



November 2013

Working It! 40 Years of WestCare

On Tuesday, October 22nd, more than 40 volunteers popped up at busy street intersections of Las Vegas, smiling, waving, passing out information, and holding cardboard signs for WestCare's "Will Work For" Educational Outreach Campaign.

To mark our 40th anniversary of helping individuals and families cope with addiction, mental health disorders, homelessness and various problems associated therein, WestCare Nevada employees, program alumni, volunteers and AmeriCorps veterans manned street corners at various intersections holding cardboard signs boldly stating the areas that WestCare "Will Work For." Signs included: "Will Work for the Homeless;" "Will Work



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for Families in Crisis;" "Will Work for Domestic Abuse Victims;" "Will Work for Our Veterans;" and "Will Work for Those Battling Drug and Alcohol Addiction."

The event was a huge success, and over 800 WestCare informational cards were distributed. Check out a great video from the day, produced by 'The Social Media Show:' <http://www.youtube.com/watch?v=3IV9I0Stpzc&feature=youtu.be>. A special thank you to our Nevada staff; we had a wonderful time spreading the great news of WestCare!

WestCare In The News

From the National Council for Behavioral Health

JFK's Final Act: 50 Years of Community Mental Health

On October 31, 1963, President John F. Kennedy signed into law the Community Mental Health Act to federally fund community mental health centers and research facilities devoted to the treatment of mental illness. It was the last legislation President Kennedy signed into law.

The 50th anniversary of the Community Mental Health Act gives us occasion to celebrate a vision for behavioral health that has been 50 years in the making – and to bring it to scale. JFK encouraged a bold new approach to mental health, one in which the 'cold mercy' of custodial care would be replaced by the 'open warmth' of community. He established a vision we still strive to fully realize – for a community focused on prevention, treatment, education, and recovery.

In the past 50 years, new medications, psychotherapies, peer support, and other treatment technologies have dramatically expanded the ability to treat a range of conditions. And today, more people with mental illnesses get treated than at any other time in history – mostly in community settings. Yet, while science and public policy have taken giant leaps since 1963, as JFK warned, "The problems are not all solved and the battles are not all won."

Fifty years ago, President Kennedy said, "The new frontier is here, whether we seek it or not." He described it as one of "unknown opportunities and perils, a frontier of unfulfilled hopes and threats." In the new frontier, mental health and addictions treatment has parity with all other healthcare treatments. The Affordable Care Act is expanding mental health and addiction benefits to 62 million Americans. This will accelerate an already growing demand for behavioral health services and for care on request.

Behavioral health is becoming part of the new frontier of mainstream medicine, which is driven by science. Now, it's time to advance into the new frontier. We must embrace scientific advances, and advocate for public policies that emphasize prevention and early identification.

West Care is at the forefront. Uplifting the Human Spirit.



It Takes a Community . . .

WestCare's Women and Children's Campus in Las Vegas was so blessed to have had the Crossings Church out to our campus to provide us with a day of giving. Nine months of planning went into the Women and Children's Campus renovations on October 19, 2013, a memorable day!

Some 800 volunteers including 25 team captains made this magnificent event possible, along with approximately \$125,000 in cash donations and materials! The amazing volunteers and wonderful donations included painting about 36,000 square feet inside and outside of the campus, and 250 tons of desert landscaping rock to improve some of the undeveloped land. This magnitude of renovation has never before been done at the Women and Children's Campus.

By Nicholette Davis – Supervisor

As a Supervisor for this program, it was overwhelming and very emotional to watch the community come together and provide such wonderful services to a campus that does amazing work with its clientele. Thank you to everyone who participated in making the beginning of this dream a reality, including Regional Vice President, **Kevin Morss**, Women and Children's Campus Director, **Heather Frost**, and **Arnold Stalk** from Share!

Nevada



Refocusing, Rededicating, Inspiring

Submitted by Sheridan staff

The WestCare Sheridan clients and staff were blessed to hear from two motivating and distinguished speakers for Recovery Month: Senior Vice President **Leslie Balonick** and Deputy Administrator of Kentucky **Jerod Thomas**.

Leslie was part of a group of presenters for the Rededication to C26 Re-Entry program. This event refocused the 400 clients in the program on what they should be working on for their recovery prior to their release from the institution. She spoke on the importance of staying focused, peer pressure, and being grateful for daily recovery.

Jerod spoke to more than 400 WestCare clients and staff in four sessions over two days on his addiction, anger issues, family secrets, dyslexia, and his college and pro football career. Jerod was

most proud of rebuilding his life and having a second chance at a relationship with his son.

