



September 2010

# WestCare's Celebrity Advisory Council Presents . . . "CELEBRATING THE VISION" at the South Point

By Sharon Yates Steinberg  
– Major Gifts Coordinator WestCare Endowment

On July 31st we held the Celebrity Advisory Council's inaugural Gala, "Celebrating The Vision." Mr. Early Clover has been doing great work with our children and residents, as well as bringing in a steady stream of financial support from his fans and friends. This event was made possible by donations he had raised through the Celebrity Advisory Council, comprised of Early Clover, Kristy Love Brooks, Farah Melanson, Dawn Gibbons, Rheda K. Solo, and Terry Johnston. WestCare volunteers were essential in the planning for the event as well. Darlene Terrell, Jennifer Hatterman, Kevin Morss, Dee Wirth, and our IT department were tireless in their efforts.



We had donations from Chukchansi Resort and Casino in California, table donations from Kentucky friends, and many table donations from Community Council members and their business associates. Attendees were treated to spectacular acrobatic performances by Cirque Du Soliel, Majestik the Magnificent performed his magic with audience participation, and Imre Lengyel did a breath-taking

acrobatic routine that had people out of their seats tossing money into his hat! The ballroom at South Point was luxuriously decorated with a spectacular WestCare ice sculpture as the centerpiece, and the menu was as sumptuous as any restaurant on the strip.

The star power on the stage was incredible: Early Clover of Cornell Gunter's Coasters, Kristy Love Brooks, Farah Melanson, Rheda K. Solo, Lewis Lymon, Gene VanBuren, Tonja Foster, Erlene Jackson, Ken Page, Sesil J., Stevie D., Larry Wooley, Billy Wade, and Michael Vaughn.

With performers from the Marvettes, the Platters, and Cornell Gunter's Coasters, the entertainment was inspired.

This event would have been a \$100,000 event to put on commercially. But we had wonderful volunteers seeking donations and the South Point Hotel Casino was very generous with us. Mr. Clover bringing the stars to the table was "the icing on the cake!" Mayor Oscar Goodman was gracious enough to do a video endorsement for WestCare and the Gala. Lamar had electronic billboards all over town heralding our Gala

Continued on page two –

## In This Issue

Page 1-2

WestCare's Celebrity Advisory Council Presents . . . "CELEBRATING THE VISION" at the South Point

Page 3

The Village South Midtown's Wellness Center Celebrates its Grand Opening

Wonderful Summertime Nonalcoholic Drinks

Page 4

Introducing WestCare Cook County Impact Program

Smiles Abound at California's Children's Center Expansion

Page 5

WestCare Arizona Participates in National Night Out

Labor Day is September 6th

Page 6

WestCare Wellness Watch

Thought for the Month on Recovery

Page 7

2010 Recovery Month

Page 8

Blanket Atlanta Outpatient Treatment Program Celebrates and Congratulates Four Champions

Eric Farris Honored for his Heroism

Judge Kelsey Friend Recognized for His Dedication and Commitment

Page 9

HRSA Technical Advisor Visits Tennessee Site

Recipe for the Month

5 Questions

Continued from feature article on page one –

and we were spotlighted on the local TV news and radio shows.

Our next major undertaking will be October 18 at the Golf Club at South Shore in the Lake Las

Vegas area. Hooters and The Golf Club at South Shore are sponsoring the event, which will include dinner and entertainment in the beautiful country club. Those who don't golf can still enjoy dinner

and dancing in a breathtaking atmosphere.

Click on [www.westcare.com](http://www.westcare.com) and click on Golf Tournament for information and ticket purchasing.

