

Veterans Day - November 11th

As WestCare employees, we work every day with clients and colleagues, men and women, who have served in the United States Military. We salute them for their service. Here are a few who have helped make this *The Land of the Free*.



Scotty Morton, Jr.
Veterans Peer Support, KY

Mr. Morton had a wide-ranging experience in the Army National Guard. Enlisting first as a high school student in a small town in Tennessee, he spent 18 years based in South Carolina, Mississippi and California. But Scotty's true value manifested when he was assigned to help Hurricane Katrina victims, used his engineering unit skills in other natural disasters, helped build fences along drug-smuggling entryways, and rebuilt roads and schools in the Dominican Republic. Thank you for your service, Mr. Morton.

Mr. Valdez served in the Army National Guard for six years and took part in Operation Iraqi Freedom in 2008 where he was in charge of ammunition, weapons, vehicles and gear. His convoy's company got hit with IEDs (Improvised Explosive Devices), but no one was hurt.



Rovertto Valdez, MA
Family Counseling Specialist, CA

Rovertto says he didn't have direction

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COVER STORY: *Veterans Day (Cont.)*

when he was seventeen. So, he joined the service, left home and since then, he's been driven to use the GI Bill and enter college.

He says his military experience has been extremely beneficial in his current WestCare workplace as a counselor for veterans who are experiencing homelessness. He wears a veteran badge on his lanyard, allowing veterans to let their guard down and feel understood.



Conrad Valcy
Drug Court, GA

When WestCare Georgia was assigned to provide veterans services to the Cobb County Drug Court, **Mr. Valcy** leapt into service. Himself a veteran, Mr. Valcy had served his country proudly as a U.S. Army sniper.

Conrad turned a group of veterans into a working, functioning unit. They have embraced him as one of their own and because of this bond the need for services has grown. As a result of the superb work that Conrad has done with this population the Accountability Courts expanded services to the veterans' court clients, and today Conrad is a part of the Veterans Court treatment team representing WestCare proudly.

ILLINOIS: *Messages on a Clothesline*

Submitted by Carolyn Dickerson, Jessica Bateman, Larry Hayes, and Erin Nolan

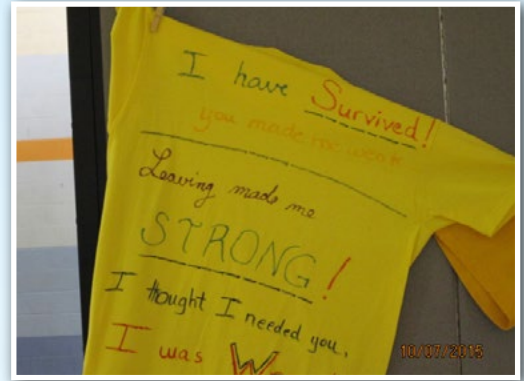
WestCare Sheridan was busy bringing awareness to important issues acknowledged in the month of October. For the third year in a row, WestCare and the Illinois Department of Corrections (IDOC) recognized *Domestic Violence Prevention Month* by bringing the "*The Clothesline Project*" to Sheridan Correctional Center for men. More than



ILLINOIS: Messages on a Clothesline (Cont.)



1,500 clients (and staff) viewed this moving presentation and discussed in group the effects of violence and its impact on families.



The Clothesline Project allows domestic violence survivors (or family members of victims) to

tell their stories in their own unique way, using words and/or artwork to decorate T-shirts. The shirts are then hung on a clothesline as an educational tool for all who view it, and also as a healing tool for all who make a shirt. In addition, it also allows those who are still suffering in silence to understand they are not alone. With more than 500 projects nationally (41 states) and internationally (five countries) there are approximately 50,000 shirts currently in this amazing project.

UNITED NATIONS CAMPAIGN FOR NOVEMBER

The United Nations holds a campaign in November that calls to end violence against women. The campaign seeks to raise awareness and trigger action to end the global scourge of violence against women and girls, the UN observes International Day for the Elimination of Violence against Women on November 25. The 16 Days of Activism against Gender Violence which follow (ending on 10 December, Human Rights Day) are a chance to mobilize and raise awareness. This year, the UN Secretary-General's *UNiTE to End Violence against Women campaign* invites you to "Orange YOUR Neighborhood," with the color designated by the UNiTE campaign to symbolize a brighter future without violence. Organize events to orange your local streets, shops and schools! Spread the word!



