

"What Do You Enjoy Most About Your Job?"

The Question Corner

As you likely heard when you started, working for WestCare is "the hardest job you'll ever love."

You are so good at what you do, often without noticing the results. But they are obvious to the individuals, families and in the communities you serve.

Thank you, and have a wonderful Labor Day weekend...whether at work, or at play.



Research Asst., The Woman's Place (GA) Juniko Tonge

"What I enjoy most about my job is being able to make an impact in the lives of the people in the community and being a piece of the puzzle that sustains healthy living. My position as an RA for

The Woman's Place

Program has offered lots of challenges and invaluable experiences. Clients have a better appreciation for maintaining a stable, sober and healthy lifestyle

when they are assured that they have a team

of individuals who care on their side. WestCare Georgia makes it possible for people like me to make a large impact in the community by focusing on the client centered approach to healthier living."

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THE QUESTION CORNER: What Do You Enjoy Most About Your Job? (Cont)



"What I like most about my job is I am able to do what I love and that is given back to others in need. Whether it is children, moms or dads who need that little push to get over the humps that everyday living can create. I also love seeing children grow and meet developmental milestones and the joy it brings to their families as they see it often for the first time being sober and having a true memory to look back upon and be able to say 'I was a part of being my child's first teacher."

"I get goose bumps every time a client thanks their parole office, social worker or the police department for saving their life by sending them to treatment. I love the joy we bring to the lives of the people we serve. Even more, I cherish the people who surround me and come to work work each day with a smile on their face and a song in their heart. Together we can push the river and change the world."





"The close knit and fun loving **Health & Wellness team** enjoys working together every day to uplift the human spirit!"





THE QUESTION CORNER: What Do You Enjoy Most About Your Job? (Cont)



"The challenges of my job are most enjoyable. It provides me with the opportunity to make a difference for literally hundreds of men and women... so that they may have a better life."

"I enjoy the people I work with because they are very supportive, have great personalities and have helped me to better myself by allowing me the opportunity to learn sex offender treatment instead of just substance abuse treatment. They have also been supportive and very helpful in assisting clients by giving feedback and recommendations. It has also

been a pleasure working with Dr. Lester and Mr. Branham."



"On August 12, Illinois Correctional Officer Kim Erickson passed away from pancreatic cancer. To help her family through this tough time, a fundraiser was planned and "Team Erickson" wrist bands are being sold in her memory and to honor her fight.

Senior Counselor (Newcastle), Wyoming

I am so proud of the WestCare family from Sheridan in helping another person and family in their time of needing support. This is why I like my job. God Speed Ms. Erickson, and kudos to the Sheridan staff."







THE QUESTION CORNER: October Question

This month's question is: "Do you have a favorite pro or college football team? Show us!"

Please submit your answer and a photo by September 20th to: john.wallace@westcare.com

HUMAN RESOURCES: Taking Advantage of Anthem Blue Cross

By Michael Shields, Vice President of Human Resources

Just as a reminder to everyone, **Anthem Blue Cross** offers a wide assortment of free or discounted services in addition to medical coverage. I encourage everyone to create a log-in to Anthem to access the discounts and manage their care.

VISION AND HEARING DISCOUNTS & DEALS

1-800 CONTACTS	Get contact lenses quick and easy, plus discounts only available to Anthem members, like \$20 off when you spend \$100 or more, and free shipping.
glasses.com	Try on any five of the 3,500 designer frames (using your smartphone for free) before you buy. It's convenient, plus you get exclusive member savings like \$20 off when you spend \$100 or more, and free shipping and free returns.
Premier LASIK	Save 15% on LASIK with all their in-network providers and prices as low as \$695 per eye with select providers.
HearPO	Get a low price guarantee on the seven top companies that work with HearPO. Save \$50 on one or \$125 on two hearing aids. Plus, get three-year repair/loss/damage warranty and a free two-year supply of batteries.
Beltone™	Hearing screening and in-home service at no additional cost, and up to 50% off all Beltone hearing aids.
Fitness & Health Jenny Craig®	Join Jenny Craig and get a 30-day trial at no additional cost, and 25% off the Jenny Rewards Premium Program.
Weight Watchers®	Get \$10 off a three-month subscription to Weight Watchers Online.





HUMAN RESOURCES: Taking Advantage of Anthem Blue Cross (Cont)

Lindora®

Save 20% on weight loss programs.