***We would like to thank all of the following contributors:***

- South Point Hotel Casino
- Lamar Outdoor Advertising
- Early Clover
- Greenberg Traurig Law Firm
- John Jeppsen
- Marilyn Moran
- Richard & Sharon Steinberg
- Chukchansi Gold Resort & Casino
- Eagle Investment Corp.
- Wells Fargo
- RC Willey
- Walmart
- KinderCare
- LG Gallery
- Albertson's
- D'Lana
- Fast Frame
- Pete Blanford
- Kare by Kathy
- Johnny Tocco's Boxing Gym
- Wolfgang Puck
- Gordon Biersch
- Matsuri
- Ted Wiens
- Riviera Comedy Club
- The Home Depot
- Best Buy
- Roxanne Bonner
- Peter Szegedy-Maszak
- Chrissy Rice
- Greer Mitchell
- Michael Lavin
- Peter Ventrella
- Jennifer Noland
- Susan Batchelder
- Darla Groat
- Roland Roos
- Rosa Frichtel
- Nelda Bruce
- Abbey Alaba
- Elvin & Stephanie Anderson
- Sarah Barr
- The Kloehn Family
- A Pikeville, KY friend
- Mike Sarkis
- Bank of Nevada
- GLB Insurance
- Western Cab Company
- Terry & Jerry Johnston
- Hughes Property Management
- Donald Blumenthal
- Hooters
- Lowe's
- Walgreen's
- Venetian/ Sands Corporation
- Alisa Johnston Artwork
- The Legacy Golf Club
- Cirque Du Soleil
- Gina Pensanti Beauty Center
- Essential Touch
- Jill Potter, D.C.
- Jos. A. Bank
- Tower of Jewels
- Byrd's Physique
- Siena Golf Club
- Ron & Linda Dupree Balloon Ride
- Rave Motion Pictures
- Outback Steakhouse
- Gloria Krause
- Judi Kosterman
- Pat Keene
- F Chris Austin
- Barbara Farey
- Pete Sullins
- Shawn Jenkins
- Bill Burney
- Jean Borre
- Richard Cervera
- Robert Frichtel
- Laura Everling
- Daniel Anderson
- Oprah Alexander
- Chris & Julie Austin
- Angel Chairez



**We will continue to "Celebrate the Vision"**





# The Village South Midtown's Wellness Center Celebrates its Grand Opening

By Clubhouse Committee members

The Village South is one of the leading substance abuse recovery centers in South Florida. Many people have come through the Village to go on to lead very productive, successful lives. However, some of our clients have needed an extra push when graduating from the Village. Our clients have found that while they have received most services that were needed at The Village, the services were quite limited outside of the Village. Because of this overwhelming need for services, the Village has created another addition to their recovery family: The Village South Midtown's Wellness Center.

The Midtown's Wellness Center's mission is to empower individuals, families and communities impacted by substance abuse, mental illness and other related social problems to engage in the healing, growth and strengthening of their communities by providing an array of professional services to help them develop a healthy lifestyle that are cost effective and culturally competent which includes an appropriate and satisfying leisure lifestyle.

The clubhouse provides a variety of services including wellness programs that include physical workout activities, smoking cessation and nutrition. Additionally, it will be available to carry out recovery – focused community education and outreach

programs, and provide peer-based recovery support services. Members will have access to computers, educational and financial resources, NA/AA meetings designed to increase the prevalence and quality of long-term recovery from alcohol and other drug addiction.

On July 8, 2010, The Midtown's Wellness Center was officially opened for business. A host of people including staff and clients as well as alumni and other prominent members of the community came together to celebrate the Grand Opening of The Wellness Center. Congratulations to the Village South on another great achievement!

## Florida



## Wonderful Summertime Non-Alcoholic Drinks

"Here is a wonderful, cooling non-alcoholic drink perfect for a hot summer barbeque or after working in your garden."

### Cranberry Sangria



#### Ingredients:

- 7 cups cranberry juice cocktail
- 5 small peaches, or nectarines
- 1 lemon, sliced

- 4 cups ice cubes
- 5 cups club soda
- Mint, for garnish
- Watermelon, for garnish

#### Directions:

In large pitcher or punch bowl mix cranberry juice cocktail, small peaches or nectarines (cut into chunks), lemon slices, ice cubes, and club soda. Stir. Pour or ladle into glasses and garnish with sprig of mint and a skewer with a few watermelon balls on it.

# Introducing WestCare Cook County Impact Program

By James McGrew – WestCare / Deer Rehabilitation Counselor

In January 2010 WestCare began providing services to inmates at Cook County Jail in Chicago, Illinois. The Cook County Jail is the largest county pre-detention jail facility in the U.S. and primarily holds pre-trial offenders. The Jail admitted 86,110 inmates in 1996 and has an average daily population of approximately 9,000 inmates. The WestCare Impact program is located within the Jail and is a 142-bed male program designed to help clients eliminate destructive anti-social behaviors, develop non-threatening communication skills, and learn pro-social behaviors that will lead to reduced substance abuse, criminal activity, and recidivism rates; program length is 120 days. WestCare sub-contracted with Deer Rehabilitation Services on the Impact Program and Deer has one employee, James McGrew, on-site.