<http://www.unwomen.org/en/news/in-focus/end-violence-against-women>

FLORIDA: *Making a Difference*

By Elyse Dermer, LMHC, CAP – Clinical Coordinator

Two evidence based groups that have proven effective in recent years—***Seeking Safety*** and ***Relapse Prevention***—are both run as 6 week series approximately seven times per year. Much is done to ensure that all residential clients have the opportunity to participate in these two groups.

Clients are excited about attending groups and, when they see how the groups positively affect their lives, their excitement only increases. As a clinician, it is truly a joy seeing the results of these two evidence-based groups.



Clinical Coordinator Elyse Dermer and clients

First introduced to The Village about eight years ago, Seeking Safety includes both a men's and women's group, as well as an ongoing *Companeros* group. Therapists undergo special training in order to ensure that groups are run with proper structure, format, and content with fidelity. Clients join groups based on referrals by therapists to address trauma and substance abuse. Data shows clients benefit from the structure of the program and are able to apply new coping skills to everyday life.

Nothing gives the therapists more joy than seeing change in their clients, replacing old habits with positive coping skills. Stressing the importance of safety, learning when and how to ask for help, recognizing red flags, and having compassion are just some of the necessary skills taught in Seeking Safety.

The second evidence-based group, introduced to The Village two-in-a-half years ago, is Relapse Prevention. This ten-session program takes on the unique approach of role-playing. In an effort to help clients better understand the learned aspects of addiction, clients role-play high-risk scenarios. While addiction is a life-or-death situation, this group takes on a more unconventional approach to better engage the clients. Upon conclusion of the program, clients learn how to benefit from a negative situation. Everyone truly has a good time and having a little fun, seems to go a long way.

FLORIDA: *Making a Difference (Cont.)*

These two groups could not have been established without the thorough supervision of **Dr. Michael Miller** and **Dr. Frank Scafidi**. Dr. Miller has been a champion in the training and the supervision for the therapists working to implement Seeking Safety groups. Dr. Scafidi has been instrumental to ensure that data analysis is collected accurately and reflects the outcome measures that clients are reporting. Through their leadership, Seeking Safety and Relapse Prevention therapists have learned that facilitating groups with fidelity is crucial in allowing all clients to receive the most benefit from each group.

FLORIDA: *Celebrating 15 Years. Si Se Puede*

By Carolina Botero, Recreational Therapist



One of The Village South's adult residential programs, ***Compañeros En Recuperación Program*** is designed to provide integrated treatment services for non-English speaking Hispanic men in Miami-Dade County. At this time, the Compañeros Program is the only adult male Spanish-speaking substance abuse program in the State of Florida and there are nine residential beds available to serve the large Hispanic community in the county.

FLORIDA: *Celebrating 15 Years. Si Se Puede (Cont.)*

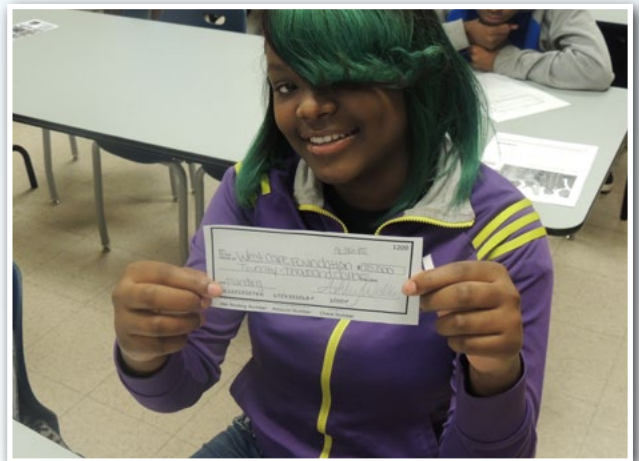
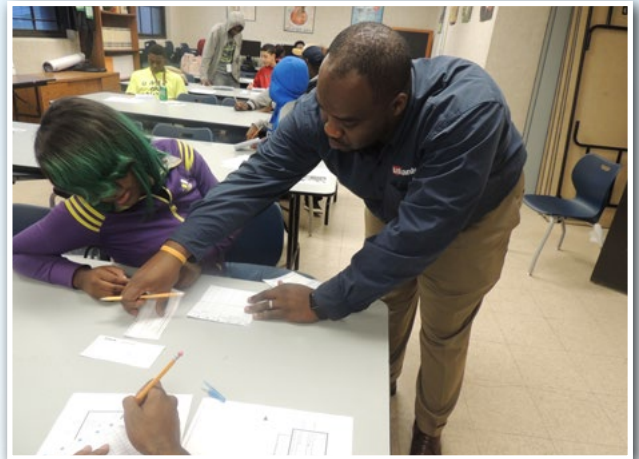
A celebration took place to mark the 15th year anniversary of the Compañeros Program. The Village South invited program alumni, former staff, volunteers, current clients and their families to The Village South Wellness Center to celebrate and honor how the program has helped many people throughout the years.

