



October 2012

Variety of Observances Mark Recovery Month

John Wallace – WestCare Express Editor

As traditional as the beginning of school, September marked National Recovery Month throughout the United States. And just as automatically, WestCare regions and programs held special events to commemorate and celebrate.

From California to Florida, from Nevada to Kentucky, and to states in between, individuals, families and entire communities stood up to the reality: Addiction is the number one public health threat in the nation today.

The affects of addiction permeate our homes, churches schools and courts. WestCare knows its calling, and we're committed to fighting the battle against this and other social challenges.

We thank our staff, clients, alumni and private and public supporters for continuing to "Uplift the Human Spirit."



Recovery Month in California

WestCare Sacramento employees played a huge role in the 'Recovery Happens' event in front of the California state capitol building.



Continued on page 2

In This Issue

Page 1-2

WestCare Observes Recovery Month

Page 3

Pulling Together to Help Reduce Youth Risk Behavior

Page 4

Special Recognition for "The Three Amigos" WestCare's First in-Prison Program in "RIP City"

Page 5

Village South Courthouse Urinalysis Program A Clinician Summit

Page 6

WestCare Foundation – Tips from IT The Month of October

Page 7

October Calendar Support Red Ribbon Week – Oct. 23-31

Page 8

A Sweet Retreat Dreams Don't Just Come True

Page 9

"Your Movie, Your Life" See Something, Say Something

Page 10

WestCare Boggs Make Bamboo Fishing Poles Make a Difference Day is October 27th

Page 11

Happy Halloween!

Page 12

Kudos!

Page 13

AmeriCorps News United Nations Day is October 24th

Page 14

Health eNews WestCare V.I. Leaders Meet with DHS Commissioner Child Health Day is October 1st

Continued from page one

Variety of Observances Mark Recovery Month



Recovery Month in Kentucky

◀ Young and old march in annual eastern Kentucky event ▶



The annual Southern Nevada recovery picnic, hosted by WestCare and 20 other community agencies.



Recovery Month in Nevada



▶ The traditional Feast of Gratitude on Mt. Charleston, northwest of Las Vegas
▶ The event drew individuals with a total of 600 years of sobriety, from one day to 32 years!



JOIN THE VOICES FOR RECOVERY
It's Worth It

National Recovery Month
Prevention Works • Treatment is Effective • People Recover
september 2012

27 years of Celebrating Recovery

By Hubert Ergenbright – ‘Star of Intervention’

Mount Charleston’s 27th Annual AA Picnic was held on August 19th. A tradition started long ago by AA members to not only support the ‘Mountain’s’ recovery members, but especially for the community to recognize and support the new recovering clients at Harris Springs Ranch.

At the beautiful Cathedral Rock site on Mt. Charleston, the Ranch men helped to set up the grounds and direct parking. Clients and guests were treated to fun events such as hiking, horse shoes, volleyball, games for the kids, raffle prizes, and their favorite activity . . . FEASTING! The day ended with an AA meeting celebrating gratitude.

A special thank you goes to Harris Springs Ranch from the Mt. Charleston AA community for their friendly and gracious help.



Pulling Together to Help Reduce Youth Risk Behavior

By WestCare Wisconsin staff and Denise A. Crumble – *Health Project Coordinator*

The City of Milwaukee Health Department Plain Talk Initiative has implemented a new project that among many things, seeks to reduce risk behavior among youth by partnering with agencies like the WestCare Wisconsin Harambee Community Center (WCHCC).

This exciting partnership was initiated in June of 2012 with WCHCC providing program support along with office and program space to the Prep Talk for Summer Youth Ambassador Program.

During the months of June to August, the Summer Youth Ambassadors, under the guidance of Denise A. Crumble, Health Project Coordinator, were trained to reduce their own risk behavior and then to help their friends and loved ones, while collecting pledges to be celibate or to practice dual protection (use of both a contraceptive and latex condoms) and seek a reproductive health care home. During the first four weeks, 12 Ambassadors collected more than 200 pledges from other youth.

The Ambassadors conducted door-to-door outreach in the Harambee neighborhoods surrounding the center, including the 53206 target area, sited by the University of Wisconsin-Milwaukee Employment and Training Institute as Milwaukee's poorest neighborhood and a "bellwether for poverty changes in Milwaukee and nationally."

