

SEPTEMBER 2015

THE WESTCARE EXPRESS

IN THIS ISSUE

You're Never "Down for the Count"

Jenifer Alcorn is tough. Like many women, she's a mom, a wife and a working woman.

She's also a three-time World champion boxer, retiring after a spotless 18-0-0 record with 11 knockouts, to spend more time with her family and build her personal fitness business. Her hometown of Fresno loves her, and she loves WestCare.



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COVER STORY: You're Never "Down for the Count" (Cont.)



Jenifer Alcorn with clients and WestCare California staff.

After touring our main residential facility she was hooked - especially after meeting the ladies. She has since been coming to the facility on a weekly basis. Jenifer is safety oriented, providing professional training in yoga, general exercise and cardio boxing. She's very motivating, and several clients have expressed interest in attending her boot camps when they complete residential treatment. No one has yet volunteered to go four rounds with her in the ring!



PACIFIC ISLANDS: *Seven Days... and Seven Nights - Part II*

By Kathleen Tolosa

*(Editor's note: Last month, Youth Educator **Kat Tolosa** took us through the first few days of her young charges' enrichment adventure on the western Pacific chain of Palau, which is comprised of 250 islands. She concludes the eye-opening travelogue in Part Two.)*



For the third day, we marched to the port to meet with the Palau Conservation Society (PCS) for some fun in the sun. The campers eagerly listened and learned about the Marine Ecosystem. Each group set out to comb the beach, snorkel around the sea grass area, or kayak to the reef. By nightfall, we indulged in Star Navigation taught by a traditional seafarer. Did you know that the crescent of the moon always points to West – where the sun sets?

On our fourth day, we left the comfort of our sleeping floors to rough it out with the coconut crabs in the island of **Ngerkeklau** (*Nger•kebk•lau*). We hopped on for a 30-minute boat ride, dragging with us a change of clothes, pillows, and copious amount of coconut oil. Ngerkeklau is the only islet in Palau known to serve as nesting ground for the hawksbill turtle and megapode. We reached the islet and took turns trekking through the jungle, getting a closer look at the mounds and eggs while finding remnants of traditional pottery aged 500–800 years ago along the way. You know, the usual! By nightfall, campers gathered around a bonfire and were treated to an overflowing supply of s'mores. Before turning in for the night, we slathered thick layers of coconut oil on our skin to save us from the relentless wind, insect bites, and wandering coconut crabs.



The last day of the camp was fast approaching and it's been quite a journey getting there to say the least. For the closing,

PACIFIC ISLANDS: *Seven Days... and Seven Nights - Part II (Cont.)*



the kids prepared presentations on the topics they learned throughout the week. As Camp Ebiil came to a close, the kids surprised their counselors with a song. As we all failed miserably to contain our tears, the kids rushed to hug every single one of us. We've created wonderful memories while helping the campers create healthy relationships, improve self-esteem, gain self-leadership skills, and recognize the goodness in each other.



At the end of my week-long adventure, the opportunity to train paled in comparison to what I gained at the end of this experience. Sure, I learned how to coordinate a youth summer camp. I'm also beyond grateful to gain a wealth of knowledge without realizing I had been learning. (I can confidently say you will not starve if you get lost in a jungle with me.) Lastly, I regained a colorful life with nothing but my pillow and bug spray.

CALIFORNIA: *Stitch and Purl, Stitch and Purl*

Items submitted by Michael Mygind and Gabriela McNiel

We started our “*Get Hooked on Fun*” crochet class back in May with the assistance of our Intern, **Laura Shrewbury**. The class was created to allow our women and their children an opportunity to channel their creative talents and energy into crochet.

Alyssa (pictured) is holding up a blanket she’s making for her baby brother. The amazing thing is that she didn’t know how to crochet before the class. She finished her blanket in record time, even making up her own pattern and stitches!



CALIFORNIA: *Decision-Maker Visits WestCare in San Diego*

State Senator **Carol Liu** stopped by our ***Custody to Community Transitional Re-Entry Program***, a nine month to two year program for high risk female offenders, with a focus on gender responsive, trauma informed services that assist with re-entry back into their communities. CCTRP serves up to 82 female offenders and is designed to help women as they leave a correctional facility to re-enter society with the skills necessary to succeed. Senator Liu (Front row, 2nd from right) learned that the program targets women who are serving the last two years of their sentence, providing a place for them in the community rather than in an institution.



CALIFORNIA: *WestCare Leads VA Homeless Summit*



Staff from WestCare California and all of its San Joaquin Valley Veterans offices attended the VA Central California Health Care System Community Partners Homeless Summit. Senior Vice President **Shawn Jenkins** (Pictured front row, third from right) played a key role throughout the summit as the first guest speaker, a leader in all four breakout sessions and as one of the wrap up speakers. WestCare was recognized with an award at the daylong Summit, held at the Veterans Memorial Building in Clovis, CA.

Summit Objectives:

- Educate community stakeholders on the resources available to Homeless Veterans and their families through partnering agencies.
- Educate and inform community stakeholders on V.A. community partnerships.
- Develop an action plan and strategies to develop new community partnerships and improve coordination with existing partners.
- Educate community stakeholders on the positive outcomes of assisting and housing the homeless population.