A huge milestone for a wonderfully successful program.

WISCONSIN: *Lessons for Life*

The **Power of Harambee** Youth Employment Collaborative (POH) began as a partnership between WestCare Wisconsin's *Face Forward Program*, MacPyles Corporation (A large Southeastern Wisconsin McDonald's Franchise), and Milwaukee County Delinquency and Court Services (Juvenile Court) to provide comprehensive job training and placement to justice-involved youth in the Face Forward Program. Since its inception, Power of Harambee has grown. The collaborative recently expanded to include additional employers, the Running Rebels, a Milwaukee based community service organization, Goodwill Industries of Southeastern Wisconsin, Milwaukee Public Libraries and now...**US Bank!**

US Bank Executive, **Johnnie Ferguson Jr.** teaches students about the importance of being financially literate. Over the course of four consecutive seminars, students learn about budgets, saving, money management, credit cards, checks and analyzing and practicing smart spending. As a part of the seminar, students also open student bank accounts, sign up for direct deposit, and get connected to a personal banker who works hand in hand with



WISCONSIN: *Lessons for Life (Cont.)*

them to manage their accounts and their financial savings goals. US Bank provides students who open savings accounts with a onetime stipend of \$125 to launch their savings plans!

Harambee is Swahili for *"pulling together,"* which in many African cultures is a rally cry: *"Let's come together to accomplish something great for the community,"* and embodies our vision of a diverse community working together for the betterment of all through love and service to the city and its people.

WISCONSIN: *Teamwork, Leadership at Youth Retreat*

By Daniel Hodgson, Program Assistant



It's not every day that inner city students from low income families have the luxury of getting out of the *"city"* for a couple of days to just relax and enjoy the essence of being. WestCare Wisconsin recently took 20 students on a therapeutic retreat to Lake Geneva, Wisconsin with the goal of empowering and inspiring youth to be leaders. The fall retreat focused on teamwork and leadership development. *"This retreat is focusing on leadership development and teamwork because it is imperative that you guys, the youth of our community, our future, band together to take back our communities"* said **James Ferguson**, Program Director for WestCare Wisconsin, *"The crime and violence in our community has to stop, and you guys have the power and the answers to bring it to an end."*

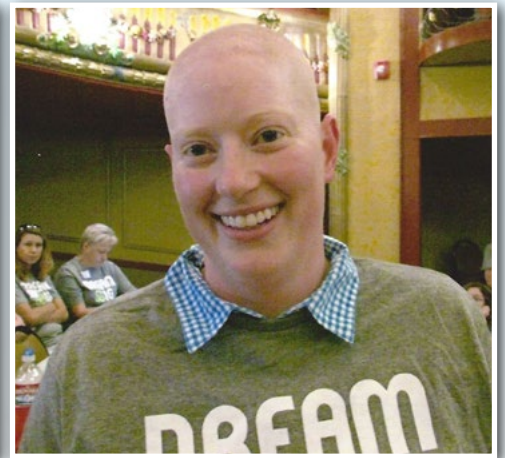
Through engaging and interactive group activities the youth learned sportsmanship, they challenged themselves

WISCONSIN: *Teamwork, Leadership at Youth Retreat (Cont.)*

mentally, emotionally and physically through the zip line and big swing experiences, and they also stepped outside of their comfort zones by participating in a late night campfire discussion on *"the leader within."* Many memories were made in Lake Geneva, but perhaps the best was students laying outside, undistracted by the sound of sirens back in the city, gazing in awe at the clarity of the stars in the sky... which none of them had ever had the pleasure of seeing.

WYOMING: *"Me? No, But My Friend Has It."*

By Corporal Katherine Collins, Wyoming Dept of Corrections



Months ago, I began a journey to support my friends, coworkers, and children suffering from cancer. I have a very good buddy who is currently suffering from an advanced form of sarcoma- a cancer affecting the soft tissues of the body. Watching her fight like a trooper, I realized she is a true hero and I wanted to do what I could to support her and everybody else who is affected by cancer.