The WestCare Wisconsin Harambee Community Center houses the Faith Partnership Network; Carded Wisconsin; Link TV; Urban De'Verison Youth Social Club; and the League of Martin (LOM), which is an organization of African-American Police Officers. This partnership will soon result in Prep Talk and Plain Talk beginning to address substance abuse along with sexual risk. There is already an organic partnership between all programs housed in the Harambee Community Center.

What is Plain Talk?

Plain Talk is a community-based initiative designed to assist parents and other influential adults in developing the skills and tools they need to communicate effectively with youth

and children about abstinence, healthy relationships, and sexuality. This nationally recognized, evidence-based, teen-pregnancy-reducing program consists of three components: Community Mapping (surveying the community), Walkers & Talkers (community residents mobilizing their community), and Home Health Parties (for educating parents).

What is PREP Talk for Youth?

In mid-2011, Plain Talk received a grant from the State of Wisconsin, Division of Public Health – Department of Health Services to expand Plain Talk's focus to directly serving youth aged 11 to 19. Personal Responsibility Education program (PREP) is a new federal initiative to help young people avoid teen pregnancy and sexually transmitted infections. These programs contribute to the Health Departments goals to address teen unplanned pregnancies and sexually-transmitted infections. The City of Milwaukee Health Department is determined to reach their goal by 2015, to reduce the birth rate of teens by 46% to a rate of 30 births per thousand teens aged 15 to 17 years old.

infections and educate adolescents on adulthood preparation subjects. Milwaukee PREP Talk for Youth will teach adulthood preparation subjects like: 1) Adolescent Development; 2) Healthy Life Skills; 3) Healthy Relationships; 4) Parent-Child Communication; and 5) an Introduction to Health Careers through internships and service.

Milwaukee PREP Talk partners with the Milwaukee Area Technical College to provide training in Financial Literacy and Educational and Career Success, other components of the national model. For more information about the City of Milwaukee Health Department and its services visit the website at <http://city.milwaukee.gov/Health>.

Wisconsin

Summer Youth Ambassadors get social media and blogging training from Jeffrey Cannady of the League of Young Voters



The national PREP Program focuses on adulthood preparation topics and skills training. Its goals are to educate adolescents on both abstinence and contraception to prevent pregnancy and sexually transmitted

Special Recognition for “The Three Amigos”

By Richard Jimenez – Vice President, WestCare Wyoming Operations

The WestCare Intensive Outpatient, Outpatient and Pre-Treatment program is located at the Wyoming State Penitentiary (WSP) the maximum security prison in Rawlins on Interstate 80 in the south-central part of the state.

The Wyoming Department of Corrections (WDOC) has long recognized the importance of treating the criminally addicted offender population. WestCare became the contract service provider in the WDOC’s statewide expanding substance abuse treatment program in July 2010. The WSP is a maximum custody, closed movement facility, which presents many obstacles and barriers when creatively meeting the challenges of service delivery for assessments, individual sessions and groups.

The Outpatient, Intensive Outpatient and Pre-treatment program at the WSP is delivered by three staff, Helen Simons, Chudi Obijekwu and Steven Goold. All inmates, approximately 680, at the facility are entered in the WestCare

Clinical Data System as either being on a wait list for a program as designated by the recommended ASAM level of care, or as currently admitted in a program. The program objective of clients achieving and maintaining the thinking skills for a pro-social lifestyle is presented through the education, psychotherapy and relapse prevention format.

The WestCare staff is involved in many collaborative efforts with institutional staff, particularly caseworkers, and medical/mental health staff. The staff at this site has met the challenges of working in the facility and have continually maintained program census and provided quality services to the inmates in the program and the correctional staff they work with every day.

Good job and thank you!

Wyoming



Chudi, Helen, Steven – What a team!!!

WestCare’s First in-Prison Program in “RIP City”

By Richard Jimenez – Vice President, WestCare Wyoming Operations

Oregon



New members of the WestCare family!



At the convergence of the PDX airport, and Dignity Village (Portland’s solution to homelessness), in the city of Portland – commonly known as RIP City dating back to the days of Bill Walton and the Portland Trailblazers – lays Columbia River Correctional Institution, which is now home to WestCare’s first Oregon Program “Recovery in Progress.” The program opened its doors on August 1, 2012 with fifty (50) male inmates. The program is designed to motivate offenders to take responsibility for their actions, to change negative self concepts, and to break patterns of substance abuse and criminal conduct. As an alternative incarceration program, inmates engaged in the program are eligible for a sentence reduction upon

the successful completion of the transitional leave portion of the program.