Soon after settling into Division IV we were moved to Division VI. It was much like moving into a new home before it was finished. We worked from boxes, and although we didn't have immediate access to phones, fax, copier, or computers, our services were uninterrupted. Leslie Balonick, WestCare Senior Vice

President- Eastern Division, handled the logistics and Willie Hall, WestCare Impact Program Director, worked on the infrastructure. Director Rashanda Carroll, Director of Programs for Cook County DOC, and Superintendent Currie proved instrumental in the move and remain an integral component of our continued success. When Dawn Ruzich isn't at Sheridan, she's at Division VI assisting us with discharges, admissions, creating new forms, and collecting and interpreting data. Administrative Assistant Sonia Gonzalez manages our correspondence and is a liaison between Cook County and WestCare staff.

Since January, the Impact Program has served 735 clients. WestCare has four decks staffed by four full time counselors: Kenyatta Walker, Gregory Jeter, Andre Newsome, and James McGrew. The curriculum on the decks include HIV, Relapse Prevention, Coping Skills, InsideOut Dads, Cognitive Criminal Thinking and Behavior. PACE School, which prepares clients for taking their GED, opened in one of our classrooms and so far fourteen students have earned their G.E.D. Three students were awarded scholarships to two



## Illinois

year colleges, and we are preparing to open our Virtual High School later this year. In another classroom, Counselor Vernon Dandrige conducts a Young Men's Aggression Management Group that runs for eighteen weeks. The effectiveness of his groups is evident on the decks when his young charges are faced with difficult situations.

Once a month the entire staff meets off-site to brainstorm, share fellowship, and eat. Leslie and Dawn have assured us that we are meeting program expectations and that we are on target. We all feel our future is bright, and our hopes are high.

# Smiles Abound at California's Children's Center Expansion

By John Wallace – Resource Development Coordinator / WestCare Foundation

## California



Above: WestCare Chief Operating Officer Shawn Jenkins joins Congressman Costa and client families in the official ribbon-cutting ceremony.

Right: Congressman Jim Costa enjoys his time with the moms and children at WestCare California's MLK site.



A much anticipated ribbon-cutting marked the start of construction for an addition to WestCare California's children's play area at the Fresno residential facility in Fresno.

20th district representative Jim Costa presided over the joyful event, joining WestCare COO Shawn Jenkins, staff members, and the parents and children who will benefit from the expansion project.

Congressman Costa, who helped arrange for a \$377,190 federal grant, has long been an advocate for social service programs, especially those offered through the respected WestCare network.

Some 30 mothers and their babies and toddlers reside on the Fresno campus, and they have recently welcomed a mother and father client couple and their newborn baby. In addition, after receiving requests

from men in the recovery program, a new father and child bonding arrangement has been approved. The "Papa-natal" program is believed to be among the first of its kind in the Central Valley.

WestCare California takes great pride in *uplifting the 'family' spirit!*





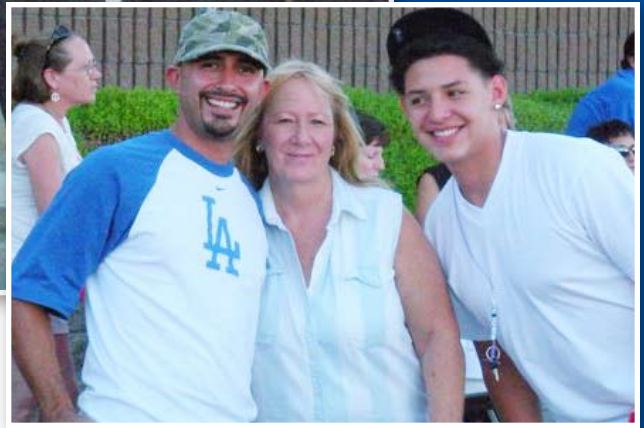
# WestCare Arizona Participates in National Night Out

By Tracy Stevens – Area Director

WestCare Arizona staff braved the heat and manned a table at the Bullhead City National Night Out Campaign. The city had 2 locations where law enforcement agencies, civic groups and businesses set up tables and provided valuable information for community residents as well as activities for children and raffle prizes. National Night Out is an event to help heighten crime and drug awareness; generate support for and participation in local anticrime programs; strengthen neighborhood spirit and police-community partnerships; and send a message to criminals letting them know that neighborhoods are organized and fighting back.