SelfHelpWorks

Choose one of the online Living programs and get a 40% discount to help you lose weight, stop smoking, manage stress or face an alcohol problem.

GlobalFit™

Save on gym memberships, home fitness equipment and GlobalFit's Virtual Gym; \$30 off Nutrisystem's best advertised price. Buy bodybugg with GlobalFit's exclusive low price.

ChooseHealthy™

Preferred pricing on fitness club memberships with one-week free trial. Discounts on acupuncture, chiropractors and massage – plus 40% off certain wellness products.

FitOrbit

Get your own personal trainer for less than \$2 a day. Fitness legend Jake Steinfeld (Body by Jake®) came up with FitOrbit, giving everybody the ability to afford a personal trainer.

FOUNDATION: Tipping Our Hats to Our Board and Community Councils

WestCare's legions of volunteers include the general citizenry in all states and communities we serve, plus outstanding Foundation Board and Community Councils.





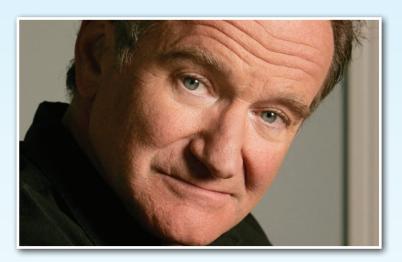
Pictured are of a community meeting in **Roane County, Tennessee** addressed by various WestCare leaders (left); and, a full Board meeting at headquarters in **Henderson, NV** (right). Outstanding advocates and ambassadors for our programs and services!





FOUNDATION: Sadness... Introspection... and a Teaching Moment

By Heather Shoop - Quality Improvement, WestCare Foundation



The recent tragic death of **Robin Williams** has made many of us think. Perhaps some were reminded about the legacy of laughter he left. Maybe some thought about how devastating depression can be. I also thought about the other 107 people who died by suicide on the same day in the United States.

I was also reminded that, according to the research, 5% of the population has thoughts of suicide in any given two week period, and the vast majority of them are alive. Suicide is preventable. Help is available.

The more we have open conversations about suicide and the circumstances that may lead someone to consider this an option, the more opportunities we will have to link someone with life-saving resources.

The **National Suicide Prevention Lifeline** lists the following as common warning signs that someone may be thinking about suicide:

- Talking about wanting to die or to kill themselves.
- Looking for a way to kill themselves, such as searching online or buying a gun.
- Talking about feeling hopeless or having no reason to live.
- Talking about feeling trapped or in unbearable pain.
- Talking about being a burden to others.
- Increasing the use of alcohol or drugs.
- Acting anxious or agitated; behaving recklessly.
- Sleeping too little or too much.
- Withdrawing or isolating themselves.
- Showing rage or talking about seeking revenge.
- Displaying extreme mood swings.

If you are worried about someone or struggling yourself, call the **National Suicide Prevention Lifeline** at 1-800-273-TALK (8255).



World Suicide Prevention Day is September 10, 2014. What will you do this year to get involved in preventing suicide in your community?





NEVADA: The Endys' Generosity Never Ends

By Heather Shoop - Quality Improvement, West Care Foundation

Eric Endy, a long-standing member of WestCare Nevada's Community Action Council, and his wife Cathy Endy, donated 80 tickets for the Las Vegas show "Panda!" for the nights of July 14th and July 15th.

Staff, alumni and their chosen guests had the opportunity to experience a wonderful show featuring Chinese acrobats, Kung Fu masters, and beautiful dancing and music. More tickets were donated to allow clients and additional staff to attend the show in August!





WestCare Nevada thanks Eric and Cathy for their generosity and all the CAC members for their enduring dedication to WestCare!





NEVADA: Art Therapy at The Ranch

By Leo Magrdichian, MSW, LSW, LADC (Deputy Director Harris Springs Ranch)

Much of the research conducted on the benefits of art therapy conclude that this form of therapy can potentially bridge the gap between the conscious and unconscious mind, while enhancing an individual's emotional, spiritual, cognitive, and physical wellbeing. This has definitely proven to be true for the adolescent clients at **Harris Springs Ranch**.

What they have been able to do so far with the guidance of artist Yvette La Force and their counselor Shandy Melson is find a healthy outlet toward processing emotions. Each painting receives a title from the client and each title is an emotion that the client has chosen to put on a canvas. Clients paint twice a week, and in between they process their painting and the emotion it represents in a group session. The benefit associated with this approach of combining art therapy with talk therapy has proven to be invaluable. It has definitely facilitated more client engagement, and clients are gaining new insight, direction and meaning into some of the more difficult emotions that they are or have experienced in the past.