I found an organization that supports research and treatment of childhood cancer. St. Baldrick's was a way to make good on my promise to a friend to shave my head if she lost her hair. By getting involved, I was able to show my support by shaving my head, and I raised over \$1,700 for the fight against cancer! My 20+ inches of hair was donated to Pantene to make wigs for women with cancer.

WYOMING: "Me? No, But My Friend Has It." (Cont.)

- www.StBaldricks.org/participants/katecollins
- www.pantene.com/en-CA/beautiful-lengths-cause/Pages/default.aspx

The above are two websites you can visit to become involved. I have multiple coworkers, family, and friends who have suffered in some way because of cancer. This cause is important to me and I did it to show my respect and support. My WestCare and DOC colleagues (pictured with me) helped out greatly.



I encourage everybody to make a difference as well. Don't focus on me, jump in and take up part of the fight yourself!

NOVEMBER IS AMERICAN DIABETES MONTH

Nearly 30 million children and adults in the United States have diabetes. Another 86 million Americans have prediabetes and are at risk for developing type 2 diabetes. The American Diabetes Association estimates that the total national cost of diagnosed diabetes in the United States is \$245 billion. American Diabetes Month takes place each November and is designed to focus the nation's attention on the issues surrounding diabetes and the many people impacted by this disease.

CALIFORNIA: *AIDS Walk 2015*

By Michael Michael – Special Projects, AIDS Walk Committee



The fourth annual **Fresno AIDS Walk** marked another year of amazing support from our community. Through various sponsorships, the fundraising efforts by the AIDS Walk committee and the many generous donations from the community, **the walk was able to raise well over \$20,000** for *The Living Room*, a project of WestCare California. It is Fresno's only HIV/AIDS social support center for those infected, affected or at risk of contracting HIV/AIDS.

The event, with its terrific turnout and colorful atmosphere, also served as a celebration of the lives of those that we have lost and those who still live with the virus. Next year has the potential to be the biggest and best yet. When this community promises support, they come through!

CALIFORNIA: *"Home Run" Hits it Out of the Park*

By MaryAnn Calderon and Esther Carnegie, Housing Services

Ending homelessness is not an easy task. It requires more than just wanting to get it done. It requires determination, perseverance, the ability to work tirelessly and sometimes going against seemingly impossible tides. It requires

CALIFORNIA: "Home Run" Hits it Out of the Park (Cont.)

requires collaboration and commitment.

During the month of September, such collaboration and commitment of various agencies resulted in a Rapid Rehousing push, called "*Fresno HOME RUN*". **WestCare California, Poverello House** and **Turning Point of Central California** joined forces and were able to assist in housing a total of 43 people in just two weeks. Services included double deposit, rental assistance for two months and PG&E deposits and arrears if needed. From September 16th to September 30th, these agencies spent nearly \$55,000 that ended homelessness for 23 households, seven of which are families with children. The lives of 43 people have been changed. They have a new lease on life and a second chance at the American dream.

During this housing push, we were also able to establish relationships with eight new landlords, including **Regency Property Management**, which made a substantial commitment to our efforts, offering 13 of their vacant units! Together with other landlord-partners, this was truly a GRAND SLAM!



KUDOS! *Our Monthly Shout-Outs to Exceptional People*



Florida Gulf Coast Clients

Pinellas County, Florida

Florida Gulf Coast clients volunteered to support our community by adopting and cleaning one mile of the linear trail as part of Keep Pinellas Beautiful. Great job!



Sidewalk Artwork

WestCare Kentucky staff and clients at the Residential Treatment facility in Ashcamp enjoyed a sobriety walk in late October, promoting National Recovery Month. The immaculate, sprawling campus in beautiful eastern Kentucky provided the perfect setting for the annual event.



WestCare Kentucky Staff and Clients

Ashcamp, Kentucky

Outstanding job by WestCare Wisconsin for enlisting area youngsters to help clean up a wide swath of their community. It was another successful "I Love My 'hood" project to show pride in their neighborhood. Pictured is Regional VP **Beth Coggs** surrounded by staff, youth and neighbors as the hardworking crew took a short break. *(photo by Yvonne Kemp, Milwaukee Community Journal)*



Milwaukee Youth and Community

Milwaukee, WI

KUDOS! *Our Monthly Shout-Outs to Exceptional People (Cont.)*

Congratulations to **Barbara Blair** for her continued partnership with community agencies surrounding Substance Abuse Prevention! She is Chair of the Monroe County Coalition and has just been named as a Director for *Keys to Be the Change*, which has programs that empower children, youth and adults to thrive in school and in life.