About 200 adults and children came out to the location where WestCare staff had a table. Staff provided participants with information about domestic violence, the Safehouse Domestic Violence shelter and other WestCare programs. They gave away WestCare logo items to the adults and small trinkets and toys to the kids. Other activities for the kids included how to make a 911 call, fingerprinting, exploring a fire truck and face painting. "Trench," the local fire departments fire dog was on hand for pictures and mingled in the crowd. There was a lot of water on hand to be given away along with big cookies.

In addition, staff and clients from WestCare's Sage Group Home also came to enjoy the activities.



It was an opportunity for the youth to meet local police officers in a positive setting as most of them have a history of law enforcement contact. The youth enjoyed the event and staff enjoyed meeting and talking with the community participants . . . even in the extreme heat!

## Arizona

One of the Participating Law Enforcement Agencies

Frank Sagasta and Debra Adams along with Sage House resident Bo C.

# Labor Day is September 6th

## HOW LABOR DAY CAME ABOUT; WHAT IT MEANS

"Labor Day differs in every essential way from the other holidays of the year in any country," said Samuel Gompers, founder and longtime president of the American Federation of Labor. "All other holidays are in a more or less degree connected with conflicts and battles of man's prowess over man, of strife and discord for greed and power, or of glories achieved by one nation over another. Labor Day . . . is devoted to no man, living or dead, to no sect, race, or nation."

Labor Day, the first Monday in September, is a creation of the labor movement and is dedicated to the social and economic achievements of American workers. It constitutes a yearly national tribute to the contributions workers have made to the strength, prosperity and well-being of our country.



## Fruit and Veggies - More Matters Month



### Almost Everyone Needs to Eat More Fruits and Vegetables

A growing body of research shows that fruits and vegetables are critical to promoting good health. To get the amount that's recommended, most people need to increase the amount of fruits and vegetables they currently eat every day.

### Fruits and Vegetables Can Protect Your Health

Fruits and vegetables contain essential vitamins, minerals, and fiber that may help protect you from chronic diseases. Compared with people who consume a diet with only small amounts of fruits and vegetables, those who eat more generous amounts as part of a healthful diet are likely to have reduced risk of chronic diseases, including stroke and perhaps other cardiovascular diseases, and certain cancers.

### Whole Foods or Supplements?

Nutrients should come primarily from foods. Foods such as fruits and vegetables contain not only the vitamins and minerals that are often found in supplements, but also other naturally occurring substances that may help protect you from chronic diseases.

For some people, fortified foods or supplements can be helpful in getting the nutrients their bodies need. A fortified food contains a nutrient in an amount greater than what is typically found in that food.

### Fruits and Vegetables and Weight Management

Substituting fruits and vegetables for higher-calorie foods can be part of a weight loss strategy. Using more fruits and vegetables along with whole grains and lean meats, nuts, and beans is a safe and healthy one.

### Fruits and Vegetables on the Go!

Busy lives can benefit from food that's nutritious, yet easy to eat on-the-go, like fresh fruits and vegetables. Fruits and vegetables are a natural source of energy and give the body many nutrients you need to keep going.



# WestCare Wellness Watch



### The Colors of Health

Fruits and vegetables come in terrific colors and flavors, but their real beauty lies in what's inside. Fruits and vegetables are great sources of many vitamins, minerals and other natural substances that may help protect you from chronic diseases.

To get a healthy variety, think color. Eating fruits and vegetables of different colors gives your body a wide range of valuable nutrients, like fiber, folate, potassium, and vitamins A and C. Some examples include green spinach, orange sweet potatoes, black beans, yellow corn, purple plums, red watermelon, and white onions. For more variety, try new fruits and vegetables regularly.

To view a chart that lists specific nutrients and tells you how these nutrients contribute to good health, go to:

[http://www.fruitsandveggiesmatter.gov/benefits/nutrient\\_guide.html](http://www.fruitsandveggiesmatter.gov/benefits/nutrient_guide.html)



## Thought for the Month on Recovery

"Recovery is a journey between two stations. One station represents total chaos, and the other represents total serenity. What is important is not where you are, but what direction you are facing."



