



A Month of Events Promoting Sobriety & Recovery

National Alcohol & Drug Addiction Recovery Month

Many WestCare states held various National Recovery Month observances in September, including these:



NEVADA held a Rally for Recovery that involved several hundred clients, staff, alumni and government leaders. The march stretched from Las Vegas City Hall along Main Street.

OCTOBER 2015

THE WESTCARE EXPRESS

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COVER STORY: *A Month of Events Promoting Sobriety & Recovery (Cont.)*



A color guard kicked off a nice gathering in Bullhead City as **ARIZONA** held its annual Recovery Month picnic along the Colorado River.



In **FLORIDA**, *Early Clover*, member of WestCare's National Celebrity Advisory Council, and the Avenue 43 Band, celebrated Recovery Month with more than 350 clients, staff and guests at GulfCoast-Florida's Recovery Rocks! concert in St. Petersburg.



CALIFORNIA held its 10th annual two-day SoberStock in Fresno, featuring live music, barbecues and a huge car show.



COVER STORY: *A Month of Events Promoting Sobriety & Recovery (Cont.)*

Written by Jacqueline Francois and the Residents of Boggs Adolescent Residential Treatment Program



And in **GEORGIA**...

Our activities ranged from poetry/spoken word contests, bake-off cooking contests to sports challenges and ending with a BBQ fellowship after our 2 mile ***Race for Recovery***. This year as a campus we have decided to take a more family approach to show that although not everyone is in recovery, we all support and cheer for one another. As a family we are including our surrounding communities by performing park and community center clean ups, inviting our neighbors to participate in some of our many events as well as inviting past residents and staff to join in celebrating recovery.

Many of our current residents are experiencing Recovery Month for the first time and had this to share:

"Recovery Month to me means helping you with things you may struggle with even when you can't help yourself, and with NA and some type of recovery you are never alone" -**Darius**.

When asked to describe their feelings, most of the residents found it easier to express themselves through poetry, like this entry from **Jared**:

*"Yes it is hard and yes it's not fun
But it wasn't either when I was doing drugs
Some days I have good days and some days I have bad days
But it's all leading me down the right pathway
Recovery is my friend and not my enemy
I'm fighting against my addiction and soon will have victory"*

Although the designated month for recovery is September, the struggles one faces while in recovery can be silent and unknown. Here at Boggs we try each day to advocate the need to be visible, vocal and that everyone is valuable!

WISCONSIN: *New Regional VP Leads WestCare Team*

By James Ferguson II

WestCare Wisconsin is pleased to welcome long-time civic leader **Elizabeth M. Coggs** as Regional Vice President.

Ms. Coggs is a veteran of state, community and county administration, having served in elective office for 25 years on the Milwaukee County Board of Supervisors and in the Wisconsin State Assembly. Ms. Coggs specializes in high-level versatile organizational / project management, including strong advocacy for uplifting the spirit of citizens struggling with AODA and mental health issues.

With her extensive knowledge about the County and State budget processes, she worked as the people's champion to make sure their voices were heard and their concerns were addressed through funding provided for housing and community development projects as well as health and human program services.

And, with her long history of working with youth and young adults and creating positive opportunities for them to become productive for the betterment of self, their family and community, Ms. Coggs' passion and dedication to the advancement of this population will continue on through her work at the WestCare Wisconsin Harambee Community Involvement Center.

Please join Wisconsin in welcoming their new Regional Vice President, Elizabeth Coggs, to the WestCare Family!



Elizabeth M. Coggs

A HALLOWEEN REMINDER

Millions of children (and parents/guardians) will be out in the dark wandering the neighborhoods celebrating Halloween on October 31st. For those driving, please go about safely and slowly, and be on the lookout for pedestrians.



HUMAN RESOURCES: *Growing the Practice Squad*

By Michael Shields, Vice President, Human Resources

Yippee, it's football season! Some of you have reason for hope. Some of us have less exciting NFL history. For example: The Detroit Lions were the NFL "World Champions" last in 1957.