Barbara is a native of Detroit, Michigan and has lived in the Florida Keys since 1990. She currently works for the Guidance Care Center as a Prevention Coordinator striving to educate Monroe County youth on the lifelong effects of drug and alcohol use.



Barbara Blair
The Keys, Florida



Gulf Coast CAC Members
Gulf Coast, Florida



Annual Employee Appreciation Cake

Fabulous volunteer work by **Gulf Coast - Florida's Community Action Council** for hosting the 2nd annual Employee Appreciation Picnic. The weather was perfect at Fort DeSoto State Park for close to 100 family and friends that came out to enjoy a day of fun in the sun. The only rule was—relaxation—no talk of work was allowed!

(Pictured: Ben Smith, Mary Miller, Council Chair Markus Hughes)

KUDOS! *Our Monthly Shout-Outs to Exceptional People (Cont.)*



Sarah Thomas-Nededog
Pacific Islands / Guam

A tremendous honor for Pacific Islands Vice President **Sarah Thomas-Nededog**, who has been given this year's Humanitarian/Social Worker award by the Filipino Community of Guam at their 61st Anniversary Ball. She was honored for helping improve the quality of life and raising the standards in human services.

In hearing of the award, CEO **Dick Steinberg** remarked: *"Sarah has spent many years of tireless effort and dedication to improve the lives of Pacific Islanders, not just on Guam but throughout Micronesia."*

ARIZONA: *Dynamic Duo in the Desert*

Congratulations to WestCare's **Cheryl Debatt** and **Stacey Stutsman** who took home top honors at the 18th annual Community Achievement Awards, held at the Aquarius Resort in Laughlin, Nevada.

Cheryl was given the prestigious award for Public Service, while Stacey was the Civic Service Award honoree.

Both were cited for their outstanding contributions to the betterment of the Colorado River region.





THE GREEN CORNER: *Volume 13*

BACK TO THE FUTURE... It's 2015. Where is Mr. Fusion and the Black & Decker Food Hydrator from the *Back to the Future* Movies?

In the 1989 film *Back to the Future II*, Marty McFly visits October 21, 2015 but STILL there are no signs or advancements that allow pizza to be hydrated.

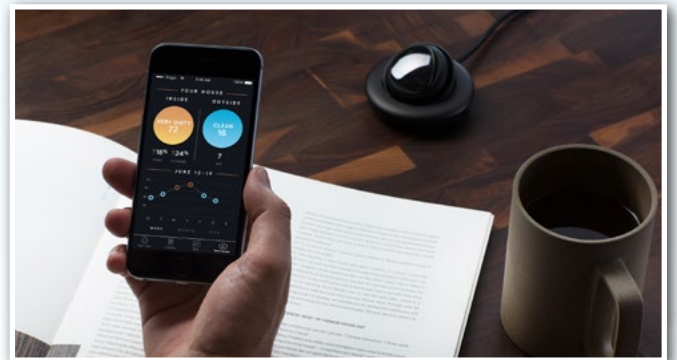
The Mr. Fusion Home Energy Reactor converted household waste to power the time machine's flux capacitor and time circuits using nuclear fusion. Mr. Fusion allowed the DeLorean time machine to generate the required 1.21 gigawatts to travel through the space-time continuum.

Are you as disappointed as I am? Well... The Future of Green Technology is HERE!!!

Smart Scooter - It's described as the world's first and only "smart scooter" and has been developed to meet the challenges of rapidly expanding cities. The Gogoro Smartscooter is a zero emissions, electric powered two-wheeler. Riders won't need to wait to refuel or recharge it. A battery swapping infrastructure means users can make a six-second swap at any GoStation.



Wearable Environmental Monitors - the "wearable enviro tracker" from TZOA incorporates a sensor for measuring air quality, UV, temperature, humidity, and designed to be affordable and simply clip to your clothing or bag. The device alerts your smart phone about the state of air quality and creates a street-level pollution map, enabling you to avoid certain areas.



THE GREEN CORNER: *Volume 13 (Cont.)*

Helios Smart Portable Solar Charger - On the clean energy front, Solpro has the fastest portable solar charger, small enough to fit in a pocket, which enables a standard smartphone to be charged in 90 minutes.



Smart Air-Conditioning - Sensibo is a tiny device that connects air conditioners to the internet making them intelligent with an app that automatically adapts to your lifestyle and changes units settings when appropriate saving 40 percent on energy use. It can be used with any A/C that has a remote control.