Leslie and Jerod, thank you again for your warmth, motivation, and humor in inspiring our clients and staff. And thank you for *Uplifting the Human Spirit* at Sheridan!



Sheridan clients at their housing unit



Jerod Thomas



Leslie Balonick

Illinois

VIPs Witness Our Expanding Youth Services

By Miltina Fraser – Outreach Coordinator

Our Youth Department was visited by State Representative Mable “Able Mable” Thomas and Joyland community leader Willie Jackson. They were given a tour of our location and a mini orientation of our Youth Department, consisting of I.C.E. (Individuals Choosing Empowerment) and the Cares 2 programs.

They were very impressed with the services we offer to the young people in this community, and they viewed our programs as a well-kept secret!

We are proud to say that the Youth Department has another expansion in the Joyland community. We will be one of the many partners to start services at Representative

Thomas’s new location, the former English Avenue Elementary. WestCare Georgia’s Youth Department is excited to start venturing into new territory in the Metro Atlanta area while *Uplifting the Human Spirit!*

(From left) **John Bascom, State Rep. Mable Thomas, Dwayne King, Community activist Willie Jackson**

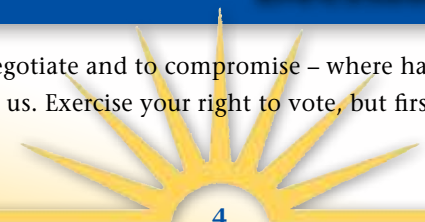
Georgia



Make Your Vote Count

Your Voice: Make an Educated Decision

Gridlock in Washington, lack of representation, inability to negotiate and to compromise – where has our democracy gone astray? Our November elections are upon us. Exercise your right to vote, but first, educate yourself about the candidates and the issues.



Rockin' a New Coif . . . The Bob Cut

By Kevin Brooks – Vocational Coordinator

Having the opportunity to participate in such an event served as a catalyst for promoting self esteem. These extraordinary women are in the second phase of their treatment development and have earned the privilege to seek employment opportunities. Their determination to improve their lives and the lives of their children is paramount and a constant theme emphasized at the Village. Being a part of this extravaganza has not only increased the participants' positive self image, but equally as important has also instilled a sense of hope and appreciation for the future.

On Sept 16th 2013, five ladies who are residents at the Village were invited to participate in a hair exposition that focuses on the latest in hair design. Ron Kolonseim the Educational Instructor and Director of Creative Design for St. Regis Beauty Salon in Miami treated the ladies to the latest in Hair Styles: the WWI Bob Cut. Invented in Paris in 1909 by a hairdresser named Antoine, and



The new-look Village ladies with the awesome staff from St. Regis beauty salon.

becoming popular in the 1920's for independent women , The Bob Hair Cut is a

stunning expression of artistic beauty. *You look beautiful, Ladies!!!*

Florida

Expressions

Corner

Gloria Gallardo – October 5, 2013 – 15 years with WestCare

I want to share my gratitude and thankfulness I have for WestCare / Third Floor and the people who were here to help me start my Journey of Change and Recovery, which made me the person I am today and continue to search and find daily.

I came to Fresno in 1997 after having my 8th child, scared & alone. I wanted something different in my life besides addiction, prisons, jails and institutions.

My journey started in Narcotics Anonymous and I was thankful for the Women in Recovery, who gave me hope and willingness to continue. They pushed me towards school and I went to Fresno City College for an A.S. Degree and was able to stay connected with other recovering people at the Third Floor. I started working in October 1998, which was at the Third Floor before merging with WestCare, who we are today.

Since my employment at WestCare, I have seen many faces come through the doors. Some I have seen a few times come through and others never to see again, Others I have seen in our community doing very well.

And I have always been able to stand by the WestCare logo: **UPLIFTING THE HUMAN SPIRIT!** My Sincere Gratitude.

Thank You to All. – CSC Gloria Sapien Gallardo



Making an IMPACT with Back-to-School STYLE

By Pam Ungvary – Project STYLE Coordinator

A new school year is always a busy time for both parents and students. As kids hold on to the last moments of their summers, parents must make time out of their busy schedules to fight long lines and crowds to find all the necessary back-to-school items for each child. Although stores host huge sales to lure customers back-to-school shopping can still be extremely costly for parents.