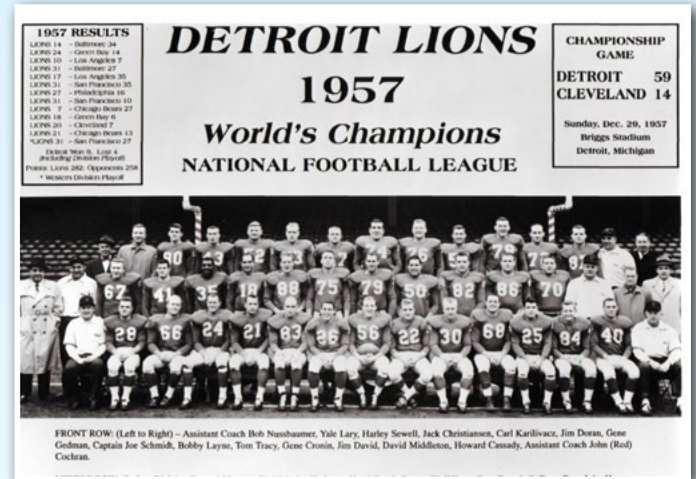
Since then, before there even WAS a Super Bowl, we have made the playoffs a few times, only to be quickly dispatched. Back in the Barry Sanders years, we actually had a shot at winning the conference once, but missed a field goal and lost. I still love 'em, but C'MON. ALREADY!!

My point in all of this futility stuff is that the players—the good ones anyway—kept on plugging regardless who was on the "Carousel of Coaches" at the time. People with talent, pride and enthusiasm need little encouragement to do what is expected of them. Tell them what their role is, give them the tools to do their job, and get out of the way!!

The "non-Super Stars" are the ones needing coaching. They need to be acknowledged, nurtured, prodded here and there, but coached. The team would not have drafted or "bought" them if they felt they could not do a good job, work with their teammates, and help the team to be successful. While the flamboyant coaches in sports make good TV clips when they scream and holler, it's generally not too effective of a managerial method of operation. It may work in high school and college, but not in the pros where the players make lots more than the coach who is screaming at them. "Coaches who coach" are the most successful.

Supervisors, Managers and Directors need to subscribe to this simple philosophy. We spend a lot of time recruiting, hiring and training new staff. Those who supervise others need to do the "Tell them what their role is; give them the tools to do their job, and get out of the way" thing! The "Super Stars" you have will take care of themselves. Our management staff needs to spend time helping grow the "practice team" folks. With the acknowledgement, nurturing and occasional "gentle prodding," they eventually become what they were hired to be.

When that happens, WestCare wins the Super Bowl!!!



PACIFIC ISLANDS: *"Water, Water Everywhere, But Not a Drop to Drink"*



The Ancient Mariner would have had a new epic tale to tell, when super typhoon *Soudelor* slammed into Saipan in early August. Fortunately, WestCare went into action to help their island neighbors.

Located 120 miles north of Guam, Saipan is the northernmost island in the Marianas chain. Called *"The World's Largest Storm"* at the time, the typhoon left limited casualties, but extensive damage before swirling farther northwest in the Pacific.



WestCare staff and Community Council members rallied to deliver much-needed fresh water to their neighbors, and distributed by the Saipan Women's Alliance, a local agency that supports women and children impacted by family violence.

PACIFIC ISLANDS: *Efforts to Alleviate Homelessness Receive Major VA Grant*

Vice President **Sarah Thomas-Nededog** and WestCare's Chief Operations Officer **Maurice Lee** were overjoyed to receive word from Congresswoman **Madeleine Z. Bordallo** (pictured) that the U.S. Department of Veterans Affairs has awarded WestCare Pacific Islands, Inc. \$700,000 for programs to prevent and end homelessness among Guam's veteran population. The funding will support WestCare Pacific Islands' veterans services in FY 2016, which starts October 1, 2015, and ends September 30, 2016.