Here is what the clients had to say.

"I enjoy this program because I enjoy painting on a canvas. It's not only helping me to get better at art but it's also helping me to think." - Andres

"I enjoy art therapy because it helps me get some frustration out. I think working with paint can be a different challenge but it also gives me a slight chance to get my art out there." - Marcus

At the culmination of this first art program an art show will be scheduled so clients can display their work.













NEVADA: National Night Out Celebration — America's Night Out against Crime

The **City of Las Vegas** and the **Las Vegas Metropolitan Police Department** organized several "**National Night Out**" events throughout the community. In its 24th year, "National Night Out" is a nationwide effort to heighten crime prevention awareness, generate support for local anti-crime programs and strengthen neighborhood spirit and police-community partnerships.



This community based project held events in four different areas of Las Vegas.



WestCare's Community Triage Center's Case Manager, LaWanna Calhoun, participated in having a booth with our service availability at a Downtown Fremont Street event sponsored by the Las Vegas Metropolitan Police Department Downtown Area Command. This event was bigger and better than last year. LaWanna actually had a visitor from Germany stop by the booth and said he had heard about WestCare in Munich, Germany. Our work is getting known world-wide!

CALIFORNIA: Planting Some Joy in Bakersfield

The generous volunteers from the **Walmart Legacy** program stopped by WestCare's Bakersfield residential facility to lend their time and beautify the flower beds! They planted flowers and plants in five flower beds in front of and behind the facility. The generous volunteers from the Walmart Legacy program stopped by WestCare's Bakersfield residential

facility to lend their time and beautify the flower beds! They planted flowers and plants in five flower beds in front of and behind the facility. We would like to thank not only these generous volunteers, but also their Walmart location for this kind gesture.









CALIFORNIA: Clients Continue to Go to New Heights

By Rath Vann, RMSC Vocational Specialist

July 25th in **Old Town Clovis**, ten volunteers from **WestCare RMSC** and **M2M** dedicated their time and hard work for the **2014 North American Pole Vault Association (NAPVA) Championships**. The volunteers helped with the set-up process and tear down. They were given TFA (Talent Fitness Attitude) shirts to wear during the event. The enthusiastic clients were extremely helpful and all demonstrated excellent behavior. Every year, they are lauded for their exceptional work by event organizers and are asked to return for the following year. Great job, guys!





CALIFORNIA: For the Good of the Whole

By Michael Mygind, Special Projects

Fresno's work on the **25 Cities** project, a 100 day plan to help reduce/end homelessness in the Fresno and Madera area among veterans and the chronically homeless, is nearing an end. WestCare, along with 8 other local organizations, have collaborated to pool their resources and combat this problem. To date, this team has completed 205 surveys with homeless individuals, matched 24 individuals to housing, assigned "navigators" to 184 high risk individuals to assist them with the next steps in the process, and has currently raised **\$21,250.00**, well beyond their **\$10,000.00** goal for flex funds. Amazing work, team!









FLORIDA: School Bells Ring a Joyful Tune

By Maureen Kempa, Children and Families, The Keys

Monroe County Department of Juvenile Justice coordinated a Back to School Family Fun Day. This event was coordinated with the local interagency group (pictured) to provide school supplies to those in need. The event took place on Sunday, August 10th in order to correspond with the open local animal farm day, detention visitation and the start of school.

WestCare's **Guidance/Care Center, Inc.** was one of many agencies that collected school supplies and referred clients. Over 100 children received back packs filled with school supplies and extra back packs were made for those who could not attend. **Beth Kruse**, Prevention Counselor, (pictured) attended the event on behalf of GCC to hand out information on our services. Popcorn, doughnuts, and bottled water were donated by local businesses. In addition, there was a movie ticket raffle for all attendees to encourage family fun time.

This was truly a team effort for our community. The kids really enjoyed themselves and the networking was great!





ABOUT THAT HOLIDAY IN SEPTEMBER



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.

The equivalent holiday in Canada, **Labour Day**, is also celebrated on the first Monday of September. In many other countries (more than 80 worldwide), "Labour Day" is synonymous with, or linked with, International Workers' Day, which occurs on May 1.







GEORGIA: It Was a Very Full and Fun Summer!

