



September 2013

**September:  
A Month for Strength, Resolve and Joy.  
Here are just a few events that are being planned:**



**Pacific Islands**

**September 7th**

Serenity Beach Walk, Matapang Beach –

**September 22nd**

Islandwide Fellowship and Sunset Serenity Walk, Matapang Beach –

**September 28th**

Family Picnic, Ypoa Beach –

**Kentucky**

*Estill County CIC, Irvine Kentucky  
Community Event for Recovery Events*

**September 8th**

Recovery March –

**September 23rd**

Family Dinner Day –

**September 28th**

7th Annual Recovery Golf Scramble –

**California**

**September 20th**

Community Resource Fair at Bakersfield Residential

**September 27th-28th**

Sober Stock VIII at Manchester Center.  
Kick-off concert on Friday.  
Saturday – resource fair, live music and more!

**Nevada**

**September 28th**

Annual Recovery Day Picnic



*Look for photos from various events in our next issue.*

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Courtesy of SAMHSA

## Join Us! . . . Get Involved

The Recovery Month campaign promotes the societal benefits of prevention and treatment for mental and substance use disorders, celebrates people in recovery, lauds

the contributions of treatment and service providers, and promotes the message that recovery in all its forms is possible.

## Recovery: For You or Someone You Know Find and Sustain Your Recovery or Help Someone with Theirs

If you are thinking about starting on a path of recovery, are already in recovery, or want information on treatment and recovery

for yourself, family or friends, Recovery Month has information that can help.

## Recommended Viewing Road to Recovery Television Series

**September: Peer Recovery Support: Leveraging Personal Experience in Helping Others** (Premieres: 09/04/2013)

Peer recovery support in behavioral health is a powerful and essential component of the recovery process. More recently, however, the recognition of the importance of peer support has led to more structured and intentional applications of this recovery support approach. For example, many peer “recovery support specialists” and “recovery coaches” have received training on the most effective ways to help peers in recovery. Use of trained individuals along with other strategies for providing peer support is found in both mental health and substance use

settings. Peer support is especially effective within certain groups such as military service members and veterans, young adults, and lesbian, gay, bisexual, and transgender populations. In some applications, online technologies are used to facilitate peer support processes. This show will also address the use of peer support in recovery community centers and recovery living settings.

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

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



Courtesy of SAMHSA





# Educating Our Clients: Changes Are Coming

By Elaine Grissom – Asst. Chief Probation Officer (Juveniles)-Mojave County

WestCare Arizona's GED scholarship program continues to receive referrals. Currently, WestCare Arizona has provided assistance for 14 new graduates. Eight other recipients have completed a portion of the test. Eleven applicants are currently registered to take the test. Twenty-six additional students have applied for the scholarship and are pending. ***Our goal is 40 GED graduates this year in honor of WestCare's 40th anniversary!***

Beginning January 1, 2014, all high school equivalency tests will be administered via a computer. All test takers must finish and pass all five tests before December 31, 2013 or start completely over on January 1, 2014.

Another significant change will be the cost of the test. It will increase to **\$150.00**. The content of the test is also being changed, especially in Math. The content redesign will result in a four-test format; literacy, math, science and social studies. Writing skills will be assessed within the

content of two or more of the tests rather than in a separate writing test as is now done.

Preparation programs will have to be revamped to include not only computer literacy and keyboarding for those without these skills, but also extensive critical thinking and problem solving. The new GED test will include higher-order thinking skills, which are not the focus of the current GED test. In addition, the college readiness portion of the test will include Algebra II content, which adult educators anticipate will be very challenging for many test takers (*The Working Poor Families Project, Policy Brief, Fall 2012*).

Two types of certifications will be available through the new GED test; the general high school equivalency and an endorsement that indicates college and career readiness.

The 2010 U.S. Census indicates that more than 39 million adults (18%) aged 16 and older lack a high school credential and are not enrolled in any educational program. ***WestCare Arizona is making a difference – one student at a time!***

## Arizona



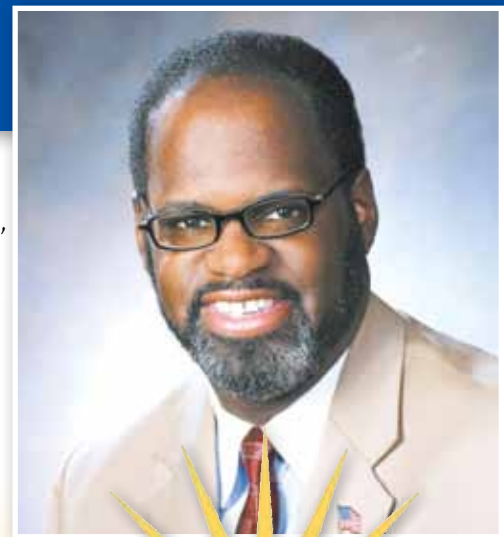
## In Loving Memory

As August was drawing to a close, we lost a truly august man.