"Our veterans have sacrificed much for our nation and can have challenges reintegrating into our communities," said

Representative Bordallo. *"Sometimes that is manifested in homelessness, so we have a responsibility to help them get back to their routines after their service is complete. This grant will provide WestCare Pacific Islands and our community with resources to continue their efforts to reduce and prevent homelessness among Guam's veteran population. I commend the staff and volunteers at WestCare who work diligently on behalf of our veterans."*

PACIFIC ISLANDS: *Vets Express Themselves: Mind, Body & Soul*

By Kelly Jensen

LIVE from the Hyatt Regency Hotel, Tumon Bay Guam, the 2nd annual Veteran's Health Conference launched with the powerful momentum generated by a series of pre-conference expressive arts workshops emphasizing the importance of how our creative energies promote overall health, wellness and longevity.

The standing room only conference highlighted policy efforts and strategies in overcoming health and healthcare

PACIFIC ISLANDS: *Vets Express Themselves: Mind, Body & Soul (Cont.)*

disparities among the islands' veteran population, and approaches to increasing lifespan and overall mental health. Again this year, guests were treated to the highly anticipated recognition of our "Distinguished Veteran's Award." Community members and various Veterans organizations nominated and honored six of our islands' veterans over the age of 80 who have remained healthy and active in our community. They shared their own secrets to health and longevity; family, regular exercise, good food, community involvement, humor, and faith.



Preconference Creative Workshops 95 year old Former Senator Gordon Mailloux, free-styling

The afternoon concluded with a video montage of the preconference workshops including; painting, sculpting, music, songwriting, poetry, dance and drumming and was followed by each artist sharing their workshop experiences and demonstrations which got us all up and out of our seats. But who you ask impressed us the most with their dancing skills – Our distinguished veterans of course!

ILLINOIS: *Growing, Thriving, Recovering*

By: C17 House of Wisdom Clients and WestCare staff Laura Shelton, Kathy Parks, Talisa Paul, Amber Mitchell

In the C17 housing unit at Sheridan Correctional Center, we have developed a strong therapeutic community. In honor of September being Recovery Month, we were asked by staff to collaborate on multiple ideas that reflect what WestCare has taught us about recovery. Some of the things that you will find in our building are: The word of wisdom and 12 Step tree, the “denial” river, the acceptance garden, the road to recovery, the keys to success, the addiction villains, and the recovery golden rulers.

Along the road to recovery we have different street signs that relate to our goal, one of the signs at the end of the road is a “*Stop Using*” stop sign. The keys to success are cutout keys with words like: ambition, honesty, and discipline. These key words will help lead us to sobriety along with a successful recovery.

Working together on this project for Recovery Month has led us to acknowledge all the important concepts that we have learned through WestCare and each other. This project has allowed us to think about our past and look toward our future, a life without drugs and crime. Through WestCare, we have had the chance to “take root and grow” a stable foundation for an everlasting recovery.



Staff: C/O Slaughter, Talisa Paul, Laura Shelton, Amber Mitchell

THE QUESTION CORNER: *October 2015*

“How did you select the name of your pet(s)?”



China



Russia

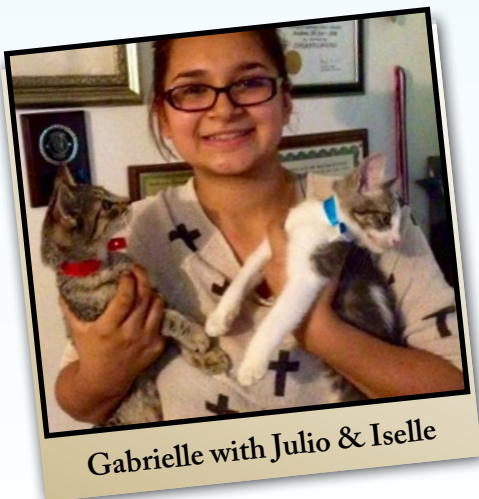


London



Ireland

“The name of our first girl fell out of the air, literally. While attending a party someone yelled out CHINA. I said, “China” that’s it --- Maiden China! This began a tradition for us. We started naming all our girls after countries and our boys after cities. These are photos of Maiden CHINA and her offspring, Towel of LONDON, Our Pot of Gold IRELAND and Czarina of RUSSIA! These beauties are Vizslas, originally bred in Hungary. They are the smallest of the pointer/retriever breeds, and are lively, gentle and great family dogs.” - David Johnson, Research Assistant, Florida Gulf Coast