By Jacqueline Francois. Recreation Therapist



Cook outs, softball games, gnats and 90 degree weather, summer at Boggs was full of fun, fellowship and firsts. Many of our residents had never experienced a summer break away from friends and family, more importantly without the influence of drugs and alcohol.

We began with operation "Team Work" where the residents competed as teams to accomplish a variety of tasks, and sports challenges, all in the hopes of achieving sportsmanship, positive competition, cooperation and fun. We embarked on many off campus trips to include a visit to the Laurel & Hardy museum located in Harlem Ga, Savannah Rapids for a picnic and nature walk, swimming at the aquatic center, movies at the theatre and slushies at Sonic!! Many of the boys developed their culinary skills through cooking on the grill to creating a variety of baked goodies and healthy smoothies.

With the help of local organizations like **H.A.P.**, churches and staff donations the residents participated in events such as **Project Alpha**, presentations at **Fort Gordon**, movie and pizza nights. Our final event was a staff vs. residents basketball game that took place at a local community center that graciously donated gym time. The game wasn't about winning or losing but who would own the bragging rights until the next challenge. The game was intense with lay-up after lay-up, pass after pass. The residents worked hard, kept it close and put up a great fight, but in the end it was the staff that were victorious.

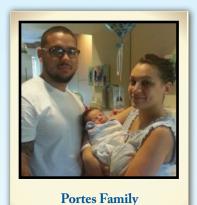
From the beginning the goal was to prove to the residents that with a little imagination, an open mind and creativity you can have a great time, with great people and create new memories. The summer although too short, was sweet. After looking back on all of the events, activities and moments, it truly was a beautiful display of team work, selflessness, smiles, and laughs.







KUDOS! Our Monthly Shout-Outs to Exceptional Employees



Village South (Miami), Florida

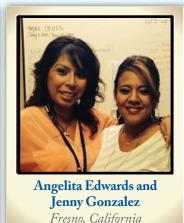
Newborns in Florida!

Jessica Crocker, TBOS-Key West, gave birth to little Everly Jane in late July. And Leo Portes, WC Court Staff-Village South, is a new Papa, welcoming son Landon to the WestCare family.

Congratulations to all!









"Hi my name is **Raymond Gonzales**, and I work with **San Joaquin Valley Veterans** here in Fresno. I just wanted to give a BIG KUDOs to all of the case-managers, all of my co-workers in helping out our Veterans.

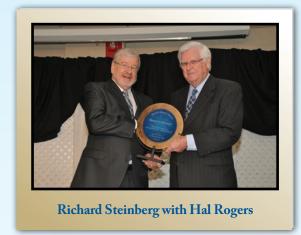
Since I started working at SJVV in December I have seen many of the case-managers go above and beyond the call of duty in helping Veteran's not only secure housing but in other aspects of their lives such a helping them get medical benefits started, taking them to job interviews, helping them get furniture, beds, TV's and bikes.

We have a great and caring team and I know they are not only here for the pay check but to help out and serve Veterans because they give a part of their life to secure our freedom."





KUDOS! Our Monthly Shout-Outs to Exceptional Employees (Con't.)



Kentucky Congressman Hal Rogers, long a supporter of WestCare, recently presented our leader Dick Steinberg with the "Health Impact Award." Congratulations, Boss!

In California... Senior Vice President
Shawn Jenkins announces the
promotion of Virginia Sparks to
Deputy Administrator of Criminal
Justice Services for WestCare
California.

"Virginia started with WestCare in April of 1998 as a Part-time Counselor Technician, and over the last 16 years has held a number of different positions within the agency. During this time Virginia continued her education, obtaining her Bachelors Degree in Human Services and her Masters Degree in Counseling Psychology.



In her many roles Virginia has done a remarkable job with implementing and administering services throughout the programs she has worked in. I am reassured knowing that the same level of enthusiasm and dedication demonstrated through her career with WestCare will be applied in her new role."



Carol Dochow in Key West sends this along:

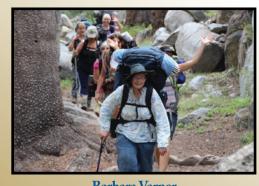
"Kathleen Costello is a great Offender Re-entry Program team coordinator and I would like to give her kudos for being a huge asset to our team. She is very passionate about helping anyone recovering from addiction. She motivates change in others by sharing her own story of courage and inspires others to move forward and be successful after incarceration.

Kathleen has a big heart and makes ORP a fun place to work!"