DID YOU KNOW?

Veterans Day is an official United States federal holiday that is observed annually on November 11, honoring people who have served in the U.S. Armed Forces.

The honor, however, isn't just limited to the United States. Britain, France, Australia and Canada also commemorate the veterans of World Wars I and II on or near November 11th: Canada has Remembrance Day, while Britain has Remembrance Sunday (the second Sunday of November). In Europe, Britain and the Commonwealth countries it is common to observe two minutes of silence at 11 a.m. every November 11.

HUMAN RELATIONS: *The Faces Behind the New Leadership Roles*

Chief Operations Officer **Maurice Lee** and President/CEO **Richard Steinberg** recently announced several new appointments that reflect the new challenges and opportunities for WestCare.



Richard Jimenez

Mr. **Richard Jimenez** will join the California team as the Vice President of Special Projects, to assist in the development and support of California's ever expanding portfolio of business. While the newly-created position is crucial to WestCare's growth, it also gives Richard a chance to be closer to his home.

Mr. **John E. Lee, Sr.** will assume Mr. Jimenez' leadership role as Senior Vice President for the Pacific Northwest, covering Washington, Oregon, Wyoming and South Dakota. The balance of the Western Region will temporarily report directly to the COO. John is a combat War Veteran and retired U.S. Army Command Sergeant Major and has most recently served as Director of Veterans Affairs for Washington State.



John E. Lee, Sr.



Frank Rabbito

Mr. **Frank Rabbito** has become the Deputy Chief Operations Officer for the newly-created Eastern Region, encompassing Florida, North Carolina, Kentucky Tennessee, Georgia, Illinois, Wisconsin, Minnesota, Iowa, Puerto Rico and the U.S. Virgin Islands. Frank has been with WestCare for 11 years, previously serving as Senior Vice President-Florida/Caribbean. His career also includes 30 years of public service in Florida.

(Mr. **Ken Ortals**, new Chief Information Officer. Please see **The I.T. File**)

NEVADA: *Women & Children's Campus Housing Expansion Approved*



WestCare Nevada has worked for several years to expand services on an undeveloped five acre parcel of land for our women and young children to transition to as treatment is completed. The dream is now a reality. Mayor **Carolyn Goodman** and The Las Vegas City Council gave unanimous final approval to the project, which will develop the land into the 87 units.



THE QUESTION CORNER: *November 2015*

“Does your family have a Thanksgiving tradition?”



Paula Sumner
North Carolina

“My Thanksgiving Day tradition is waking up early and spending the day cooking a huge dinner for my family (while listening to Christmas music). Thanksgiving will be very different this year for two reasons. One, my father went to his eternal home this year. He will be missed very much. Two, my daughter won’t be at home for Thanksgiving because she and her husband are going to Dallas to see the Carolina Panthers and Dallas Cowboys play football on Thanksgiving Day. GO PANTHERS!!”

- **Paula Sumner**, Administrative Assistant



Anita Pascual
California

“My family is on the bigger side and because of that, my husband and I want to incorporate our own traditions with our children. So, for Thanksgiving, we do pajamas all day! Each year, we go out and buy a new set to use specifically for Thanksgiving. The kids love it, so needless to say, Thanksgiving is held at our house each year!!!”

- **Anita Pascual**, Veteran Advocate at San Joaquin Valley Veterans

THE QUESTION CORNER: *December Question*

For December: *“Using your own criteria for favorite month, how does December rate on a scale of 1 to 12? (1 being the best.) And explain the ranking.”*

Please send your response to john.wallace@westcare.com by November 20th.

IN THE NEWS: *TCA Celebrates 40 Years of Advocacy*

Treatment Communities of America (TCA), a nonprofit association of community-based residential drug and alcohol treatment centers throughout the United States and Canada, gathered in the nation's Capital to commemorate the organization's 40th Anniversary and celebrate decades of federal advocacy in support of people overcoming addiction.



Mr. Steinberg, (left) with other past TCA Presidents

Richard E. Steinberg, the only President and CEO WestCare has ever had, served two game-changing terms as TCA President, expanding membership, strengthening the public policy visibility of TCA, and facilitating the first veterans conference, bringing together member treatment providers DOD, VA and Csat. Today, governmental, public and private agencies are increasingly committed to services for veterans.