Gabrielle with Julio & Iselle

*“We adopted **Julio** and **Iselle** last year on the day that my daughter and I were supposed to travel to Hawaii for her 15th birthday. Our flights were cancelled the night before due to Hurricane Iselle and Hurricane Julio. My daughter was so bummed, so I took to the SPCA and let her pick out a cat. She ended up falling in love with these two, and we chose to name them after the hurricanes.” - Mary Ann Calderon, Program Coordinator - Housing Services, California*

THE QUESTION CORNER: *October 2015 (Cont.)*

“After doing research about what type of dog would be good in my environment, it was decided that we would get a Schnauzer. I was not educated in rescue at that time so we went to a pet shop and were looking for a boy that we would name Toby. The boy did not want to have anything to do with me, but there in the corner was this little girl with a droopy ear. I picked her up and she sat in my arms like a little baby and that was that! She of course couldn’t be just Toby... and there we have TobyLynn (right). She just turned 14 and continues to be spoiled rotten. Also pictured is my other baby, who is a rescue, LillyAnn, and she is seven.” - **Wendy Ramos**, Executive Assistant, Florida South



LillyAnn and TobyLynn

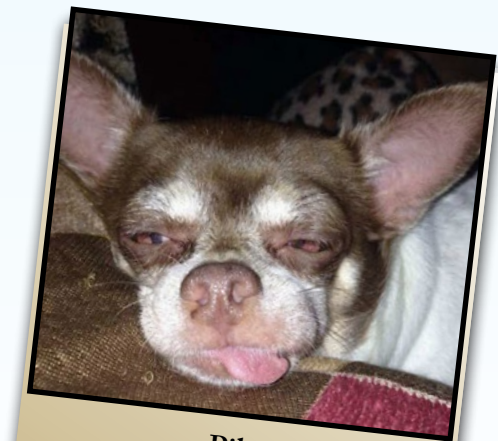


Monty

“Our dog/four legged son is named Monty, short for Monticello. We actually thought of the name about five years ago when we were talking about getting a dog. A year and a half ago, our friends rescued him from under their car. After not being able to find his original owners, we took him in as our own and the name has stuck.” -

Michael Mygind, Special Projects Officer, California

“Pika means ‘hot and spicy’ in Chamorro. Can’t you tell from the picture? (10 years young.)” - **Kelly Jensen**, Pacific Islands, Guam



Pika

QUESTION CORNER: *November Question*

For November: **“Does your family have a Thanksgiving tradition?”**

Please send your photo and response to john.wallace@westcare.com by October 16th.

FLORIDA: *Learning the Keys to Success*

By Martina Belotti, Prevention Counselor, Guidance/Care Center



G/CC's *Project Success*, and a community organization, *Keys to Be the Change*, have joined forces to implement positive change and substance abuse prevention on campus in the community. Keys to be the Change school sponsor **Christina Belotti** held two informational meetings at Marathon HS for interested middle school, and high school students.

The partnership is a perfect fit, as the focus of both organizations is prevention education. The projects in the planning stages to begin in October include a teen book club with group discussions. Also, each high school mentor will be matched up with a mentee for building relationships, reading together, tutoring, and school involvement.