KUDOS! Our Monthly Shout-Outs to Exceptional Employees (Con't.)



Barbara Varner California

And it's always inspiring to catch up with Barbara Varner, long-time Data Specialist in California.

Here she is, leading the pack (of course) up a 2.5 mile trail in the Sierra Nevada range, carrying a 40 pound pack.

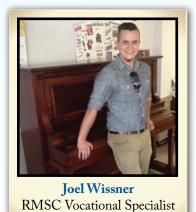
Oh yeah, to celebrate her 73rd birthday! Gotta love her.

In late July, a trio of WestCare leaders shared a birthday cake at the new Foundation offices in Henderson, NV.

From left: Judge Peter Segedy-Maszak, FAVA (Iowa); Carol Renard, Director of Program and Staff Development, FL Gulf Coast; Peggy Quigg, WestCare Foundation Chief of Staff.



West Care HQ, Henderson, Nevada



California

hopes are that these will help add a new component to the treatment that is provided at the MLK facility where the pianos will be stored.

Joel Wissner was able to secure two pianos that were provided by a community donor. His

These will also be used in preparation for the fall graduation when rehearing the song that our clients will sing as part of the ceremony. Great job, Joel! This news is music to our ears!





KUDOS! Our Monthly Shout-Outs to Exceptional Employees (Con't.)



Congratulations to Auriea Mosley-Sanders, Community Coordinator for WestCare Wisconsin. She was honored as an "Unsung Hero" by the Grace Fellowship Church in Milwaukee, for her God-given talents and abilities to make a positive impact in the lives of her families, neighbors, church and community.

Auriea is seen here with Pastor Dr. Andrew Calhoun, III.

PACIFIC ISLANDS: New Phase of Health Care Strategic Planning

By Kathleen Tolosa, Youth Educator/Project Staff



CHCC Corporate Officers and Key Staff with WestCare Pacific Islands Vice-President Sarah Thomas-Nededog and Project Assistant Kathleen Tolosa during the Strategic Planning Retreat in Saipan, CNMI.

WestCare Pacific Islands strengthened its partnership with the Commonwealth HealthCare Corporation (CHCC) through the second phase of the Strategic Planning. A two-day retreat with the corporate officers and key staff was facilitated by WestCare Pacific Islands Vice President Sarah Thomas-Nededog and assisted by Project Staff Kathleen Tolosa.







PACIFIC ISLANDS: New Phase of Health Care Strategic Planning (Con't.)

Throughout the session, participants collaborated to develop the corporation's values, mission, and vision as well as build a stronger sense of trust and reliability among each other.

The two-day Strategic Planning retreat took place on August 6th and 7th at the **Lao Lao Bay Resort in Saipan, Northern Mariana Islands**. The retreat strengthened teamwork among the participants and a sense of ownership and pride. One participant commented, "The strategic planning event was very informative and it gave an opportunity for all corporate officers to reflect and make decisions for CHCC. I suggest that we continue what we're doing and offer more sessions like this."

WestCare Pacific Islands continues to provide assistance to the CHCC in the coming months as they collaborate to develop the corporation's Action Plan and Strategies. VP Sarah is eager to finalize the Strategic Plan and distribute to the community of the **Commonwealth of Northern Mariana Islands** by the end of October.

PACIFIC ISLANDS: Transgender Pageant Helps GUAHAN Project

By Kathleen Tolosa, Youth Educator

Hundreds of friends, loved ones, and avid supporters came to Sheraton Laguna Hotel to cheer their favorite contestant during this year's **Miss Pacificana Pageant**. It is the only pageant in the region to showcase transgender women of the Micronesian region. Each year, the event helps raise funds and awareness for **WestCare Pacific Islands' GUAHAN Project**, a program that provides essential support and services for confidential HIV/AIDS and STD testing, prevention and education throughout Guam and Micronesia.

A few days before the pageant, a Facebook Photo Competition among the contestants was hosted by WestCare Pacific Islands. The community was encouraged to "Like" their favorite contestant. The photo with the most votes won the title of "People's Choice Award" and will receive a cash prize. The outpour of support from each contestant's followers helped promote the GUAHAN Project and its services through the social media platform.

WestCare Pacific Islands is grateful for its partnership with **Miss Pacificana pageant**. The collaboration and commitment helped tremendously with GUAHAN Project's goals and mission. And a check will be presented to WestCare Pacific Islands as the event's beneficiary.