WestCare Oregon would like to say a special thank you to the following individuals for giving us a hand up in activation of the program: Senior Vice Presidents Maurice Lee, Leslie Balonick and Bob Neri, Dr. Harvey Milkman, Dr. Cherri Lester, Dawn Ruzich, Erin Kinard, Virginia Sparks, and Mike Shields.

Thanks to the hands-on training and support of the activation team, the program has a full staffing pattern and is providing services to the men in the program. WestCare would also like to thank the Oregon Department of Corrections for the opportunity and the support of their management team during the activation.

Village South Courthouse Urinalysis Program

By Alfred Fair – Courthouse Coordinator

The Courthouse Urinalysis Program provides drug testing for two courthouses and four different programs. The team conducts testing for Dependency Drug Court, Juvenile Delinquency Drug Court, Domestic Violence and Family Court. This program provides a critical aspect that Judges use in determining drug use and/or abuse issues among clients. Through urinalysis screenings, Judges are able to make a more informed decision regarding what type of treatment or services that will best serve the interest of the client.

This program provides a complete battery of screening that include; Alcohol, THC, Benzodiazepines Cocaine, MDMA (Ecstasy), Methamphetamines, Methadone, Oxycontin, Oxycodone, Opiates, Barbiturates, and PCP. We also have the capability to detect adulterants or masking agents clients use to falsify results. Between the two courthouses the Village serves approximately 10,000 clients per year. Our staff conducts random drug screenings once, twice or three times per week as ordered by the presiding Judge.

The staff is certified through Redwood Toxicology Laboratory in panel-dip and substance abuse screening devices according

to industry standards. The Village has served the Courthouse Judges for the last ten years



and the program was awarded Village South 2011 Program of the Year. Through the years, the program has received high marks from Judges and Court Administrators.

Florida

▲ Above (L-R) The urinalysis team consists of Ophelia Rudd (Senior Urinalysis Coordinator), Billy "Shane" Mitchell (Urinalysis Coordinator) Shante Davis (Urinalysis Coordinator) and Alfred Fair (Courthouse Coordinator).

A Clinician Summit

Submitted by staff

In August, Dr. Frank Scafidi conducted the first Florida/Caribbean Regional Clinical Meeting in Miami, Florida. The primary purposes of the meeting were to establish a unified clinical team and unify processes and protocols across the region.

During the two-day meeting, the Team openly exchanged ideas and problem-solved, culminating in the implementation of the Wellness and Recovery Plan across the region and the establishment of a Florida/Caribbean Clinical Bulletin Board for exchanging information and seeking feedback/guidance from other team members.

Thank you, Dr. Scafidi, for your leadership.



A gathering of the minds: Regional clinicians meet in Miami



WestCare Foundation

Tips from IT

(An occasional column of advice from our Information Technology team)

SPAM, Scams, and Phishing

By Sean Harrigan – *Systems Administrator*

SPAM is a general term for unsolicited email, which includes advertising, scams, and phishing. SPAM wastes time and resources, and it can lead to compromised computer systems, identity theft, and fraud.

Just over 94% of the email sent to WestCare is SPAM. We use a firewall stop SPAM, while allowing the email that we need for day-to-day business operations. In order to allow all legitimate email, while stopping SPAM, we need to make some compromises. For this reason, you may occasionally see SPAM in your inbox.

How do you identify SPAM? Most SPAM that you see in your inbox is tagged before delivery. If an email is tagged you will see [SPAM] in the subject line. This is a warning to be suspicious of the content. This could be legitimate email from a trusted source; you'll need to use your best judgment to determine if it is SPAM. Some common SPAM tactics to look out for are phishing, and scams.

What is phishing? Phishing describes an email that appears to be from a legitimate source, but is actually from a nefarious sender. The goal of phishing is to steal money, personal information,

or install malicious software. It may look like it's from a bank, a payroll provider, or a popular website. It may contain a link to a web site requesting personal or secure information, or it may tell you to download software. The link and the web site may look legitimate, but don't be fooled. The address may be masked, and the web site may be made to look identical to a familiar web site.

What are scams? A scam email may claim to be from a mysterious prince who needs your help to transfer millions of dollars out of his country, but sometimes they aren't so obvious. The email may appear to be from someone that you know and trust. It may appear to be from a friend, colleague, or relative requesting money to help a sick relative, or to help them get home from another country. Of course you would never send money without verification, but sometimes the criminals who send the email try to collect personal information for the purposes of identity theft.