Every year, The Village South's Day Care graciously purchases school uniforms and brand-new book bags for each child living on the residential campus through the Families In Transition (FIT) Program. This September, Miami's Prevention programs Project STYLE and Project IMPACT collaborated to surprise

each student with brand-new supplies for their first day of school. Each care package was tailored per student based on their school grades and included everything from markers to notebooks.

On the first day of school for Miami-Dade County Public Schools, Project STYLE and Project IMPACT presented each student with their own tote bag. While the children opened their care packages, parents expressed their gratitude for the wonderful back-to-school surprise.

Good luck in this school year. We can't wait to see all great things you will accomplish!

Florida



November Calendar

November 3rd
Daylight Savings (Ends)

November 5th
3:00pm - 4:00pm
FLGC - CAC Meeting
3:00pm/PT - 6:00pm/ET
City Center, 100 2nd Ave. S. #10

November 6th
10:30am - 12:00pm
KY Central CAC Meeting
Noon/ET
Irvine, Kentucky

November 8th
1:30pm - 2:30pm
Central KY - CAC Meeting
1:30pm/ET - 10:30am/PT

November 8th
1:30pm - 2:30pm
CA - CAC Meeting
2145# MLK Facility, Fresno, California

November 11th
Holiday - Veterans Day
Remembrance Day - Armistice Day

November 12th
10:00am - 11:00am
Workgroup Meeting - Amy Roukie
held 2nd Monday of each month
10:00am/PT - 1:00pm/ET

November 13th
3:00pm - 4:00pm
FGCC - CAC Meeting
Noon/ET
Marathon Facility, Florida

November 14th
6:00pm - 8:00pm
California Graduation
Fresno, California

November 19th
8:00am - 9:00am
Executive Com. Meeting
(Teleconference)
8:00am/PT - 11:00am/ET

November 19th
10:00am - 10:30am
WY - CAC Meeting
11:00am/MT
Deacons Restaurant, Torrington, WY

November 28th
Hanukkah Begins
(begins sundown the eve before)

November 28th-29th
Holiday - Thanksgiving

November Health Observances

November is National Diabetes Month

Diabetes is a Family Affair

Courtesy of ndep.nih.gov

National Diabetes Month 2013: Diabetes is a Family Affair Diabetes is a challenging disease that affects the entire family in many ways. If you are living with diabetes or have a loved one with the disease, family support is very important when it comes to managing diabetes and preventing serious health problems. It's also important to know that if you have a family history of diabetes – such as a mother, father, brother,

or sister – you are at risk for developing type 2 diabetes.

The NDEP offers resources to help you make healthy lifestyle changes as a family as well as resources that can be used in community settings that are a part of the extended family, such as schools, businesses, and the health care community, among others.



November is Lung Cancer Awareness Month

Courtesy of www.lung.org

The Lung Association has begun a nationwide lung cancer initiative to address the needs of patients and their families. We've found that one of their most important needs is comprehensive information and education about the disease, including treatment options. To close this gap, we are developing a robust set of information services for people at any stage of their disease.

We also recognize that lung cancer carries a stigma related to the perception that all people with lung cancer are or were smokers and that they brought it on themselves. While the leading risk factor for lung cancer is smoking, the American Lung Association emphasizes that patients must not be blamed for their disease. The stigma associated with smoking and cancer becomes a major barrier to addressing the needs of persons diagnosed with lung cancer and their caregivers. This unnecessary stigma impacts how lung cancer is viewed by patients, their family members and caregivers, health providers, and the

public in general. The bottom line is that no one deserves lung cancer – and we must defeat the stigma to defeat the disease.

The American Lung Association believes that creating awareness about the realities of lung cancer through education and advocacy will help reduce the stigma and create a sense of urgency that will bring lung cancer to the forefront. We are also training staff and volunteers nationwide in effective messages to lessen the stigma of lung cancer.



Family Feedback

Following up on the October article about the Guidance/Care Clinic client being put in touch with his mother in Israel, this note:

“Irma Jean (Keith’s mom) had tears of joy as she read the Express and saw a picture of Kevin.”
– Gary Roberts, Adult Case Manager, Marathon, FL.

“The story about Desirey (October Express) made me cry. Great job, gentlemen.”
– Lynn Pimentel, Deputy Admin.-Fresno, CA.

“I always love getting the Express...there is always some kind of awesome message.” _
– Jasmine Troops, Reno NV.

Keith and his Case Manager,



Florida

Proud and Pretty in Pink . . .

The Village South held their annual Breast Cancer Awareness event for staff and clients. Outside vendors as well as internal programs set up booths and gave away gifts, breast cancer prevention information and snacks.