# 2010 Recovery Month

## Overview: *Now More Than Ever!*

Published on [www.recoverymonth.gov/Recovery-Month-Kit](http://www.recoverymonth.gov/Recovery-Month-Kit)

The Substance Abuse and Mental Health Services Administration's (SAMHSA's) Center for Substance Abuse Treatment (CSAT), within the U.S. Department of Health and Human Services, sponsors *National Alcohol and Drug Addiction Recovery Month (Recovery Month)* each September. This celebration aims to improve the lives of those suffering from this disease through treatment and recovery. While many people achieve recovery, there is still a need to continue to educate people about addiction and motivate those who may have a problem to seek help. In 2008, an estimated 23.1 million people needed treatment for a substance use disorder in the United States.

Stressful experiences may increase the vulnerability of some to turn to addictive substances for relief or to relapse, even after a prolonged abstinence. Stress is an all too common issue: an estimated 75 to 90 percent of all visits to primary care physicians are for stress-related problems. This document outlines issues surrounding stress, substance use, treatment, and recovery.



## Stress in Today's World

This year's Recovery Month theme, *"Join the Voices for Recovery: Now More Than Ever!"*, emphasizes the increase of stress in our society. It addresses how stress and other external circumstances can contribute to the onset and relapse of substance use disorders, and highlights specific groups affected by these stressors, including:

- Public safety officials, including the military, police, and fire personnel, who have careers in which they frequently put their lives at risk for the safety of others. Up to 20 percent of service members returning from the war in Iraq and Afghanistan disclose symptoms that are consistent with emotional problems or depression.
- People in the workforce, who can feel tremendously stressed, especially during rough economic times. Such stress puts people who are in recovery from substance use disorders at risk for relapse, while causing others to begin to use alcohol and/or drugs to relieve stress.

- Older adults, who can find retirement stressful due to the sudden change of pace, financial worries, or health concerns. According to research, 2.5 million older adults and 21 percent of hospital patients older than age 65 have had alcohol-related problems. Among people aged 50 to 59, the rate of current illicit drug use increased from 2.7 percent in 2002 to 5.0 percent in 2007.
- Families, who endure personal stress that can lead to increased use of alcohol and/or drugs. In one study, people who experienced four or more adverse childhood experiences, such as growing up in the home of someone who abused alcohol, had 4 to 12-fold increased risks for alcoholism and drug abuse, compared with those who experienced none.

*Look for more local and regional stories about WestCare observances in the October issue of the WestCare Express.*

## Recovery Resources also found on [www.samhsa.gov](http://www.samhsa.gov)

1. SAMHSA's National Helpline – Accessed by calling 1-800-662-HELP, or 1-800-487-4889 (TDD).
2. SAMHSA's "Find Substance Abuse and Mental Health Treatment" Web site – [www.samhsa.gov/treatment/](http://www.samhsa.gov/treatment/)
3. SAMHSA's "Considerations for the Provision of E-Therapy" Report.



# Blanket Atlanta Outpatient Treatment Program Celebrates and Congratulates Four Champions

By Canzada Twyman – Program Manager

## Georgia



On Friday, August 13, the WestCare Georgia Blanket Atlanta Team and other program participants celebrated their very first Phase I Completion Ceremony. It was a time of rejoicing with family and friends, as we congratulated and celebrated four of the Champion Participants. Each of the Champions has successfully completed Phase I of the Blanket Atlanta outpatient level I treatment program and was transitioned to Phase II. The Champions shared their experiences as they worked through Phase I and expressed their gratitude for the services they received.



Each of the Champion Participants were charged to:

- 1.) Whole heartedly EMBRACE the Path of Recovery, not to pass it by but to accept it eagerly!
- 2.) EMBARK upon this new venture in Life! and
- 3.) EXPERIENCE a new way of thinking, new friends and new places.

We congratulate and charge you this day to Live Life and Live it in Abundance!

## Eric Farris Honored for His Heroism



WestCare Kentucky Community Council honored Eric Farris for his heroic actions during the recent fire at the Hal Rogers Appalachian Recovery Center at Ashcamp, Kentucky. Eric was on the roof of the building holding off the flames with a fire extinguisher until the Fire Department arrived. When presented with a plaque of appreciation Farris stated "I just wanted to save the place that saved my life." Thanks to Eric, the building only suffered exterior damage.