What do you do with SPAM? First, and most important, always be suspicious. If you find SPAM, ignore it and delete it. The email itself will not cause harm, but you should never click on suspicious

links, provide any personal information, or send money to anyone based solely upon the information in an email. If you have any doubt about an email you received in your WestCare inbox, you can call on the person or vendor who appeared to send the email to verify its legitimacy, or you can forward the email to helpdesk@westcare.com for verification.



The Month of October

October Birthstone:

The Opal

Sign of the Zodiac and Dates:

Libra – September 24 - October 23

Characteristics of Libra:

Charming, Perceptive, Diplomatic, Pleasant and Refined

October Birth Flowers: the Calendula (Marigold)

The meaning of the October Birth Flower, the Calendula (Marigold) symbolizes sorrow or sympathy.



October Calendar

October 6th

6am - 8am

Arizona Annual 5K Fun Run
Bullhead Community Center

October 6th

7am - 11am

Tentative - GA CAC
Work Session 10am

October 9th

8am - 9am

Executive Com. Board Meeting

October 9th

2pm - 3pm

WY CAC Meeting
3pm/MT

October 9th

3:30pm - 4:30pm

FLGC-CAC Meeting 3:30pm/ET

October 15th

6pm - 7pm

Arizona-CAC Meeting
Bullhead City, AZ

October 17th

12noon - 1:30pm

NV-CAC Meeting
12noon/PT

401 S. MLK, Las Vegas, NV

October 20th

8am -10am

Eastern Regional Board Meeting
8:00am/PT – 11:00am ET
Video Conference

October 25th

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

October 27th

8am -10am

Western Regional Board Meeting
8:00am/PT – 11:00am ET
Video Conference

October 31st

Happy Halloween!

October Observances

Support Red Ribbon Week, Oct. 23-31, 2011 and Help Create a Drug-Free Environment

Courtesy of – <http://www.elementsbehavioralhealth.com>

Red Ribbon Week, the oldest and largest drug prevention program in the United States, is coming up soon. This year, the annual week-long event takes place October 23-31, 2011. It's a time when people and communities can take the opportunity to come together and unite in a visible stand against drugs.

The theme of this year's event is "It's Up To Me To Be Drug Free." This couldn't be more appropriate, as prevention of drug use and abuse certainly begins with individual efforts and commitment. Each of us, in fact, shares a personal responsibility to help create a drug-free environment in which we live, work and play.



Why the Red Ribbon Campaign Started

The origins of the Red Ribbon Campaign began in 1985 when drug traffickers in Mexico City murdered Drug Enforcement Administration (DEA) agent Enrique ("Kiki") Camarena. Following this brutal and senseless murder, the practice of displaying red ribbons as a symbol of intolerance toward the use of drugs began. The mission of the Red Ribbon Campaign is to present a unified and highly visible community commitment towards the creation of a drug-free America.

The national sponsor of the Red Ribbon Campaign is the National Family Partnership. This is a group that helps citizens across the United States to work together to keep children, families and communities safe, healthy and drug-free. They do this through providing parent training, networking and sponsoring the National Red Ribbon Campaign.

Sign the Red Ribbon Pledge

The facts point up how important parental involvement is in preventing drug abuse among our children. Research shows that children of parents who regularly talk to their teens about drugs are 42 percent less likely to use drugs than those who don't communicate with their children about these dangers. Yet this same research shows that only a quarter of teens report having these conversations with their parents.



How can individuals support Red Ribbon Week? It's easy. Everyone can start by taking the Red Ribbon Pledge. Go to the Red Ribbon Campaign website and sign the pledge: <http://redribbon.org/>

A Sweet Retreat By Lauren Schmidt, Carolyn Dickerson, Scott Payne – Clinical Supervisors

The Sheridan WestCare management team recently attended a two-day retreat off site to get to know each other better through different team-building activities. We learned about what makes successful companies and how different individuals with different personalities are necessary to make a company successful.

We took the Myers-Briggs Type Indicator test and found out more about ourselves and what qualities each type brings to the table with helping our clients and keeping the business going. We were broken into teams and worked on a candy gram that displayed our mission statement, what we do at work, or *Uplifting the Human Spirit*, and then we voted on which depicted our mission the best.