**The Rev. Dr. James G. White**, WestCare's Regional VP in Wisconsin, was quiet and gentle, respected, dignified, revered and inspirational. It is not lost on us that The Rev. Dr. White passed away on the 50th anniversary of the historic March on Washington D.C. The remarkable revival of Milwaukee's Harambee project will forever hold his legacy, bestowed through a life of social and spiritual service and wise guidance. He once wrote in the Milwaukee Community Journal:

***"No matter how bad we think things are in our own lives, the fact always remains that there is someone else out there who is worse off than you are. Giving to others in your own time of need can provide a spiritual and emotional lift like nothing else can."***

Good work, Sir. Good work.



## Village South Alums Go ‘Old School’

By Carolina Botero – Midtown Wellness Center Coordinator

In recovery it is very important that after treatment clients continue to connect with their peers and active circle in recovery and to have support and guidance. Three years ago a small group of alumni from the Village began to meet every Wednesday at 7pm in our Midtown’s Wellness Center with the purpose of maintaining this connection and helping others during treatment. This group of alumni and staff from the Village decided to make these reunions more enjoyable and fun for everybody.

In late July, the alumni group and Village staff organized a dance party themed “Oldies but Goodies” with the purpose of reunifying alumni from the Village and others in recovery. It was a total blast showing us the great response from our former clients. We are looking forward to doing these recreational activities once a month to promote fun without drugs and alcohol.



## Florida



- ▲ Beautifully decorated dance party site
- ◀ Motown and more at Midtown

## Using Yoga in Recovery

By Carolina Botero – Midtown Wellness Center Coordinator

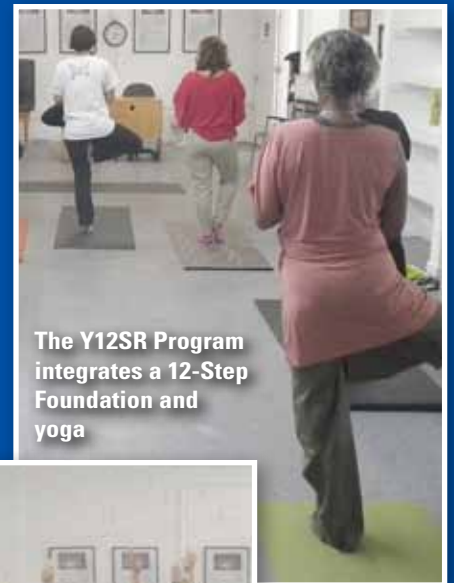
The Village South/WestCare Foundation Midtown Wellness Center recently introduced the Y12SR program. Y12SR stands for “Yoga of 12 Step Recovery,” founded by Nikki Myers, a native of Indiana who has been in recovery for many years. The program integrates a 12 Step foundation and yoga in an effort to holistically address the physical, mental, and spiritual issues related to addiction. Each session begins with a 12 Step meeting then moves into a yoga class which helps to relieve stress and align energies in the mind, body, and spirit.

The classes are facilitated by two exceptional volunteers, **Adriana Estrella** and **Maria Isabel Sarille**. Both facilitators are certified yoga teachers who have been promoting the Y12SR program in the recovery community in Miami. The Village South/WestCare Foundation is proud to welcome these ladies and offer this program to our clients.

*The program has already met with positive feedback from the clients:*

- “Yoga makes me feel good, and helps me to relieve tension during treatment.” – **Betty**
- “The sessions help me to center my mind to stay focused and relieve stress.” – **Catherine**
- “I really enjoy yoga. It gives me a chance to relax and learn exercise/stretching with deep breathing. It puts my mind and body in balance. Please don’t take it away.” – **Barbara**
- “It calms me down, takes away stress, and makes me feel flexible.” – **Jennifer**