FLORIDA: *Color Me Zen!*



Eastern Foundation and Gulf Coast - Florida staff recently exercised their right hemispheres at the second annual “*Float into Fall*” social. Hosted by **David Rosynsky**, the event invites staff to enter a 45-minute “*stress reduction zone*” where they relax, listen to music, enjoy an ice cream float and do some adult coloring. The gathering promotes workplace bonding and helps to prevent burnout. **Renee Salyers**, Human Resources Manager remarked, “*That was really fun. I haven’t colored in 15 years!*”

FLORIDA: *FITT Program Honored at Florida Summit*

By Danny Blanco, Program Coordinator

In October 2014, WestCare’s South Florida based sites, The Village South in partnership with the Guidance/Care Center, launched the newly developed Family Intensive Treatment program, or FITT. The program was developed specifically to provide In-Home/On-Site intensive team-based, family-focused, comprehensive services to the most high-risk cases in the dependency system. The program is designed to assess and address individual behavior and/or emotional needs and family functioning that may have contributed to an arrest, child welfare case or other drug use related concerns.

FLORIDA: FITT Program Honored at Florida Summit (Cont.)



WestCare Sr. VP Frank Rabbito (left) with staff, state Rep. Gayle Harrell, Chair, Fla. House Children, Families and Seniors Sub Committee and Mike Carroll, FDCF Secretary (right)

In the first year the FITT program has shown to be a successful model for integration of Substance Abuse/Mental Health services with child welfare. The program has been able to decrease parental substance use, increase parental protective capacity; and reduce rates of re-abuse and neglect of children with parents with a substance use disorder. The length of stay for clients enrolled in the FITT program ranged from 5-7 months. Thus far, a total of 24 clients have been discharged and of those 71% successfully completed the program. Of those cases discharged, 76% have received increased parental rights/reunification.



As a result of the program's success, one of the FITT families was videotaped and showcased at the 2015 Florida Department of Children and Families Child Welfare Summit in Orlando, Florida. This family was set as an example of the FITT program achievement, as well as the integration of SA/MH and child welfare systems. The family's participation in FITT has resulted in stable housing, steady employment and a supportive recovering environment. And recently, the ultimate goal was achieved: A joyful, family reunion. (Pictured)

VIDEO LINK: <http://thefloridachannel.org/videos/91015-department-of-children-and-families-child-protection-summit-general-session>

(1 hour 7 minutes into the session is the piece with the Village South family)

FOUNDATION: *Why We're CODEpendent*

By Elizabeth Roosevelt, Vice President of Health Systems Integration

Currently in the United States, the ICD-9 is a set of codes used by physicians, hospitals, and allied health professionals to indicate diagnosis for all client/patient encounters under the Health Insurance Portability and Accountability Act (HIPAA).

The ICD (International Classification of Diseases), established by the World Health Organization (WHO), has been revised to the ICD-10 (tenth edition) to encompass new and emerging patient conditions, treatments and medical devices.



Health care providers, including WestCare, are federally mandated to use the revised codes as of October 1, 2015, to remain compliant with HIPAA. The ICD-10 is the new baseline for clinical data, clinical documentation, claims processing, and public health reporting.

WestCare's ability to understand and utilize the new coding is vital to the sustainability of our services. The enhanced health data will also help WestCare to improve the quality and efficiency of the care we provide, especially as electronic sharing and exchange of health records expands.

WestCare has been working diligently over the past year to prepare for the code conversion. An effort is underway across WestCare to provide training and support to our clinical teams and support staff to ensure ICD-9 coding is updated to ICD-10 codes when clients access our services. The WestCare Clinical Database and Filemaker have new options for ICD-10 code selection for services that take place on October 1, 2015 or later. The ICD-9 codes will still be available for services provided prior to October 1, 2015. WestCare has also created documentation with the codes for mental health, substance use and childhood diseases that will be distributed via management.

For more information about the code conversion contact me at **(727) 490-6767 ext. 30140**, and visit the Centers for Medicare & Medicaid Services at cms.gov.

CALIFORNIA: *Home, Sweet Home*

Crystal has been out of work for a while now and was just trying to make a better life for her and her niece. WestCare's **Sara Rios** was Crystal's point of contact at MAP Point, which is a Fresno city-wide collaborative to secure adequate housing for the homeless. **Erin Shelton** stepped in to help out the case managers and completed the intake process.