Pink Plus Provides a Perfect Picture

WestCare California is always engaging its employees and clients in a variety of efforts that benefit their communities and society in general. In October, they observed Breast Cancer Awareness Month with a voluntary fundraiser. \$5 donations from each participant in 'Pink Plus' – a casual dress day – went to the Breast Cancer Research Foundation.

Here's a beautiful collage from the various departments and programs in the WCCA system.

California



OPTIONS staff



Support/Overnight Stay (SOS) staff



WCCA Administration Office



Deanna Stansberry, Counselor-Residential Multi-Service Center



San Joaquin Valley Veterans staff



Day Reporting Center



Hanford staff



SASCA staff (Substance Abuse Services Coordinating Agency)



Raymond Gonzales, Counselor-MLK campus



Information Technology

An occasional column of advice from our Information Technology team

IT Corner

By Sean Harrigan – WestCare Foundation Systems Administrator

Sharing Large Files

From time to time we might have the need to share a large file with other staff, or with someone outside of our organization. We have 2 options for doing this that everyone should be aware of.

Shared Folders

If the person(s) that you would like to share the file with is another member of the WestCare staff, you can use the shared folder infrastructure. It's likely that you use this every day to collaborate with others in your department.

Every region has a shared directory that staff can access, and a Global directory that everyone can access. You can access these directories from an explorer window, or even

from your web browser by entering [\\westcare.local/files](http://westcare.local/files) when you are connected to the WestCare network.

Inside you will see shortcuts to all of the regions within WestCare. Within your region you will see directories for programs and departments that you may or may not have access to. Each directory has permissions set according to departmental requirements.

If you would like to share a large file with other WestCare staff, you can copy that file to any directory that you and they have access to. Be mindful not to accidentally delete or anyone else's files or directories.

Email

Our email systems are configured to send and receive files up to 20 MB in size. If you need to share a file larger than that with someone outside of our organization, you can use our dropoff site. This site is similar to dropbox, and allows files up to 200 MB in size

You can find this service on or off of the WestCare network at:

<https://dropoff.westcare.com>.

WestCare employees can use their Windows or email credentials to access this site, and will



be able to drop off files for someone else, pick up files left for them, or manage files that they have already dropped off or picked up.

Non-WestCare persons can drop off files for WestCare employees, or pick up files dropped off by a WestCare employee.

When you share a file using this service, an email is sent to the person(s) which includes a link to pick up the file. You will also be notified via email when the person picks the file up.

The Month of November

November Birthstone: the Topaz:

The properties with which the Topaz, the birthstone of the Zodiac sign of Scorpio, is associated are as follows:

- Constancy, loyalty, faithfulness and friendship
- Strength, releasing tension and balancing emotions

Sign of the Zodiac and Dates:

Scorpio – Oct. 24 - Nov. 22.

November Birth Flower – the Chrysanthemum:

The meaning of the November Birth Flower, the Chrysanthemum is With Love and Cheerfulness

Characteristics of Scorpio:

Focused, Determined, Emotional, Hypnotic and Complex



WestCare at Mental Health Fair

By Lydia Gutierrez

We supported this event in Madera, just north of Fresno as their focus was on children and adolescents in Central California. Awards were given out to winning essays that were submitted from within Madera Unified, with the topic of "What can you do to stop bullying?" It was amazing to see that some of the top winners came from Pioneer High School – Continuation. We witnessed that some of the first place winners were being escorted by a youth probation officer. This group of 9 young men were dressed in camouflaged uniforms and stopped by our booth. One of the young

men made a comment to us after we explained what WestCare SASCA was all about. He said: "So, this is what we need to make sure we don't end up [in trouble]?" I responded: "You are correct, and now is the time to recognize where you are and where you're headed; it's time for change."

Our own Dr. Herbert Cruz received a "Citizen's Award" during the event as well.

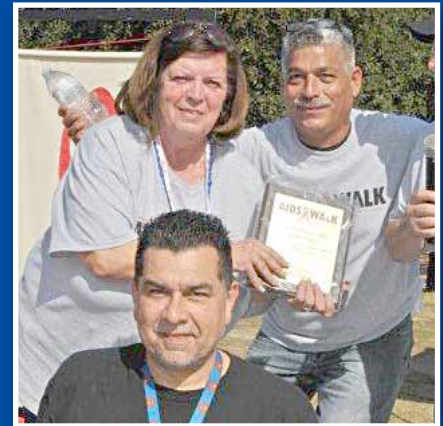
We spoke with several households, who talked to us about their family members in need and their loved ones who are currently incarcerated and are getting ready to be paroled. So, it was really great to be able to provide them much needed information on all of what WestCare can do for those seeking help. It's times like this when you are so proud to be a part of a huge family serving our communities!