**Mind, Body, Spirit. A healthy combination for all of us.**



The Y12SR Program integrates a 12-Step Foundation and yoga





# Florida

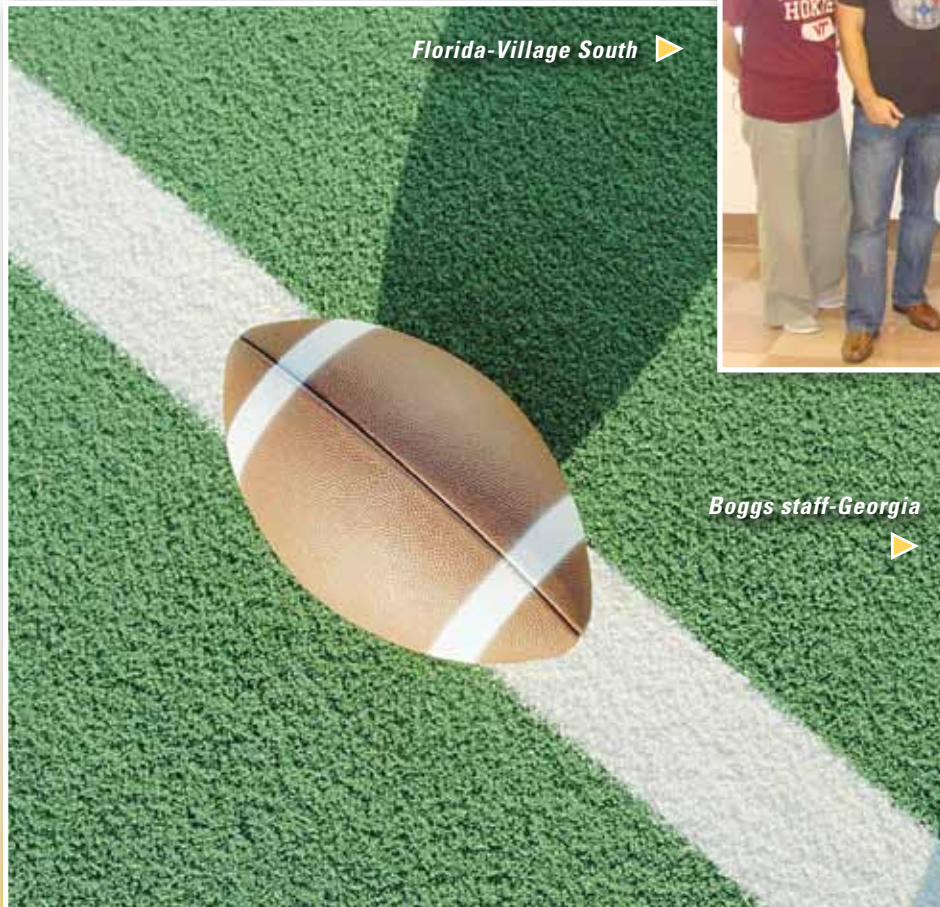
## Safety First!

The Village South's Healthy Start program in Miami raffles off one car seat each week at their parenting and childbirth classes. Car seat winners receive a car seat, plus one hour of education on proper use and installation. This service is made possible through a generous donation by the Healthy Start Coalition of Miami Dade. Program Director **Heather Baker** (pictured with moms) heads up the popular safety program.



# Are You Ready For Some Football?

Some of your WestCare colleagues are proudly showing their allegiance to their favorite NFL and college teams.





## September Calendar

**September 2nd**  
Holiday – Labor Day

**September 4th**  
Road to Recovery Television Series  
*Peer Recovery Support: Leveraging  
Personal Experience in Helping Others*

**September 9th**  
9:00am - 10:00am  
Kentucky Central - CAC Meeting  
Noon/ET – 9:00am/PT

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

**September 13th**  
1:30pm - 2:30pm  
CA - CAC Meeting  
2145# MLK Facility, Fresno, CA

**September 17th**  
11:00am - 1:00pm  
John Moran Recognition

**September 17th**  
8:00am - 9:00am  
Executive Committee Meeting  
Teleconference  
8:00am/PT – 11:00am/ET

**September 17th**  
2:30pm - 4:00pm  
Village South CAC Meeting

**September 22nd**  
Fall Begins

**September 24th**  
Graduation/Commencement Ceremony  
Nevada

**September 24th – 26th**  
WestCare Senior Management  
Team Meetings  
Foundation Office, Las Vegas, NV

**September 26th**  
8:00am - 10:00am  
GA – CAC Meeting  
827 Pryor Street, SW, Atlanta, GA

**September 27th**  
Ferraro Strategic Planning Meeting

**September 27th –28th**  
WestCare Fresno National Recovery  
Month – Soberstock Event

## September Health Observances

### September is National Childhood Obesity Awareness Month

Courtesy of [www.healthfinder.gov](http://www.healthfinder.gov)

One in 3 children in the U.S. is overweight or obese. Childhood obesity puts kids at risk for health problems that were once seen only in adults, like type 2 diabetes, high blood pressure, and heart disease.

The good news? Childhood obesity can be prevented. Communities, health professionals, and families can work together to create opportunities for kids to eat healthier and move more.

Make a difference for kids: Spread the word about strategies for preventing childhood obesity and encourage communities, organizations, families, and individuals to get involved.



### ***How can National Childhood Obesity Awareness Month make a difference?***

We can all use this month to raise awareness about the obesity epidemic and show people how they can take action toward a solution – both at home and in the larger community.