Each year substance abuse and addiction take a tremendous toll on the lives of millions of Americans. When addiction is not identified or treated properly, societal consequences are often multiplied by the onset of other costly diseases, increased rates of crime, violence, and homelessness. According to the National Institutes of Health, untreated drug and alcohol abuse costs the U.S. an estimated \$346 billion per year.

GEORGIA: *Silver Anniversary of AIDS Walk was a Gem*

By Sainabou Njie, Prevention Specialist

Year two of our participation in the AIDS Walk Atlanta on Sunday, October 18th was such a blast! This year marked the 25th anniversary of the walk and over \$600,000 was raised this year! The beautiful thing about this year was that our team grew much stronger with some very special people who took the time out to donate and join in on the day of the walk! The WestCare Warriors were joined by volunteers from Spelman College, Area Director **Jeannie Lewis** and her beautiful and energetic sister **Sam**! Donations to the walk were also made by **WestCare Staff**! We are looking forward to providing even more support next year!



Don't forget to like us on Facebook, WestCare Georgia Community Health and Wellness!

Link: <https://business.facebook.com/WestCare-Georgia-Community-Health-and-Wellness-232292056944420>

IOWA: "There Ain't No (Bleep) Beans in Chili!"

Submitted by Laura Lindsay, Business Manager/Human Resources



In October, we held one of our most popular fundraisers--our 4th Annual Chili Cook Off and Silent Auction and it was a huge success! We had 12 participants from around the area, ranging from business owners to community members with a passion for chili, each who made a roaster of chili to compete with. This year, we had chili entries ranging from Spicy Bloody Mary Chili to an Aloha Chili, complete with pineapple and other Hawaiian themed ingredients. Admission was \$5 and a roll of paper towels!

Throughout the event, there was a huge selection of donated silent auction items for attendees to bid on. We had a great turn out and can't wait for next year!

IOWA: *Catching Up With the FAVA Battle Buddies*

FAVA's (Family Alliance for Veterans of America) **Battle Buddy Program** consists of five Labrador puppies that are being trained to become service dogs to be placed with a veteran in need. The training lasts for two years. We have collaborated with the 4H program through Iowa State Extension and Outreach to make this program extra special.

The 4H kids and their families come for training every week, and each month, all five of the dogs and their trainers get together for a Battle Buddy field trip. Through these field trips, the puppies gain an abundance of skills, such as learning to ignore distractions unless given their command to "break" their focus from their trainer, at which time they can enjoy being pet by all the friends they so easily make everywhere they go. These excursions also make for a great opportunity for us to teach people all about the purpose of service dogs and the huge impact they can have on the life of a wounded veteran.

This month's Battle Buddy Field Trip took place at Enchanted Acres Pumpkin Patch in Sheffield, Iowa. The dogs trained on site and were introduced to lots of new sights, sounds and smells!



Pictured, left to right: Benning, Campbell, Carson, Lejeune and Pendleton

WESTCARE SNAPSHOTS



Pikeville, Kentucky

For those with wanderlust, you might want to put eastern Kentucky on your bucket list. Pikeville, home to several WestCare programs, is considered a rising economic and development star in Appalachia, despite its relatively small population (Under 10,000). Historic downtown offers glimpses of its fascinating stories, including the infamous and lengthy family feud between the Hatfields and McCoys.

WILD ABOUT WELLNESS: *Volume 3*

By Angela Wells, Chair – WestCare Wellness Committee

Nutrition

Featured Recipe!! **“Green Bean Casserole”** (<http://www.womenshealthmag.com/food/green-bean-casserole>)



This dish is a staple at anyone’s family gathering for Thanksgiving; which is just around the corner! Why not try this healthy option replacing your reoccurring dish for your family. Imagine their delight when they compliment you “the cook”, it tastes even more delicious AND is healthier for them! OH BOY!

PLEASE TRY THESE RECIPES!! All readers who try these recipes and send in their pictures/comments will be entered in a drawing for a Wellness Gift!! You are also encouraged to switch things around to your liking and send in your outcomes!

Healthy eating doesn’t need to be boring or flavorless! One lucky WestCare employee will win a fitness item from the Committee each month!!