California

▲ Margaret Soza and Bernie Baiza are always popular with kids

▼ WestCare booth is at numerous community events, large or small



Walking the Talk

▶ Top fund-raisers: (from left) Toni Harrison, Ricardo Rivera, Ruben Cueva

The second annual Fresno AIDS Walk was once again a celebration of the lives of those who are affected by the HIV/AIDS virus. The walk, at sprawling Woodward Park, hosted over 250 walkers and runners and raised over \$19,000 in generous donations from registrants, teams and community sponsors. All proceeds will support The Living Room's continued operation. Thanks to everyone that came out and showed support for this worthy cause and took part in this inspiring WestCare event!

▼ WestCare staff poses proudly after another great event



▼ Hundreds take a fun stroll for a great cause



▲ Release of doves symbolizing peace and good health

A New Member of the Team!

We are proud to announce that Mrs. Auriea Mosley has recently joined the WestCare Wisconsin team as the Community Organizer. She has been a volunteer with the Harambee Community Involvement Center for a year. She came in with her skates on and has been rolling throughout the city, particularly the Harambee neighborhoods spreading the word about the good things WestCare Wisconsin is offering. Mrs. Mosley has served the Milwaukee community as an organizer and tireless volunteer for many years and comes with a

wealth of knowledge and experience that she gained while working with the League of Martin, Midwest Coalition of African-American Police Officers, Police Athletic League, Wisconsin Association of Women Policing, Community Back-To-School Festivals, School Emergency Response Team, 14th Street C.A.R.E.S. Block Watch, just to name a few.

Please join us in welcoming Auriea (pronounced "ah-real-yah") to the WestCare Wisconsin team!

Wisconsin



▲ Claudia Brewer, Milwaukee Mayor Tom Barrett, Aureia Mosley

Family of Dr. White, WestCare Wisconsin staff and Alderwoman Milile Coggs at County Courthouse ▼

Tribute to Dr. White, Family

Submitted by Claudia M. Brewer

The Milwaukee County Board of Supervisors at its September 26, 2013 meeting, made a special presentation in honor of Dr. James G. White, a fallen former colleague. County Supervisor Peggy Romo West (District 12) gave tearful testimony about how Dr. White positively impacted her life and how his style of leadership is truly unmatched. Mrs. White and family were presented with a plaque commemorating James' tireless efforts to improve the quality of life for the constituents of the County of Milwaukee

during and after his days on the County Board. Supervisor David Bowen (District 10) led the presentation and acknowledged the WestCare Wisconsin team for their presence in the community and stated that they look forward to the good work to come out of the Harambee Community Involvement Center, under the past leadership of Dr. James White. It was an inspiring tribute!



Bronzeville Cultural and Entertainment District – the Patchwork “Mural” Revitalization

The late James White (2nd from left) at Mural Project ▶

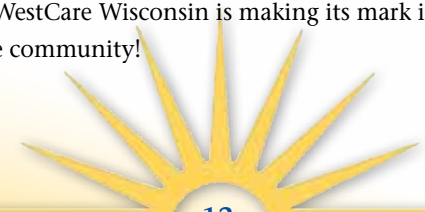
The Bronzeville District is located at the southern end of the Harambee community, and the northern end of Halyard Park neighborhood. From a residential perspective, many of the homes in Bronzeville were built prior to the turn of the century. To encourage redevelopment in the area, the City of Milwaukee is offering financial incentives to owners of homes in the neighborhood, as well as those interested in moving in the District.

‘The Patchwork’ mural was painted in the early 1990s on a building located on the northeast corner of North 5th Street and North Avenue. WestCare Wisconsin applied for and received support from the City of Milwaukee for the mural revitalization project, which is part of the Healthy Neighborhood Initiatives/Community Improvement Project sponsored by the Neighborhood Improvement Development Program. The name ‘Bronzeville’ is not



Milwaukee-specific, but rather a term used throughout the United States and applied to a historic area of a city populated primarily by African-Americans.

WestCare Wisconsin is making its mark in the community!



WestCare Foundation News

Check It Out! The New WestCare Website!