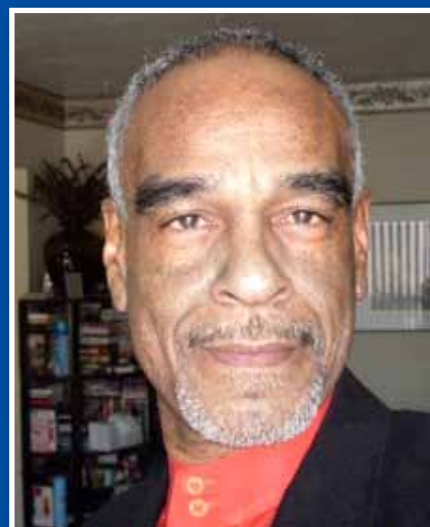
We learned that we all have hidden qualities in ourselves and what our personal strengths are. It also re-assured us how we have been handling situations as far as building a rapport with our

staff. We had a great time getting to know our coworkers and knowing that we are successfully helping to Uplift the Human Spirit. We had fun and were able to learn more about each other personally. We learned that the better the supervisor team works together, the better the program. Sometimes we get isolated in our units and only concentrate on the unit teams; However, as management we are a team as well. We were able to learn about some of the other supervisors we may not see much. Sheridan is a big place and we sometimes never see each other unless in a meeting; Therefore, it was a good experience for a personal touch.

Overall, these two days were fun, challenging, and filled with new information that we learned to only make us a better management team, which in turn will help making our staff better and the program better in general. We thank upper management for this experience!



Editor's note: These poems were written by Mr. James McGrew, a counselor at WestCare Illinois' Impact Program. ▼



Mr. James McGrew

Words to Grow By "Dreams Don't Just Come True"

Copyright by, James McGrew

Dreams don't just come true. They're thought out and planned.
 Through and through.
 Pick something.
 Whatever you would like to be.
 Right now it's just a dream. And dreams are for free.
 Plan your dream carefully. To make it be as you see.
 Right now is the time. Time isn't free.
 Dream the dream that you like. You will you try.
 Right now it's just a dream. And dreams help us get by.
 Believed dreams are often seen.
 Wishful ones not.
 Forever believe!
 Believed dreams don't rot.
 Pick your dream. Plan your dream. Dream your dream. Believe your dream.
 Make our dream be true.
 Pick. Plan. Dream and believe.
 This is what you must do.
 Because
 Dreams Don't Just Come True.

Continued on page 9



Words to Grow By *Continued from page 8* “Your Movie, Your Life”

Copyright by, James McGrew

When your play button was pushed.
 You were pushed into life.
 You can fast-forward your life. Pause it too.
 But you can't rewind it, no matter what you do.
 When the tape runs out. Your movie is through.
 And though you won't see it again. It will get a final review.
 You are the Star. Writer and Director too.
 How your movie ends, depends on you.
 You can change the stage, the scenery, even your co-star.
 You can change anything! Including who you are.
 You could be the hero. And live out your dream.
 Or you could be the villain.
 Low down and mean.
 Whichever part you play.
 It's all being seen.
 For your life is playing now.
 On the big screen.
 So I'm going to repeat it.
 Not to be rude.
 But the life you live.
 It will be reviewed.



Mr. James McGrew ▶

Illinois

Editor's note: These poems were written by Mr. James McGrew, a counselor at WestCare Illinois' Impact Program.

“See Something, Say Something”

By Lauren Cardarelli,

Nevada



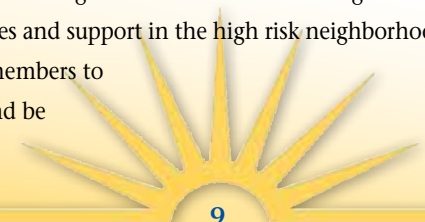
WestCare Nevada's dynamic Community Involvement Center staff ▲

On the evening of Friday August 31, 2012, WestCare Las Vegas Community Involvement Center staff members Lauren Cardarelli, Tiana Louis, Katie Amos, Aysan Sandoval and Jon Pierron joined Las Vegas Metropolitan Police Department and other community organizations and agencies to help fight the war on drugs right on the street.

The local police department coordinated a faith-based community walk called “See Something Say Something” at Molasky Park, a commonly known high crime and low income area. A large number of community organizations collaborated to reach out to the neighborhood residents and provide them with resources and referral information. They were encouraged to join the festivities at the park, which included food, live music, and testimonial speeches from event participants.

WestCare Nevada helped to provide school supplies such as notebooks, pencils and folders to children in need in the area. The WestCare team proudly provided resources to over 200 adults and children, by not only manning the booth but also walking door to door to give out supplies and support in the high risk neighborhood.