Crystal was a very special case because she was handed over on a silver platter thanks to the amazing team. We were able to sign documents with an apartment complex the very next day and immediately move her in.

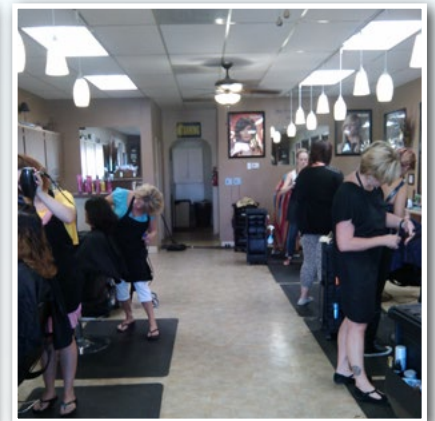
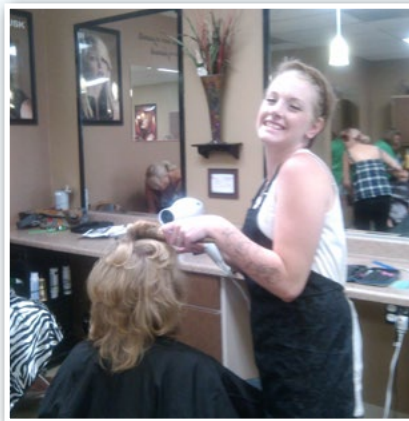
She was so excited, as you can see by her gorgeous smile as she received the keys. She is settling in to her new apartment and is so very grateful for the amazing work that the team has done for her and her niece.



ARIZONA: *Girls Gone Styled!*

Submitted by Cheryl Debatt, Area Director

Girls from both sober living houses and the Safe House enjoyed a day of beauty. A local salon, Bentley Place Hair Design, donated their time for cuts, curls, manicures and raffle prizes. Each one of the 28 girls left with something. In addition, all the staff donated clothes, purses, shoes, etc. Having a new 'do with pretty nails helps with self – esteem, and recovery comes in all forms. Whatever it takes!



MINNESOTA: *Band of Brothers...Everywhere and Forever*

By David Turner, Facilities Manager - VICTRI

I was spending the evening at my American Legion post with friends, when three vets with cobalt blue caps proclaiming Vietnam and showing a Combat Infantry badge walked in.

As usual, I took the opportunity to thank them for their service.

We chatted a while and I discovered one was local and the other two were friends who came to Minneapolis to march in the suburb of Edina's 4th of July Parade and asked me to join them.



When I told them my knees wouldn't take a march, one said, *"Dave, if you get to the Community Center around 8am, you'll get a ride."* What a fantastic welcome from the crowds of spectators: Five to 25 deep, men and women with their children all waving flags, cheering and happy like the parades after WWII!

Let's do our utmost as veterans and patriots to foster the sense for all to carry that idea and feeling forward until next year, when we do it all again.

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



Angie Jenkins and Team
Fresno, California

It's not every day that staff conspire on a surprise award presentation for their boss. That tells you a lot about **Angie Jenkins**, Admissions/Outpatient Director for California. She was treated to one such moment at Belmont Health and Wellness for everything that she does. *"Working with you all is what keeps my sanity intact,"* replied Angie.



Angie with Her Award

The 1st Annual Key West *Out of the Darkness* walk, on World Suicide Prevention Day, raised awareness about suicide with the goal of reducing Monroe County's suicide rate—the highest in Florida. Staff from the Guidance/Care Center Inc. developed a team to honor those we have lost and to help all those affected. Donations raised by the walk are going to suicide prevention efforts in the county including a grief support group and community police training. Nice job, folks!



Guidance/Care Center Staff
Florida

DID YOU KNOW?