#### **Here are just a few ideas:**

- Encourage families to make small changes, like keeping fresh fruit within their children's reach or going on a family walk after dinner.
- Motivate teachers and administrators to make schools healthier by providing quality nutrition and making sure physical activity is a part of every student's day.
- Ask doctors and nurses to be leaders in their communities by supporting programs to prevent childhood obesity.

<http://healthfinder.gov/nho/SeptemberToolkit.aspx> – For more information

## Prostate Cancer Awareness Month

Courtesy of: – <http://www.cancer.org>

There is no better time than September, during Prostate Cancer Awareness Month, for men to talk with their health care providers about this disease so that they can make informed decisions about maintaining their prostate health. Although prostate cancer is the second leading cause of cancer death among men, when detected early it also boasts some of the highest survival rates.

This year approximately 217,730 men will learn they have prostate cancer and more than 32,050 men will die from the disease. African-American men are disproportionately affected by prostate cancer, having higher rates of prostate cancer diagnosis and death than men of all other racial or ethnic groups in the United States.

Almost one third of prostate cancer cases are found in men during their prime years at work.



# WestCare Helps “Grow Appalachia”

Submitted by Renee Alexander – Area Director

Estill County CIC received a \$25,000 grant from **Grow Appalachia** which is a partnership between Berea College and John Paul DeJoria’s Peace Love & Happiness Foundation.

Grow Appalachia is planting the seeds for a sustainable future. Despite a rich agricultural history, family farming and gardening have become less popular and less profitable in Appalachia, limiting access to healthy, affordable food. Grow Appalachia seeks to solve pervasive food insecurity issues by restoring the relationship between the people and the land.

When food grows, communities and families grow, too. Through funding and technical

assistance, Grow Appalachia has supported hundreds of gardens through dozens of community partnerships in four states, from backyard gardens to community gardens to school and summer camp gardens to greenhouses to mini-farms (photos) producing more than 574,000 pounds of healthy, organic food for thousands of people in its first three years. The gardens are worked by nonprofits, farmers’ market entrepreneurs, the elderly, the Girl Scouts, inmates, the disabled, and others who believe a better food system equals better lives. Some participants garden to save money. Others garden to make money. And pressure canning has become popular (photo).

The program seeks both to educate communities and to learn from communities. It works to preserve the past, build hope for the future, and empower Appalachians to live healthy, productive lives. WestCare is proud to be involved in this wonderful, wide-impact program.

## Kentucky



Mini-farms



Mini-farms



Pressure canning has become popular

## Ending Summer With A Splash!

WestCare Kentucky received a \$1500 grant from Kentucky Appalachian Ministries in Berea to support drug free events. The Estill County Community Involvement Center had 175 swimmers at Paradise Cove in Lake Reba and over 200 in attendance for the 3rd Annual **Family Fun Night**. GREAT FUN AND FELLOWSHIP with clients, volunteers, donors and staff!!!



Family Fun Night at Paradise Cove in Lake Reba



# Engaging Incarcerated Clients

Submitted by WestCare Illinois staff

On July 17th **Mr. Mark Sanders**, who is an international speaker in the addictions field presented *Strategies for Engaging Difficult-to-Reach Clients with Substance Use Disorders* to the WestCare staff at Sheridan Correctional Center. Supervisors Lauren, Stephanie, and Carolyn wrote their reviews on the training.

**Lauren Holt:**

“We learned many new tools we can utilize to engage our clients at Sheridan. For example, learning about ‘why men resist counseling’ was beneficial for the environment we work in because in order to work through something, you first have to understand it. Also, in order for us as counselors to help our clients to the best of our ability, we have to be right with ourselves and avoid burnout, so many tools were given to help decrease the likelihood of burnout. Learning more about the clients on a personal level, such as who their hero is, their favorite food, or what they like to do on a Saturday afternoon, helps build rapport and levels the playing field, so that the client

and the counselor are on the same team. We learned different ideas for treatment plan assignments and group discussions, as well as building rapport at the start of the assessment with the ‘small talk’ for the first few minutes.”

**Stephanie Wright**

“Mark Sanders is a wonderful speaker and helps motive clinicians to do their very best. His invigorating and delightful presentation encouraged me to try new strategies and techniques that would help me to engage difficult clients. Thank you WestCare and Mark Sanders for an awesome training!”

**Carolyn Ahlbach**

“Mr. Sanders, as always the excellent presenter, amazed me with all the seemingly common sense information that was offered in a way that gave me that ‘Ah-ha!’ moment, as if I should have known it all along!”

## Illinois



Training presenter Mark Sanders

## Kentucky



# Time to Talk to Your Children

Sponsored by Estill Substance Abuse Coalition

Research has consistently shown that teenagers who eat dinner more often with their families are less likely to drink, smoke cigarettes, or use other drugs.

