while allowing some degree of control. By utilizing various types of trusts, LLCs, asset sales, insurance, promissory notes and other planning tools, the power of lifetime gifting often can increase dramatically.