It was a positive and rewarding experience for staff members to be able to represent WestCare within the community and be a part of the common goal to help others!



WestCare Boggs Make Bamboo Fishing Poles

By Noel Merritt – *Teacher*

As summer drew to an end, residents started to express an interest in going fishing. Because Georgia is known for its many varieties of fish (large/small mouth bass, catfish, bluegill, crappie/white perch, etc.), the idea was warmly accepted by the Staff. However, Staff wanted to challenge the residents by encouraging them to learn how to make their own fishing poles out of bamboo. The residents whole heartedly accepted the challenge by:

First, selecting a piece of bamboo that could be found growing on the grounds of the WestCare Boggs property. Each resident was required to cut and remove/clean the branches from the bamboo. It was important that each resident learned how to select the bamboo that was the correct length for their individual use. For example, a longer bamboo pole will enable the pole to be extended farther out over the water but if the resident chose the wrong length it would be more difficult to handle. Each resident discovered that a piece of bamboo that was four or five feet long was a good compromise. The bamboo is now beginning to look like a good ol' fishing pole.

Second, the bamboo poles were left out to cure or dry out for approximately 3 to 5 days. After curing, residents had to lightly sand each bamboo pole with a piece of sandpaper and then apply a coat of stain/varnish which gave the bamboo pole additional strength and color for aesthetic purposes. Residents then cut a notch around the diameter at the end of the

bamboo pole which was used to tie the line on.

Next, residents had to choose a length of fishing line for their bamboo pole, and cut the line. After many trials and errors, residents used as rule of thumb that a five-foot line will mostly work best for them in the water they anticipate fishing in. Residents then tied the line around the end of the pole with the notch, aligning the line in the notch. After tying a good knot, each resident had to make sure the line won't pull off the end of the pole. Lastly, residents attached a cork, a sinker (small piece of lead) and a fishing hook to their line.

At this point, residents learned the importance of listening, dealing with frustration, patience, and fighting off insects. More importantly, residents could see their hard work coming to fruition. All remaining now is to add bait to the hook and residents will be ready to go fishing in one of Georgia's State Parks managed by the Department of Natural Resources.

Another creative way of engaging and encouraging our young clients!

Georgia



Make A Difference Day is October 27th

Initiated in 1990, this is a national day is for devoted to helping others by doing volunteer work in the community. The activity can be almost anything. Millions of Americans participate in community improvement projects. It takes the form of cleanup, fix up, painting, and repair in poorer neighborhoods, parks and municipal facilities. It doesn't matter what project you take on. It doesn't matter whether you help a non-profit organization, the community, your town, nursing home, a church, a food kitchen, or any other group in need. What matters is that you participate.



Happy Halloween!

Halloween Party Safety

If you don't like to send your kids out for trick or treating a good substitute is a home Halloween party. Setting up a Halloween party for your kids can be just as fun for the adults as it is for the kids. This is also a great adult holiday and throwing a Halloween party for adults can be lots of fun! You can hold a costume contest, have a theme party, the possibilities are endless and work for both kids and adult parties!

If you're throwing a party for adults and kids, ask the adults to bring at least one bag of candy. Place all the candy in bowls around the rooms and let the kids fill up bags you've provided. Also, remember that the internet is a well spring of information and by checking out google, you'll find sites that have party ideas, games, food, music and costume ideas.



Spooky Food:
For the Spooky Fingers, use your favorite shortbread or cookie dough. Shape as fingers, use almonds for the nails and make lines for the knuckles. Use food coloring and water for the blood on the plate and nails. Creepy!

Here are a few Halloween party ideas to get you started:

- For a kids party, plan some good games to keep your child's Halloween party running smoothly. Kids can have short attention spans so you want to keep the party exciting and flowing smoothly!
- For an adult Halloween party, keep it jumping with some rockin' Halloween music! Kids might like sound effects better and you can find all kinds of Halloween music and sound effects CDs for kids and adults at this time of year.
- If you are serving food or treats at the party, make your table setting a spooky one using a fake spider web, mini pumpkins, and other Halloween items. Adults like to have as much fun during Halloween as the kids do. Make sure that your serving area looks like Halloween!
- When deciding on a menu, check and see if anyone attending the party has food allergies that might be a problem. Common food allergies to dairy products, peanuts and shell fish can really put a damper on the festivities. Planning ahead for problems can make all the difference for your Halloween party!
- Using common sense can make a party a great one and avoid anything that may ruin it. For adult parties, keep an eye on any drinking and don't let it get out of hand. Don't offer alcoholic beverages at all. State in your invitation that alcoholic beverages will not be served. Serve an interesting array of non-alcoholic beverages instead. Remember, there also may be children in their car on the way home. Take the keys away from anyone that may be driving if they appear intoxicated even if they brought their own beverage. Make sure that when your guests leave, the one driving is absolutely sober and offer to drive them home or call a cab for those that may be too intoxicated to drive.