### Time to Talk: Conversation Starters –

- Are you meeting any interesting people at school?
- What do you think is the biggest problem in our country?
- What would you do if someone ever tried to offer you drugs?
- What is one thing you could absolutely not live without?
- What is your favorite thing you learned today?
- What’s the best and worst thing that happened today?





# Information Technology

An occasional column of advice from our Information Technology team

## IT Corner

### When You Are . . . 'Out of the Office'

By Sean Harrigan – *Systems Administrator- Information Technology, WestCare Foundation*

At some point everybody will be out of the office for a few days, a few weeks, or even a few months. Though we try to let everyone know when we'll be out of the office, there's always someone we forget. Fortunately, we can set up our email and phone to let everyone who tries to contact us that we're not available, and when we'll be back.

#### Email

We have a few different versions of Microsoft Office in our network, and each version is a little bit different than the previous version. However, everyone in the company has access to webmail via the Outlook Web App at

<https://mail.westcare.com> where these settings can be managed from inside or outside of the network.

Once logged into the Outlook Web App, you will see an "Options" link in the upper right hand corner, if you click on that link, a drop down will appear, and you will see an option for "Automatic Replies." Selecting "Automatic Replies" from that menu will direct you to a form that will allow you to set an automatic reply with options such as start time, end time, and whom you'd like to send the reply to.

Also, if you mark the block of time on your calendar as "Out of Office" anyone attempting to email you will see that you are out of office when they initiate an email.

#### Phone

It's also a good idea to set your voicemail message to indicate that you are out of the office. The process for doing this varies based upon the phone system you have in your office, but you can contact the helpdesk if you need assistance.

If you're in a shared office area where others can hear your phone ring, it's a good idea to turn off the ringer, or set your phone to send all calls directly to voicemail so that the ringing doesn't disturb the people around your phone while you're gone.



## The Month of September

#### September Birthstone: Sapphire:

The September birthstone reflects some of the properties with which the Sapphire is associated - truth, sincerity and constancy. The Traditional Metaphysical Properties for the September Birthstone Sapphire are clairvoyance, insight and interpretation. The healing properties of the September birthstone are reputed to be effective for health problems relating to lowering fevers and inflammation, hearing problems, cancer and burns.

#### September Birth Flower – Morning Glory or Aster:

The meaning of the September Birth Flower, the Aster is Love, Faith, Wisdom and symbolizes Valor

**Sign of the Zodiac and Dates:** Virgo – Aug. 23 - Sept. 22.

**Characteristics of Virgo:** Orderly, Modest, Diligent, Analytical and Self-sufficient



# WestCare Journeys with Micronesian Women

In August, WestCare facilitated sessions in the Commonwealth of the Northern Mariana Islands (CNMI) and in Pohnpei, Federated States of Micronesia. Women from the region gathered to discuss, share and develop ideas that would assist in improving their plans to reach out to girls and women in their island communities.

WC's Regional Vice President **Sarah Thomas-Nededog** and Youth Educator **Kathleen Tolosa** co-presented with Guam's Legislative Speaker Judith WonPat on Leadership at the CNMI Women's Summit where over 100 women attended. The 2 day event was opened with encouraging words from the Honorable Eloy Inos, Governor of the CNMI who noted that women were great movers in the islands of Saipan, Rota and Tinian. Presentations were made by United States Attorney Alicia Limtiaco - who spoke about Human Trafficking - and several others from the Northern Marianas College. Edith Deleon Guerrero, CNMI Director of Workforce Incentive Act (WIA) gave the keynote speech reminding women of their power to influence others while taking care of themselves. Congresswoman Felicidad Ogumoro and Senator Jovita Taimanao, Chair and Vice Chair respectively of the Commonwealth Women's Association (CWA) who sponsored the summit, inspired the attendees with motivational speeches and invigorating music. The closing session was facilitated by VP Nededog and CWA Director Florine Hofschneider who assisted the participants to craft out directions for next steps for the

council as well as their own personal commitments to bring change to their community.

Later on in August, VP Nededog traveled to the island of Pohnpei, 1 of 4 states in the Federated States of Micronesia (FSM). As part of the Office of Minority Health Resource Center's Prevention Resource Training Center (OMHRC/PRTC) grant, WCPI provided trainings for about 35 women from the Pohnpei Women's Council (PWC).

Nededog summarizes her experience saying that "the women of the Pacific are a wonderful and inspiring group who are truly dedicated to improving the lives of their children and families. Women from the CNMI and Pohnpei have reaffirmed my appreciation for the beauty of our pacific island cultures and the amazing contributions made every day for their families and communities. WestCare is proud to be part of the journey of Pacific Island women."