After months and months of hard work, the new website has arrived! We hope you all have had a chance to check it out and enjoy everything it has to offer (www.westcare.com). This 'one-stop-shop' allows anyone to find information for every location in the 15 states and two U.S. territories where WestCare is located.

Created under the facets 'who we are,' 'what we do,' and 'where we serve,' the site offers detailed listings for WestCare's services, including: substance use disorders, mental health disorders, domestic violence/sexual assault, homelessness, criminal justice, HIV/AIDS, and programs specific to youth audiences and veterans. It doesn't stop there! Our website is ever-evolving; getting bigger and better to meet our needs.

So take the time to check it out, and be sure to share it with your family and friends! For any questions concerning site please email **Julie LeFils** or **C. Dondoyano**.



All in the WestCare Family

Last month's question:
The holiday season is approaching. Is it a time of stress for you or enjoyment?



Patti Wilson ▼

**Patti Wilson –
Recreational Counselor, WY:**

“Well I would have to say both. I love the holidays, especially Thanksgiving. My holidays are always spent with at least part of, if not all of my children and grandchildren. I have 4 children and 5 grandchildren, so to say the least . . . it gets a little crazy at the holidays. Every year I love thinking about what to cook and gifts for the children. I am a little bit of a crazy grandma you might say though, and often times don't know when to stop! I will see something that reminds me of one of my grandchildren and feel I have to get it for them. So, my major stress is making sure everything is even. But over all, I would never give up the great joy of getting the time to make memories with them all.”



Lee Anna Noel ▼

**Lee Anna Noel-Story –
WC SASCA Sacramento, CA**

“It is neither great joy nor major stress. Over the years, the feelings and emotions have shifted and changed, from the joy and anticipation of childhood: Santa Claus and presents, to teenage: newest movie and dance, to adulthood: preparing the meal and buying the gifts, to old age: thank God another year has passed. Food, Family and Fun!!!!

Today, the season has less drama and more reflection; it's a lot more spiritual, with an “attitude of gratitude.” Thanksgiving is about being thankful, for bounties of life and love, for there have been some losses. Christmas is about the gift of life and love, for there have been some births. New Years, is the opportunity to start all over again. Therefore it is neither . . . great joy or major stress. It's about an attitude of gratitude.”



Alexandra Pappas ▼

**Alexandra Pappas –
Village South-Miami, FL:**

“The holidays are a time of great joy because I am able to spend time shopping and cooking with my daughter Alexa (21) and sons, Nick (17) and John (15).”

Next Month's Question:

**Do you have a favorite pet? We want to see!!
Please send a photo of you with your furry one to:
John.wallace@westcare.com
by November 20th!**

Another Successful Event

WestCare staffers always have something going in eastern Kentucky. One of the latest events was the 7th annual "Recovery Golf Scramble" to raise funds for local charities.

And it turned out to be a particularly wonderful day in always beautiful Estill County!

Early birds get the best carts!