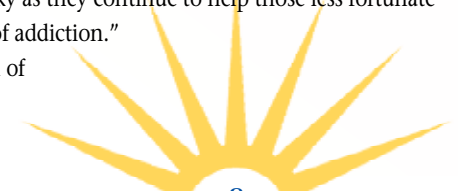
## Kentucky



## Judge Kelsey Friend Recognized for His Dedication and Commitment

Judge Kelsey Friend was recognized for his dedication and commitment for "Uplifting the Human Spirit" at the August 21, 2010 Kentucky Community Council Meeting. The Judge is resigning his position on the council due to a professional conflict. He stated, "My thoughts and prayers will be with WestCare Kentucky as they continue to help those less fortunate and who are struggling with the demons of addiction."

Friend was instrumental in the creation of WestCare Kentucky and has been active with the organization since 2004.





# HRSA Technical Advisor Visits Tennessee Site

By Leslie Wilson – WestCare Tennessee

On Tuesday, August 17, 2010, the Hancock County Rural Health Network was visited by their appointed Technical Advisor from the Georgia Health Policy Center, Lynne Kernaghan. Ms. Kernaghan toured the site and co-facilitated a meeting for the HCRHN. Several Network Partners attended, including Hancock County’s Mayor-elect, the Superintendent of Schools, and representatives from Hancock County Home Health, Hancock County Hospital, East Tennessee State University and WestCare.

The site visit was a requirement of the HRSA Network Planning Grant that Hancock County received earlier this year. Each member present provided thoughtful discussion and contributed to planning for the application of a second grant that will be available in September. The HCRHN continues to fulfill the requirements of the Planning Grant and WestCare continues to be a major contributor in the effort to provide and integrate mental health and substance abuse services into primary care for the residents of this community.



## Recipe for the Month

Appetizer – From the kitchen of Deborah Zapata (your WestCare graphic designer)

### Seviche of Scallops

Makes 30-40 hors d' oeuvres

#### Ingredients:

- 1 lb. fresh bay scallops
- 3/4 cup fresh lime juice
- 4 scallions, minced
- 1 fresh jalapeno pepper, minced fine,
- 1 tsp. freshly ground pepper
- 2 T. chopped cilantro
- 1 T. pimentos, minced
- 1/8 tsp. crushed red chili pepper
- 1/4 cup olive oil

#### Directions:

Combine the scallops, lime juice, scallions, jalapeno pepper, cilantro, pimentos, chili pepper, black pepper and olive oil in a stainless steel bowl mixing bowl. Let stand for 2 to 4 hours in the refrigerator, stirring occasionally, or refrigerate overnight.

#### To Garnish:

Avocado chunks (1/2 inch)  
Quartered cherry tomatoes  
Spring of cilantro on top of presentation.  
These last ingredients should be placed in the dish right before serving. Do not marinate overnight with other ingredients.

#### Variation:

Substitute 1 pound fresh tuna, salmon, sole or whitefish cut into 1/4 inch cubes instead of the scallops.

– Very important –

Use very fresh seafood for this dish because it's only marinating in the lime juice mixture.



## 5 Questions with John Bascom

Resource and Community Relations Specialist – WestCare Georgia

*Mr. John Bascom is one of WestCare Georgia's most valuable and revered employees. His gentle guidance and encouraging words have brought new hope to young people in that region. Mr. Bascom currently serves as Resource and Community Relations Specialist and utilizes a wealth of experience-and good ol' common sense-to fit perfectly in our family. He is a United States Navy veteran, and served in the Mayor's office in Atlanta and for the U.S. Postal Service.*

**1. What's the most rewarding experience or biggest challenge in working for WestCare?**

The most important is always uplifting the human spirit and to be of service to those that are in need. We need to let our

youth know that we are all God's children and we will walk with them no matter what they are going through.

**2. What do you do in your spare time?**

I am very active as a 33 degree Prince Hall Mason, serving all in the community.

**3. What would everyone be surprised to learn about you?**

That I keep what I have . . . by giving it away.

**4. Proudest personal or professional accomplishment?**

Learning that I am who I am because God is who He is.

**5. What is your favorite TV show? If you do not watch TV what is your favorite type of music?**

Wheel of Fortune and CNN News.