WestCare Regional VP Sarah Nededog, center

(L-R) Laurie Ogumoro, Debra Inos, Florine Hofschneider, US Atty. Alicia Limtiaco, Sarah Nededog, Congresswoman Felicidad Ogumoro and Kathleen Tolosa.



Legislative Speaker Judith WonPat leads breakout session



Huge turnout for 'Women Making a Difference'





# The Waist Is A Terrible Thing To Mind!

By Michael Mygind

WCCA'S Health and Wellness department knocked it out of the park with their Biggest Winner challenge! After the final weigh-in on August 2nd, our top two winners were only two pounds apart! **Marcelino Maytorena** took first place with 37 lbs lost with **Erik Carr** coming in just behind with 35 lbs lost. **Raquel Navarrette** came in at third place with a loss of 18 lbs.

The winners attributed their success to healthier diets and regular exercise ranging from Zumba to Jiu-Jitsu. We would like to thank Irene Gutierrez and the Health and Wellness department for organizing this amazing challenge.

We hope that all of our WestCare friends continue a habit of healthy living with the potential to inspire others to make the better choice.

## California



▲ Erik Carr, second place  
Lost 35 pounds



▶ Raquel Navarrette, third place  
Lost 18 pounds



▶ Marcelino Maytorena , first place  
Lost 37 pounds

## Nevada



# Tannya: Living the 'American Dream'

By Nicholette Davis – Supervisor

Approximately one year ago, a young citizen who is originally from Mexico was referred to the VOYAGE Program from the Title I Hope Program at Bonanza High School. This young lady moved away from her family in Mexico to obtain an education in the United States. Shortly after moving to Las Vegas, she was left with no family support and found the internal strength to continue her education while being homeless on the streets.

Since her admission into the program, **Tannya P.** has graduated from Bonanza High school, participated in a full time internship with the Clark County Regional Justice Courts, and recently obtained a part

time job with Wells Fargo. Now, since her discharge one month ago, Tannya has been living in her own apartment, self sufficient and is scheduled to take her Scholastic Aptitude Test this month. Her plans are to attend the University of Nevada- Las Vegas. *Congratulation Tannya!*



# A Positive Role Model for Young Men

Submitted by Audrey Mack – Boggs Program Director

Late one evening I was approached by one of the WC-Boggs residents, who asked if they could do an appreciation day for Mr. Wess, the WC Boggs Maintenance Supervisor. Carlton “Wess” Holmes has been employed at the WestCare GA- Boggs Program since 2007 when the program first began.

Resident Q stated, “Ms. Mack he does so much to take care of all of us- like coming in on the weekends to make sure that we can take showers, fixing the doors, and all kind of stuff. He works a lot and we need to let him know that we appreciate it.” Of course, my answer was YES-let’s make it happen!

*Here is what the residents have to say about Carlton” Wess” Holmes:*  
(Written by: Michael W.)

At WestCare Georgia Boggs on Thursday,

August 22, 2013 an appreciation day ceremony was held in honor of Mr. Wess. The purpose of the ceremony was to let him and everyone else know that we appreciate everything that he does for us. We see a man that does an outstanding job, he never complains about any job that he is required to do and he always does extra. Not to mention him spending time with the residents and giving us great advice. He is always available for us when we need his help. He also teaches us how to be hard working men and good gentleman. We all wish that we knew more men like Mr. Wess!



Georgia

“Mr. Wess” and clients

# WestCare In The News

Courtesy Hillary Thornton, WYMT

## Dick Steinberg Praises Higher Education Partnership

**PIKEVILLE, Ky.** - College is a time when many folks go through transitions and are faced with new decisions and demands. The University of Pikeville is now offering services to help their students during this time.

The partnership announced on Friday is one that school officials say will greatly benefit the well being of their students while also addressing some issues that were expressed by faculty.

Discussion of a partnership between the university and **WestCare** began after President James Hurley received a letter that voiced some concerns by professors.

Professor Hannah Freeman explains, “We have a young, vulnerable population . . . particularly with freshmen but also college students in general. We had no resources for them, if they were struggling with any kind of problems.”

Shortly after receiving that letter President Hurley met with WestCare officials.

WestCare President/CEO **Richard Steinberg** says, “He didn’t want to be the incoming president and have his head in the sand . . . he wanted to address the issues.”

Officials worked for nine months on the partnership and came up with a plan to help meet the needs of their students.

“It is very expansive . . . everything from drug and alcohol prevention counseling, to human health counseling, and on to suicide counseling. All of those are very important on a university campus,” explains Hurley.

Steinberg says, “It says a whole lot about the school to have folks stop and do this.”

Officials say this partnership is another component to the student experience and family atmosphere at the growing university.