October has several behavioral and mental health awareness national observances: *Health Literacy Month; National Bullying Prevention Month; Depression and Mental Health Screening Month; Mental Illness Awareness Week (Oct. 5-11); World Mental Health Day (Oct. 10); National Depression Screening Day (Oct. 8); ADHD Awareness Month.*



THE GREEN CORNER: *Vol. 12 - Going Green Today*

<http://www.goinggreentoday.com/ggt/survey>

Go online and answer questions about your lifestyle at [GoingGreenToday.com](http://www.goinggreentoday.com) to create a customized plan that is right for you. Based on your responses, it will provide you with a FREE LifeStyle Savings Report and a FREE 90 Day Action Plan that will reduce your Carbon Footprint by 1/3. The questionnaire can take from five to fifteen minutes. You can do it all at once, or you can start it and go back later.



This survey was conceived in an effort to help you make more sustainable choices by offering free, step-by-step, daily guidance that will save you \$2,000 from your annual costs of living and reduce your carbon footprint by 33%, no matter where you are on the path to a low-carbon lifestyle.

Step by Step Action Plans are tailored and personalized. The personalized plans help you take one action at a time. Your personal dashboard will show you exactly what you have to do to hit your savings goals. Save green on food, gas and utilities every month. From paper to plastic, from cloth to disposable and so much more, it tells you what and why. You will learn what choices are the greenest and what products are truly eco-friendly. Your free lifestyle savings report shows you how you can lower your costs and your carbon footprint.

(Example Day One) *Unplug 2 Appliances* - Keep all non-critical appliances and devices unplugged until needed.

Your To-Do Today: Find at least two appliances that you can keep unplugged when you're not using them. Between this action and installing power strips for your critical appliances, you will have

successfully gotten rid of all of the "phantom loads" (an electrical current that keeps them primed for instant use or goes to power a display or standby light.) in your house—meaning you're only consuming, and paying for, the electricity you're actually using!

WILD ABOUT WELLNESS: *Volume 2*

By Angela Wells, Chair – WestCare Wellness Committee

Nutrition

Featured Recipe!! *“Spaghetti with Super Low Sodium Tomato Meat Sauce.”*

Hopefully you are all waking up to find a slight chill in the air welcoming the new season. This month’s recipe is inspired by one of the most important time saving tools in the kitchen, a crock pot! This time-saving tool comes to our rescue on busy nights! Often sauces are packed with high volumes of sodium; high sodium can cause damage to the heart, aorta and kidneys. This low sodium fresh made sauce would be wonderful tossed over a nice healthy whole wheat pasta, with some fresh grated parmesan cheese and a sprig of parsley, YUMMY!



PLEASE TRY THESE RECIPIES!! 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:

<https://recipes.sparkpeople.com/recipe-detail.asp?recipe=2319720>

One lucky WestCare employee will win a fitness item from the Committee each month!!

Fitness

With the cooler weather on the way, this month, you are encouraged to get outside to work your body and your heart. Cardio doesn’t have to be a 1hr spin class, as soon as your heart reaches its peak, you can begin to burn those unwanted calories! Make sure you are taking your breaks at work, take a walk around the building, at the corners of each of the building stop and do 10 lunges or burpees. This will get your heart going and by the time you walk to the next corner,

WILD ABOUT WELLNESS: *Volume 2 (Cont.)*



bring it back down. This will get your heart going and by the time you walk to the next corner, bring it back down. In order to accomplish this daily with little discomfort, bring a pair of tennis shoes and socks with you to store at work. Also, when you get home at night before you get settled, grab your dog or your kids or your iPod and take a walk or jog around your neighborhood. This will help settle your mind from the day. If the sun is down, please be cautious and wear bright clothing or reflective tape. One more benefit to getting a final workout at night is that you will sleep better

and have calmer mornings. Who wouldn't want that?!

Mental Health

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Ask for help. None of us are superhuman. We all get tired or overwhelmed by how we feel or when things go wrong. Asking for help shows strength in you, handling too much can cause more harm than good.