Ghoulish Non-Alcoholic Halloween Beverage



Bloody Bug Juice (The kids love this!)

Ingredients:

24 oz. Frozen strawberries, thawed
6 oz. Lemonade, frozen concentrate
1 qt. Ginger Ale
1 cup Raisins
1 cup Blueberries, fresh or frozen

Optional:

Float Ghost marshmallows on top of the punch

Directions:

1. With a fork, mash the strawberries in a bowl.
2. Add the mashed strawberries to a large pitcher.
3. Add the lemonade and Ginger Ale.
4. Place handfuls of raisins and blueberries into tall glasses.
5. Pour the juice over the bugs (raisins and blueberries).

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 California



Ann Middleton

Annie Middleton

The SMART 2 program (CA) has bestowed its Employee of the Month award on Annie Middleton, an Assistant Child Development Specialist in that award-winning program.

Congratulations, Annie!



Danny O'Neal

Danny O'Neal

Senior CSC in Bakersfield (CA) Melodie Estle sends along this praise: "Please join me in celebrating SASCA Employee of the Month for August . . . Danny O'Neal! During the month of June and July the SASCA Bakersfield office went through many changes including reorganization due to the budget cuts and changes in personnel. Danny stepped up to the plate with his usual good nature and unwavering dedication to WestCare taking on whatever is asked of him. Danny was hired in January of 2008 and has become a Certified Addictions Counselor through The Breining Institute. We are very proud to honor him for his dedication to 'Uplifting the Human Spirit.'"

Mardi Palacios

This note to the Express singled out California's all-around great person and "Ms. Fix-it," Mardi Palacios. "She is AMAZING to our office every day! I am sure the number of check requests, local and out-of-state, is overwhelming; however, she always is timely and efficient which helps us better serve our veterans. We are extremely appreciative to



Mardi Palacios

Mardi for all she does to help us out. WestCare California loves you, Mardi!" – *Brittney Beer – Lead Advocate*



From Nevada

Amelia Flores

Amelia Flores

as told by Amy Roukie – Regional VP-AZ/NV

It happened recently at one of our WestCare facilities; We did what we always knew we could and would do on a daily basis, however this was one deserving of special recognition! Amelia Flores, Certified Nursing

Assistant at the Community Triage Center in Reno, Nevada saved a life! While sitting in the day room during dinner, she was observing the clients and working on some paperwork. She noticed one of our clients seemed to be choking and was not breathing. He was making the universal sign for choking by placing his hand to his neck and he was beginning to change colors. Amelia without hesitation went into quick action. Wrapping her arms around him, she began to perform the Heimlich maneuver, (which she had also assumed would be much easier than it really was), and shouted for help. She was squeezing him while thrusting her hands under his rib cage and she told him to relax, as every time she did it, he would tense his stomach muscles and nothing would happen. While telling him to 'let it go' she finally dislodged the piece of meat that he had stuck in his throat, allowing him to breathe again. Everyone knows that WestCare nationwide does a great job impacting our clients and we save lives on a regular basis by offering support and hope, education and resources, as well as our compassion to hundreds on a daily basis. However, this was a unique situation, and for her prompt action and her effort, we recognize Amelia Flores as one of our WestCare heroes!

From Florida

Alfred Fair, Courthouse Coordinator



Alfred Fair

Congratulations to Alfred Fair, for being promoted to the Village South (FL) Court Coordinator. Alfred has been with the Village since 2005 and has been a valued team member.



AmeriCorps Spotlight

'Honored to Serve'

By Daniel Bernal – AmeriCorps Peer Team Leader

AmeriCorps Member **Jim Wakeling** continues to “*Uplift the Human Spirit*” as he serves at WestCare Nevada’s VA HomeFront Transitional Living Facility in Reno. Jim is a General Building Contractor in Northern Nevada. When the economic downturn resulted in few new building projects, Jim found what he refers to as a “worthy endeavor.” AmeriCorps service with WestCare in the United By Service mission, where veterans help veterans and their families.