There will be three counselors available on campus to students, faculty, and staff.

In the future, officials say they plan to expand their services and make them available to the community.





# All in the WestCare Family

**Last month's question:**

**In your personal life, do you communicate more face-to-face, talking on the phone, texting or emailing? And why?**



Michael Mygind

**Aurelo Morrell in Florida says:**

"Only phone me if it's urgent. Otherwise, TEXT IT!!"

**Michael Mygind in California says:**

"Personally, I always try to communicate face to face. I feel that as a society, we've all become so disconnected with each other by being so connected to the technology that we hold in our hand, or merely stare at our desk. All of my favorite memories with my friends were spent just sitting around talking; not over the phone or in a group text, but in person."

**Ms. Johnnie Green –**

**Case Manager in Georgia says:**

"In my personal life, I prefer face to face communication. In my opinion, this form is the best because it allows the person that you are conversing with to receive a true idea of how I am really feeling and thinking. This information is shown either through facial expression or tone. I also feel it is more polite and respectful to have a face to face conversation."



Aurelio the Texter



'Face Time' for Johnnie

**Next Month's Question:**

**What is your favorite hobby and how does it fit into your life?** Please send your response and a photo by September 15th to:

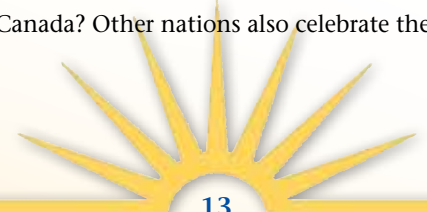
[John.wallace@westcare.com](mailto:John.wallace@westcare.com)

## Labor Day is Sept. 2

Courtesy of <http://mahwahpatch.com>

**Here are five fun facts about Labor Day.**

- The first Labor Day was celebrated in New York City back on Tuesday Sept. 5, 1882. The event was organized by the Central Labor Union, according to the U.S. Department of Labor.
- More than 10,000 workers marched in the first Labor Day parade, protesting 16 hour workdays and were fighting to have an eight-hour workday.
- In 1884, the holiday began to be observed on the first Monday of September as the Central Labor Union encouraged other labor groups to join with them.
- Ten years later in June 1894, Congress voted to make Labor Day a national federal holiday.
- Did you know that Labor Day is also celebrated in Canada? Other nations also celebrate the labor movement but it is called a "May Day" celebration in those countries.



## Well-Deserved Fun at the Fair!

By Andee Hardesty Marquez – Sr. Director SAP

It is tradition in Wyoming for State agencies to allow their staff time off to attend the local county fair activities. This year, the WCWY staff was able to participate in that as well! On the first day of the Goshen County Fair, we met at the food booths and shared a traditional fair-style lunch: corn on the cob, funnel cakes, and anything on a stick! We planned to have a picture of our team, so we all wore our WestCare t-shirts. This time allowed us to build our team spirit and to get fresh air and good food! (You can see the “friend” we made while browsing the animal pens.)



## Wyoming

WestCare Wyoming  
staff at Goshen County Fair ▲

## Post Traumatic Stress Disorder: “The Reason Why”

The month of June was PTSD Awareness Month. PTSD is a condition that affects the daily lives of the men we work with. As part of the PTSD process group at the Intensive Treatment Unit-Wyoming Medium Correctional Institution, the men were given to opportunity to explain how PTSD has affected them personally. The “contest” was split into three categories: Written Expression, Drawing, and Other. The winners of the contest won a “day off” from programming and a soda/candy bar combo. We had many great entries expressing how PTSD has affected the lives of the inmate and their family. The winner of the Written Expression category allowed us to publish his entry in the WestCare Express. Although you can read the distress related to this disorder, the content of his poem is enlightening and real. Enjoy!



### “The Reason Why”

*Clear night skies only seen through darkened eyes,  
with flashes of my life being burned within my mind.  
While all these tears from yesterday creep through all I ever say,  
the cracks within my memory consume me everyday.  
Burning like a fire throughout my sacred place,  
haunting as it goes being smeared upon my face.  
I try to get away yet it's right around the turn,  
every time I close my eyes, in my sleep I feel the burn.  
To be diminished by these words are the feelings felt within,  
as it takes away the meaning of “I want the pain to end.”  
I'm losing in this fight while my thoughts just fade away,  
when these tears upon my cheeks remind me of that day.  
As all I ever heard were the screams within my ear,  
piercing like a needle and consumed by all their fear.  
Only stuck within the past and how I'm still alive,  
as I never find the answers or the reasons why.  
What makes it hard to stand as I tremble here within,  
consumed with all these fears with these bumps upon my skin?  
This is how it always starts-with the thoughts of now and then,  
but I never can escape from the pain that's felt again.*

– Jackson #26984



## BBQ and Baptism at Harris Springs Ranch

By Leo Magrdichian – Program Coordinator

A healthy volunteer network can definitely improve any program by offering services to clients that enhance their overall treatment experience; and it is the essence of giving of oneself to others that demonstrates recovery in its truest form. When building a strong recovery based foundation, spirituality definitely plays a very important role in the process of healing.