Winner of the Miss Pacificana Pageant 2014 Miss USA (center) poses with First Runner Up Miss Indonesia (right) and Second Runner Up Miss Philippines (left)







PACIFIC ISLANDS: WestCare Officials Hold Talks in the Republic of Palau

WestCare Chief Operating Officer Maurice Lee and Regional Vice President Sarah Thomas-Nededog met with local and regional leaders in Palau in early August to discuss partnerships with government and nonprofit entities.

Lee and Nededog were able to meet with Palau National Congress Delegate Noah Kemesong and Police Chief Ismael Aguon on corrections programs for both adults and youth. Palau Vice President and Minister of Justice Antonio Bells indicated his support for the discussions which will continue in the coming months. Secretariat of the Pacific Community (SPC) past and present Director Generals were met by Nededog and Palau nonprofit liaison Ann Singeo.

WestCare officials were in Palau to meet with various nonprofits and to conduct trainings for its various projects. Lee and Nededog were able to attend all of the related ceremonies and activities other than the summit which restricts participation of nonprofits or **Civil Society Organizations (CSO)**.



(L-R) Dr. Jimmie Rodgers, former Director General of SPC, Ann Singeo, WestCare Pacific Islands Vice President Nededog and current Director General Dr. Colin Tukuitonga.





T: The Information Technology Corner

By Sean Harrigan, Systems Administrator

HIPAA Compliance

As a WestCare employee, it is your responsibility to make sure that you are working in compliance with HIPAA regulations. There is occasionally some confusion surrounding what this means with regards to IT equipment and services. We work hard to make sure that our network is secured and compliant, but there are some things that you are required to do as well.

Password Security

We have rules in place to make sure your password meets the complexity requirements of HIPAA, and that it is changed on a regular basis, but you are responsible for keeping your password secure.

Any breach that occurs with your password will be ultimately your responsibility. It's important that you never share your password, never write it down in a non-secured location, or allow anyone else to use a resource that you have accessed with your credentials.



If an employee doesn't have the proper credentials to complete his or her work, this must be addressed with the IT department. Have a supervisor submit a ticket requesting appropriate permissions or credentials if an employee needs access to a network resource to which they don't currently have access.

Computer Locking

When you are away from your work station, you are required to lock your computer. We have policies in place that automatically lock your computer after a period of time, as required by HIPAA, but you still need to lock your screen before you walk away in order to be compliant.

If you walk away from a workstation while you are logged in, and there is a security breach using your workstation, you will be held accountable for leaving the workstation unsecured.







The Information Technology Corner (Cont.)

You can lock your computer screen by pressing and holding the Windows key, then pressing the L key, or by selecting "Lock" from the Start Menu Log off menu.





Email & External Communication

All email sent outside of the company requires a HIPAA disclosure notice. This notice is automatically appended by our mail server to all outgoing email. It is not appended to internal email (communications between WestCare staff), as that is not required.

Many users have added the disclosure notice to their signature, which causes the signature to be added twice to all outgoing email. If you have a HIPAA disclosure in your signature, you'll need to remove it to avoid this situation. You can generate an appropriate signature on the employee portal using the "signature" link on the left.

Additionally, any PHI data that is sent outside of our company must be secured. This means that the data must be encrypted before it leaves our network. Next month we'll take a look at encrypting data to examine the specifics, and to offer methods to accomplish this.





WESTCARE CALENDAR OF EVENTS: September 2014

SEPTEMBER

SUN MON TUE WED THU FRI SAT

1 2 3 4 5 6

7 8 9 10 11 12 13

14 15 16 17 18 19 20

21 22 23 24 25 26 27

28 29 30



HOLIDAY - Labor Day

September 8

September 1

Central KY-CAC Mtg. (9am-10am PST / 12pm-1pm EST) 108 Main Street, Irvine, KY

September 9 (3pm-4pm PST / 6pm-7pm EST)

FLGC-CAC Meeting

Dial: 530-881-1212, Use ID: 293-872-005

City Center, 100 2nd Avenue

September 16 (8am-9am PST / 11am-12pm EST)

Executive Committee Teleconference

Dial: 855-212-0212, Use ID: 407-244-934

September 23 (6pm-8pm PST)

WestCare Nevada Graduation

CSN Horn Theatre, 3200 E. Cheyenne Ave, North Las Vegas

September 24 (6pm-7pm Arizona Time)

AZ-CAC Meeting

Dial: 855-212-0212, Use ID: 407-244-934

Bullhead City