Jim is a Vietnam era veteran, having served in the United States Air Force from 1971-75. He served as a Telephone Communications Cable Splicer, stationed at Vandenberg Air Force Base in California and at Wiesbaden, Germany, where he was assigned to a Communications Installation Squadron. As a Team Chief, his mission was primarily to install new communication systems throughout Europe.

At HomeFront, Jim serves and assists client residents who are in recovery for medical, mental health, and/or substance abuse disorders. He has been supervised by Bonnie Jellison. Jim’s initial AmeriCorps assignment within the WestCare Family was at the Reno Community Triage Center (CTC). This medical detox facility provides an invaluable service to not only veterans, who would otherwise be without options, but to the rest of the population of Washoe County, as well.

Commenting on his service at CTC, Jim offers, “At CTC, I served with dedicated individuals who tirelessly serve a population of individuals in

crisis and in desperate need of help. They are advocates in the truest sense for the individuals they serve. I will forever consider my service of assistance to these individuals to be one of the most fulfilling experiences of my adult life.”

As of the date of this copy, Jim was looking forward to the Stand Down for Homeless Veterans and Veterans at Risk of Being Homeless. What Jim enjoys most about his AmeriCorps experience is that it has, “afforded me an opportunity, as the War on Terror in Iraq and Afghanistan winds down, to serve an alarming number of veterans in crisis. Their issues are numerous and complex, and will continue to be a challenge as these Veterans return home.” Thank you, Jim, for your continued service!



Jim driving a vet to an appointment

United Nations



United Nations Day is October 24th

United Nations Day is celebrated internationally on October 24th for the purpose of informing the people of the world as to the aims, goals, and achievements of the UN. It commemorates the origin of the United Nations Organization on October 24, 1945 when the UN Charter was ratified by almost all permanent members of the Security Council.

UN Day is celebrated in various countries and includes a show of cultural performances and a food fair with food from all over the world.

WestCare V.I. Leaders Meet with DHS Commissioner

By Frank C. Rabbito – Sr. VP Florida/Caribbean Operations

The Virgin Islands Department of Human Services is a significant partner with our Virgin Islands program. Commissioner Christopher Finch has a proven track record in his support for our residential services. Through his efforts we have received additional financial support for two recent capital projects, and he has always been receptive to open dialogue regarding current and future opportunities to expand our services

Recently, we met to discuss health care reform, services for children in foster care and the results of a recent visit to St. Croix by federal ACF Assistant Secretary George Sheldon. The expansion of Medicaid services contained in the Federal Health Care Reform Act is not available to U.S. Territories. Clearly, in the foreseeable

future, the availability of federal HHS funding is primarily the only avenue available to expand substance abuse and mental health services in the Territory. The effects of the recent closure of oil refinery operations on St. Croix will have a drastic impact on the island's economy and their tax base. We expressed our commitment to continue to apply for federal grants and to work closely with the Commissioner and federal agencies to accomplish this goal.

US Virgin Islands



From left: WC Sr. VP Frank C. Rabbito, VI Commissioner Christopher E. Finch, WC Regional VP Kendall Tutein, Director of Treatment Services Kim Nosek.

HEALTH eNews

Courtesy of www.uhcpreventivecare.com

Flu Season Alert

It is that time of year again! Flu Season is right around the corner. Please protect yourself and your family by obtaining immunizations in advance of the flu season!

As a member of United Healthcare, your flu immunization is covered under your preventive benefits and should be covered at 100%, if provided at an In-Network provider. Please call the number on the back of your ID card and member services can assist you in locating a provider for this service.

For additional information on preventative services you should be getting checked and why, please visit: <http://www.uhcpreventivecare.com/>



Child Health Day is October 1st

Courtesy of www.whitehouse.gov

The health and well being of a child is one of our most challenging, yet important, responsibilities, and we have an obligation to ensure that all our children can live, learn, and play in safe and healthy environments. On Child Health Day, we reaffirm the critical importance of the quality health care, nutritious foods, clean air and water, and safe communities our kids need to grow into strong and active adults.

Parents and other caregivers set an example of healthy living and lay the foundation for our children's success. Whether providing nourishing meals, attending regular check ups, or encouraging outside activity, they teach the habits and values for mental and physical well-being that last a lifetime. However, the charge to protect the health of our young people extends beyond the home to our classrooms, playgrounds, and hospitals around the country.