Spiritual Health

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Meditation can help to balance your inner harmony. If you have a daily meditation practice, even if it is for fifteen minutes a day, it can be amazingly effective. Those who meditate on a regular basis say that their lives seem more manageable. After meditating you feel refreshed, you are able to detach from worries and concerns and you are usually restored to a sense of balance.



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 article.

Email: angela.wells@westcare.com

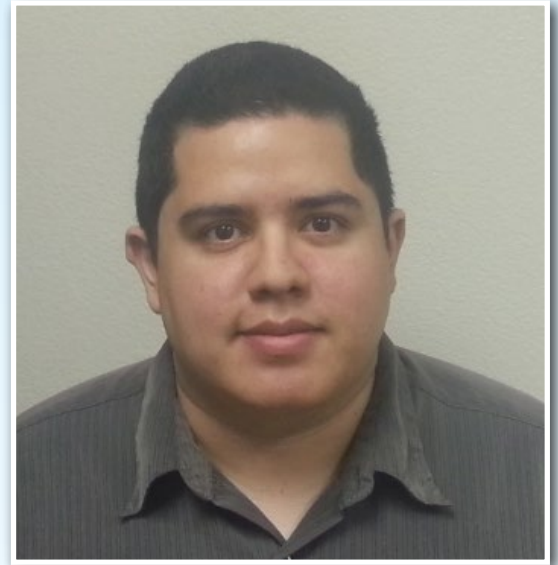


THE I.T. FILE: *Meet Our New Sr. Systems Administrator!*

By Sean Harrigan, Director of Information Technology Administration

Our team continues to grow, and we're excited to announce the arrival of our new Sr. Systems Administrator, **David Cardenas!** David will be responsible for the day to day operations of our server and network infrastructure, as well as servicing and coordinating 3rd tier escalations, and coordinating with external and internal teams to solve the toughest problems we face from day to day.

David comes to us with a wealth of IT experience and knowledge working with a wide variety of systems. He has top-notch experience working in large scale distributed networks, including Eli Lilly, St. Rose Dominican, MGM Resorts, and Wynn Resorts. David is a rising star in the IT field, and we're proud and excited to have him on our team!



TECH TIPS

Passwords That Make You Feel Ingenious

.....

We hope you have a healthy grasp of good passwords, ones that are a little more creative, and less hackable, than these. According to SplashData, these were a few of 2014's most popular passwords, among the millions that were...stolen.

- *123456*
- *password*
- *123456789*
- *baseball*
- *football*
- *letmein*
- *abc123*
- *access*
- *1111111*
- *Michael*
- *Superman*
- *Batman*
- *123123*
- *trustno1*
- *qwerty*
- *monkey*

Just promise that you'll never use "password" as your password.



WESTCARE CALENDAR OF EVENTS: *October 2015*

OCTOBER

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

October Monthly Observances

- *Health Literacy Month*
- *National Bullying Prevention Month*
- *Depression & Mental Health Screening Month*
- *Mental Illness Awareness Week (Oct. 5-11)*
- *World Mental Health Day (Oct. 10)*
- *National Depression Screening Day (Oct. 8)*
- *ADHD Awareness Month*

October 13 (2pm-5pm PT / 4pm-7pm CT)

- **FAVA - Chili Cook-Off & Silent Auction** (*Forest City, IA*)

October 17

- **California - 4th Annual Aids Walk Fundraiser** (*Fresno, CA*)
- **Guam - Veterans Home Run Fundraiser** (*Pacific Islands*)

October 20 (8am-9am PT / 11am-12pm ET)

- **Executive Teleconference Meeting**

October 21 (12pm-1:30pm PT)

- **Nevada - CAC Meeting** (*Henderson, NV*)

October 23 (2pm-3pm PT / 4pm-5pm CT)

- **Wisconsin - CAC Meeting** (*Milwaukee, WI*)

October 24

- **Kentucky - 9th Annual Golf Scramble** (*Irving, KY*)

October 28 (4pm-5pm PT)

- **Arizona - CAC Meeting** (*Bullhead City, AZ*)