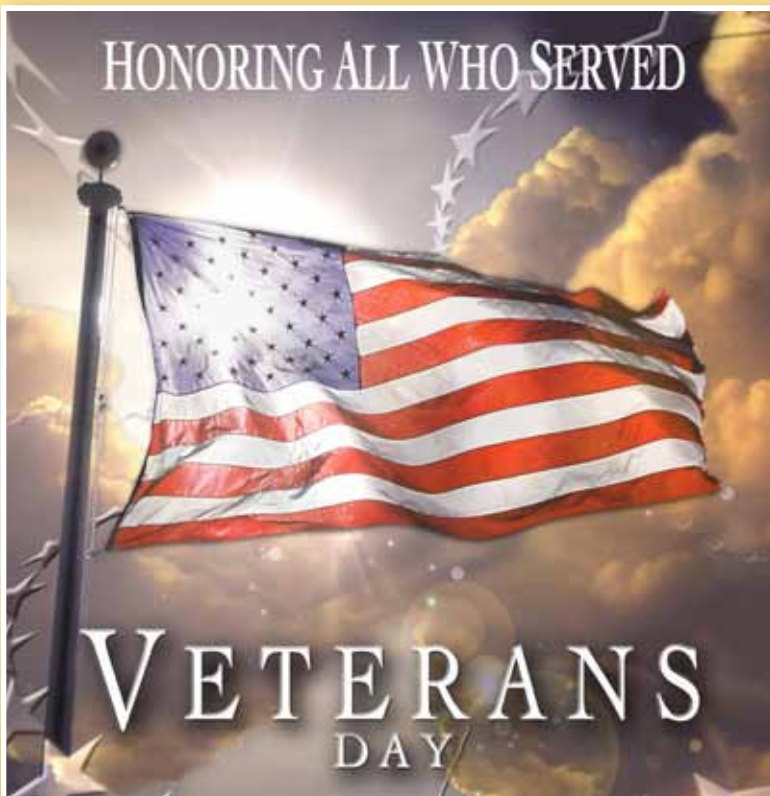
Kentucky

Citizen Guaranty Bank
Earl Blackwell, Kelby Robertson,
Bill Jones and Ralph Howe



Veterans Day is November 11th

Courtesy of
www.wikipedia.org



In the USA, Veterans Day annually falls on November 11. This day is the anniversary of the signing of the armistice, which ended the World War I hostilities between the Allied nations and Germany in 1918. Veterans are thanked for their services to the United States on Veterans Day.

Veterans Day is intended to honor and thank all military personnel who served the United States in all wars, particularly living veterans. It is marked by parades and church services and in many places the American flag is hung at half mast. A period of silence lasting two minutes may be held at 11am. Some schools are closed on Veterans Day, while others do not close, but choose to mark the occasion with special assemblies or other activities.



Kudos!

WestCare Honors Its 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.



Heather Frost

Las Vegas, Nevada – Heather Frost

Our very best wishes to **Heather Frost** who has accepted the position of Director at the Las Vegas, Nevada Women and Children's Campus, where she was previously the Deputy Director. In her new role she will be responsible for the management of the Youth Shelter, VA Shelter, Women Treatment and Women and Their Children programs.

Ms. Frost has dedicated her professional career to working with non-profit organizations, primarily in the area of recovery. In addition to her Director position, Ms. Frost is actively involved with the WestCare Nevada Public Relations Committee, the Las Vegas Mayor's Faith Initiative for human trafficking victims, and the Las Vegas Metro Police's Human Trafficking Coalition.

Congratulations, Heather!

Reno, Nevada – Jasmine Troop

Also out West . . .

Jasmine Troop has accepted the position of Program Director-Reno Operations. She was previously the Supervisor of Nye County Prevention and Treatment Services. She will now be responsible for the Reno Community Triage Center, Homefront VA transitional program, neighborhood stabilization program and Dove House.

Jasmine has been with the WestCare family for the last 5 years holding various positions, most recently as Clinical Supervisor and

Supervisor of the Pahrump Community Involvement Center. Jasmine has obtained a Bachelor's degree in Psychology and a Master's degree in Clinical Mental Health Counseling. She is a native Nevadan, born and raised in Reno.

Nice going, Jasmine. You have earned it!



Jasmine Troop

Recovery Month Media Event

Recommended Viewing Road to Recovery Television Series

Courtesy of SAMHSA

**November: The Road to Recovery 2013:
A Showcase of Events (Premieres: 11/06/2013)**

Building on the **2013 National Recovery Month (Recovery Month)** theme – **“Join the Voices for Recovery: Together on Pathways to Wellness”** – this episode will feature footage, photos, and interviews of participants from events

held throughout the country as individuals, families, and entire communities unite in celebration of **Recovery Month**. In addition, the show will highlight the positive and affirming message realized by millions of Americans: Behavioral health is



essential to health, prevention works, treatment is effective, and people recover!

To find out how you can access the television series in your state, go to:

<http://www.recoverymonth.gov/Multimedia/Road-to-Recovery-Television-Series.aspx>

Favorites from WestCare Family Foodies!

Lemon Cake and Vanilla Frosting topped with Candied Lemons

Recipe originates from Martha Stewart that is absolutely delicious!

Recipe Submitted By Pam Ungvary – Project Style Coordinator-Village South, FL

Ingredients for Cake:

- 2 ½ Cups All Purpose Flour
- ½ Tsp Baking Powder
- ½ Tsp Baking Soda
- 1 Tbl Salt
- 1 Tsp Lemon Zest
(Cut Lemon Skin into Thin and Small Pieces – Do Not Use Grater)
- 2 Sticks of Unsalted Butter at Room Temperature
- 1 ½ Cups Sugar
- 2 Eggs and 3 Egg Yolks
- 2 Tbl Fresh Lemon Juice
- 1 Cup Buttermilk

Ingredients for Syrup:

- ½ Cup Sugar
- ½ Cup Water
- ¼ Cup Fresh Lemon Juice
- 1 Lemon sliced thin, for candied lemon garnish



Directions:

1. Preheat oven to 350 degrees. Spray Non-Sticking Baking spray on 2 round cake pans.
2. In a medium bowl, mix together flour, baking powder, baking soda, salt and lemon zest.
3. In a separate bowl, use an electric mixer to beat butter and sugar together until smooth. Then on low speed, add eggs and yolk one at a time.
4. Beat in lemon juice and begin adding buttermilk and flour mixture, slowly being sure to alternate between the dry and wet ingredients.
5. Divide the batter into the pans and place in over for approximately 30-35 minutes.
6. While cakes are baking, take ½ cup sugar and ½ cup of water and bring to a boil in a saucepan. Add lemon slices and let simmer for approximately 25 minutes. Remove lemon slices and place on waxed paper.
7. Once cakes are done baking, remove from oven and let cool for 10 minutes before flipping pans over a plate to remove cake.
8. Add remaining ¼ cup lemon juice to saucepan to create syrup, then take lemon syrup and brush on tops of cakes.
9. Once cake has completely cooled, use vanilla frosting to layer cakes and spread remaining frosting on top and sides of cake. Place candied lemons on top for garnish.



Pam Ungvary

Happy Thanksgiving

Nov. 28th, 2013

Talking Turkey: Experts offer tips for buying and cooking a tasty turkey

By Kathleen M. Zelman, MPH, RD, LDWebMD Feature Reviewed by Louise Chang, MD

- Buy 1 pound of turkey per person. That will allow plenty for the feast and leftovers, too.
- Make sure the bird is completely thawed before cooking; otherwise, it will not cook uniformly.
- Cook the turkey to the proper temperature. A meat thermometer is the only way to ensure proper cooking to 180 degrees. Place the thermometer deep into the thigh, without touching the bone.
- Slowly cooking the turkey at 325 degrees will result in the most moist and delicious meat. Higher temperatures can overcook or dry out the bird.
- Rub the bird with olive oil and season lightly with salt, pepper, onion and garlic powders, and a little sage. The rest of the meal is so flavorful that you shouldn't overpower the bird with heavy seasonings.
- Baste oven-baked birds with their juices and a little butter for added moistness and rich color.
- Cover the drumsticks and breast with foil when the bird is two-thirds done to prevent drying and scorching.
- Plan to take advantage of all cooking surfaces when you prepare the meal. Use shallow baking dishes that fit on an oven shelf under the turkey. Prepare other dishes on the stovetop and in the microwave.

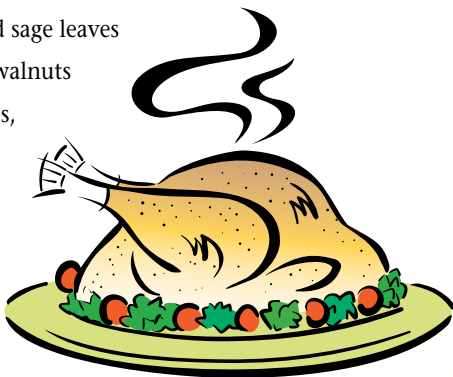
Favorites from WestCare Family Foodies!

Sausage and Apple Stuffing

Recipe submitted by Cristal Evans – Wyoming Women's Center

Ingredients:

- 2 sticks plus 3 tablespoons butter, divided
- 2 cups water
- 2 (14 to 16-ounce) bags of dried cornbread stuffing mix
- 1 pound Italian pork sausage (not links)
- 1 large onion, diced
- 3 cloves garlic, minced
- 2 stalks celery, diced
- 1 teaspoon dried thyme leaves
- 1 teaspoon dried sage leaves
- 1 cup chopped walnuts
- 3 medium apples, cored, sliced
- 2 to 3 cups low sodium canned chicken broth



Directions:

1. In a large pot melt 2 sticks butter in water. When melted add dry cornbread stuffing stirring to incorporate liquid, set aside.
2. In a large pan set over medium-high heat melt 1 tablespoon butter and add sausage. Break up sausage and lightly browned and cooked through. Transfer sausage to paper towels to drain. In the same pan melt remaining butter and saute onions with the garlic, celery, thyme, and sage until onions are translucent and celery is crisp tender. Add walnuts and cook for 1 minute. Add apples and cook for one minute more. Remove from heat. Combine cornbread stuffing with cooked ingredients.
3. Fill a 10 by 15 by 2 inch pan with the stuffing, moisten with the chicken broth and bake in a preheated 350 degree F oven, covered with foil for 1/2 hour. Remove foil and bake until top is lightly browned, about 15 minutes more.