Fitness

By now, depending on where you are in the country, you are feeling the onset of cooler weather! This may keep you from going outside to exercise. Why not look into joining a gym? There are so many options for gyms and different amazing group fitness classes. Not only do classes keep you energized and active for at least 60 minutes, but you will meet other people that are also working towards a happier healthier lifestyle. Zumba, Weight Lifting, Kickboxing and Yoga are just a few of the classes you may find to love. Check out the WestCare Intranet for potential discounts on gyms in your area. It’s never too late to get in shape. (Pictured: Our regular exercise session at Foundation headquarters)



WILD ABOUT WELLNESS: *Volume 3 (Cont.)*

Mental Health

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Take 5 Minutes to appreciate “The Small Things”. If you’re feeling low, this may be the simplest and most powerful step you take to improve your mental wellbeing and enhance your outlook. Once a day, when you are brushing your teeth, making dinner, getting into bed or have another moment to pause, please take 5 minutes to think of three things that you are grateful for that day OR three things you did that made you proud. You’ll instantly feel more optimistic and less bogged down by the negative stuff life throws your way. Make this little tip a personal part of your daily routine and you will feel “lighter” each day.

Spiritual Health

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Here we are in Holiday season! Don’t let your spirituality fade due to stress or anxiety while getting through. If you keep only one thing in mind to combat the holiday blues, simply remember this: The choice is always yours: The sky is partly sunny, and the glass is half full, if you want it to be that way. Depression is usually a clinical disorder, but sometimes “the blues” confront all of us, particularly at holiday time. It may be caused by the memory of loss, feelings of disappointment, or just being run down from parties, overeating, and drinking. But for many of us, holiday depression can be a choice we, in effect, choose to make. If we choose not to make this choice, we can choose instead to focus on the partly sunny skies and revel in our gratitude for our bounty, health, hope, and our courage to face each day with hope and determination.



Have you tried any of these tips? Do you have your own ideas to share? If so, please email me your thoughts/comments about the healthy practices you are implementing in your life. Your comments/ideas may be featured in an upcoming volume of this article!

Email: angela.wells@westcare.com

THE I.T. FILE: *All-star Team to Navigate the Information Superhighway*

The newest member of the WestCare Senior Leadership Team is Mr. **Ken Ortals**, who joins the team as Chief Information Officer (CIO). Ken will lead the information management and electronic information technology (IT) division, which is responsible for developing, implementing and maintaining WestCare's data infrastructure and information management systems, including the implementation of certified electronic healthcare record system.

Ken joins WestCare from his recent position as the Chief Operating Officer and Technology Director of First Call in Kansas City, MO. First Call provides clinical, educational and prevention services to individuals and families in the Greater Kansas City area impacted by alcohol and drug addiction.

Previously, Ken worked in the private sector managing major project implementations in the wireless communications industry for the multinational-management, consulting, technology services and outsourcing company, ACCENTURE.



He joins other key members of his IT leadership team, including: **Jason Deutsch**, Vice President of Technology; **Sean Harrigan**, Technology Director and **Diane Ludens**, Software Development Director. Together, with their fantastic team of IT specialists and developers, this group of knowledgeable and dedicated professionals will lead WestCare's expansion of electronic data management services.

All-stars, indeed!!



WESTCARE CALENDAR OF EVENTS: *November 2015*

NOVEMBER

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

November Monthly Observances

- *National Alzheimer's Disease Awareness Month*
- *American Diabetes Month*
- *COPD Awareness Month*
- *Diabetic Eye Disease Month*
- *National Family Caregivers Month*
- *National Healthy Skin Month*
- *National Hospice Palliative Care Month*
- *Lung Cancer Awareness Month*
- *Pancreatic Cancer Awareness Month*
- *National Stomach Cancer Awareness Month*
- *Prematurity Awareness Month*

November 1

- **Daylight Savings Time Change**

November 4 (12pm-1pm ET / 9am-10am PT)

- **Florida - Guidance/Care Center CAC Meeting** (*Marathon, FL*)

November 6 (9am-3pm PT)

- **Northwest - Tillamook County Veterans Stand Down**
- **Location: County Fairgrounds** (*Tillamook, OR*)

November 11 (10pm-1:30pm PT)

- **Holiday - Veterans Day**
- **FAVA - Veteran Lunch & Vietnam Program** (*Forest City, LA*)

November 13 (1:30pm-2:30pm PT)

- **California - CAC Meeting** (*Fresno, CA*)

November 14

- **Annual WCPI Bahaki Ball Fundraiser** (*Guam*)

November 17 (8am-9am PT / 11am-12pm ET)

- **Executive Teleconference Meeting**

November 19 (6pm-8pm PT)

- **California - Graduation** (*Fresno, CA*)

November 26-27

- **Holiday - Thanksgiving Day & Day After Thanksgiving**