The Terra Nova Ministries have been ministering to the clients of Harris Springs Ranch on a volunteer basis for the past 15 years. Every Saturday evening they have faithfully brought music, the Word, and fellowship to our program. In addition, once a year they sponsor a BBQ for all program participants and offer water baptisms for those who choose to participate.

### **Here is what the clients had to say about their day:**

*“When I came to WestCare I was spiritually void. I have been so all my life. The wonderful people at Terra Nova Ministries (Cathy, Michael, Gary and Laurie) taught me that by choosing spirituality I entrust myself into something much greater than myself. The baptism we had here was an affirmation of this paradigm and it’s a commitment to a better way of life and a literal cleansing of my past. It was a very*

*emotional, spiritual, and inspirational day indeed.” – Curtis H.*

*“I arrived at HSR with a horrible addiction to heroin, but an open mind and determination to stay clean. HSR is an amazing place that does change lives. I found out that a church comes up here and once a year does baptisms. It just happens that it was just one day after my birthday. I feel that my baptism is a second chance at life and it couldn’t have been in a more beautiful place than Harris Springs Ranch. Thank you and God bless.”*  
– Matthew E.

*“During my stay at Harris Springs Ranch I cannot remember a more open time for my spiritual growth. The pinnacle of my spiritual open-mindedness was capped by a wonderful rededication to my Messiah. God’s servants at Terra Nova Ministries were the tool lighting my path to an opportunity of baptism. Their patience, guidance, understanding, knowledge, dedication and love are a testament to the Fruit of the Spirit. I remain eternally thankful and*

## Nevada



Water Baptisms offered by Terra Nova Ministries at Harris Springs Ranch



## Did You Ever Wonder . . . ?

Personal hygiene left much room for improvement in early days. As a result, many women and men had developed acne scars by adulthood. The women would spread bee’s wax over their facial skin to smooth out their complexions.

When they were speaking to each other, if a woman began to stare at another woman’s face she was told, ‘mind your own bee’s wax.’ Should the woman smile, the wax would crack, hence the term ‘crack a smile.’

Also, sitting too close to the fire can make wax melt, hence the expression ‘losing face.’

# Kudos!

**WestCare Honors Its Employees and Clients**  
 Our monthly shout-out to members of the WestCare family, who stand tall and 'uplift' others in their care and peers around them. Please submit your nominees by the 15th of each month.

## Florida – **Frank Rabbito** ▶

On August 8th at the Florida Alcohol and Drug Abuse Association Annual Conference, **Frank C. Rabbito**, Sr. Vice President for the Florida/Caribbean region was honored by his colleagues with the Dr. Donald “Jerry” Feulner Leader of the Year Award for 2013. This award exemplifies the best in alcohol and other drug abuse prevention and treatment agency management.

He was honored at the annual luncheon and presented with a plaque that reads: “In recognition of your years of dedicated service and commitment to providing the citizens of Florida quality substance use disorder and mental health services. You are an innovator, advocate, thought leader, and long standing contributor to the work of the Association. Your 40 years of service has made a difference in the lives of countless Floridians.”

We salute **Mr. Rabbito** for his hard work and countless hours spent helping the communities he serves.



**Left to right: FADAA Executive Director Mark Fontaine, Mr. Rabbito, Rob Siedlecki-Assst. Secretary Florida Department of Children and Families, Kevin Lewis-FADAA board member** ▲

## Kentucky – **Dan Maynard** ▶

Congratulations to **Dan Maynard**, recently named Program Director of the Substance Abuse Program at the Boyle County Corrections Center in Kentucky. Dan has a lengthy resume of community and ministerial service and is a native of nearby West Virginia. In his own words:

*“Coming to Kentucky is like coming home for me. Finding WestCare and Boyle County’s SAP is a rewarding way to serve and give back. I’m thrilled to be on this team.”*



*Awwwww ... Dan and his lawnmower!*

## California – **Men 2 Men Program** ▶

The wonderful gesture by the fellows at California’s **Men 2 Men Program** (formerly Men’s Residential) deserves high praise.

In support of the funeral costs of a Men 2 Men client’s family member, a car wash benefit was held In August. In a day’s work, \$838 was raised to help the cover the costs of the funeral! Acts of support such as this show just how much of a brotherhood the newly renamed M2M program is. Amazing work, guys!