ILLINOIS: *Sorrow and Sharing - A Teaching Moment*

By Lauren Holt, Clinical Supervisor

At the Sheridan Correctional Center, we have been mourning the loss of one of our clients. His life was honored by staff and clients as they shared stories of how his life impacted them in a positive direction and how their outlook on life changed dramatically, pushing them to make the necessary changes to not come back to prison. Most shared *"they do not want to die in prison."* Some stated that they are grateful for WestCare's treatment help because today they are sober and are proud of themselves for this accomplishment and that is how they want to be remembered.

It's important to live each day to the fullest, do something with purpose, and enjoy the small things because tomorrow is never promised. Live your life with love, honesty, integrity, humility, humor, and determination.

A motto to live by is: *"You have to take the good with the bad; Smile with the sad; Love what you have and remember what you had; Learn to forgive, but never forget; Learn from your mistakes, but never regret. People change, things go wrong, just remember **Life Goes On.**"*



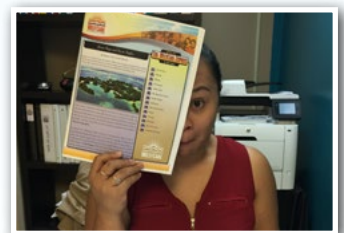
Lauren Holt

EXPRESS FAMILY FEEDBACK

"I love the way our article looked in print. We have copies printed out to proudly display in our reception area, so everyone who comes in can see how awesome WestCare around the world is!"

- **Kelly Jensen**, *WestCare Pacific Islands*

(Pictured: Kathleen Tolosa, Author of *Seven Days, Seven Nights*)



IN THE NEWS: *Pilot Program Connects Rural Veterans to Benefits*

By Kaylee Osowski

(Excerpted with permission. Original article July 24, 2015 www.chronline.com)



Veterans Memorial Museum, Chehalis, WA

Lewis County (Washington) is one of five counties in the nation to take part in a new pilot program to assist rural veterans in accessing their benefits. The program, called **HomeBase**, has been operating for about six months and offers both emergency and non-urgent support to veterans and their families. (WestCare Washington is the grantee in the VA Rural Veterans Coordination Pilot program.)

"It's really hard for them because of the distance, and some of them just don't want to reach out," said **Tom Parker**, marketing and communications director with **Lines for Life**, a group working to promote the program. HomeBase offers help to veterans trying

to figure out where to go to get certain services and resources available locally.

The HomeBase program also has a 24-hour crisis counseling hotline, operated by Lines for Life for veterans and their families dealing with substance abuse, anger, posttraumatic stress disorder, thoughts of suicide and other challenges. *"Especially if you're young and in good health, you think you're pretty bulletproof... and it's just the nature of it,"* Parker said.

HomeBase is part of the **Rural Veterans Coordination Pilot** created under the U.S. Department of Veterans Affairs. About 6.1 million U.S. veterans live in rural communities.

NATIONAL RECOVERY MONTH

National Alcohol
& Drug Addiction
Recovery Month

Every September, SAMHSA sponsors Recovery Month to increase awareness and understanding of mental and substance use issues and celebrate the people who recover. Spread the word!

FLORIDA: *Village South Program Moves to New Children's Courthouse*

By Alfred Fair, Program Coordinator



The WestCare/Village South *Urinalysis drug testing program* recently moved into the new state of the art Miami Dade Children's Courthouse. Located in Downtown Miami, the new facility provides the staff with new space that includes a lobby, storage area, two testing facilities for men and women along with staff offices.

Designed to minimize stress for children and families, the 14-story building houses 18 courtrooms and many of the agencies involved with juvenile justice, making it easy for families to access all of the services they need.

Miami-Dade County wanted to create a healthy environment for children and achieve goals for environmental responsibility. The building's east-west orientation minimizes solar heat gain while offering spectacular views of Biscayne Bay and the surrounding city.

The Village has been providing the courts with urinalysis testing for over ten years and the judges rely on our professional and experienced testers to help them make decisions in cases concerning substance abuse and child neglect. We conduct approximately 1,200 tests per month. The WestCare/Village courthouse testing program received a **Program of the Year** award in the past and has been highly praised by Senior Judge **Orlando Prescott** of the Children's Courthouse.

FLORIDA: *Prevention Program Rewarded for Success*

By M. Denise Estrada, Project IMPACT/ IMPROV Coordinator

This past June, **Project IMPACT** finished its first Prevention Partnership Grant with great success. Project IMPACT (**Integrating Multi-level Protective and Community Targets**) was created to give school aged youth the ability to develop decision making skills along with bringing awareness and prevention methods towards illicit drugs and usage. The program used Life Skills Training, an evidence-based curriculum designed for both Middle School and High School students.

Over the past 3 years, Project IMPACT has served over 700 students annually. Plus the program has averaged 60-100 substance use and HIV/STD prevention presentations each year. Project IMPACT has also acted as a liaison between MDCPS Student Services, the Florida Department of Health, Community Based Organizations, and Miami-Dade County Public Schools by assisting in the coordination of health fairs within targeted public high schools. During the past 3 years, a total of 39 health fairs have been conducted, allowing over 40,000 youth, earning recognition by the Office of the Mayor.

On July 2, 2015, Project IMPACT was awarded the Prevention Partnership Grant for 2015-2018. This year, Project IMPACT's mission is to serve 800 youth through its Evidence Based Practices, 50 substance use and HIV/STD prevention presentations, and organize 20 health fairs at target high school; in the process serving over 35,000 youth. Project IMPACT plans to serve its community with enthusiasm, dedication, and the passion of bringing awareness and prevention methods to youth.



Prevention Specialist Roberto Baltodano with friend

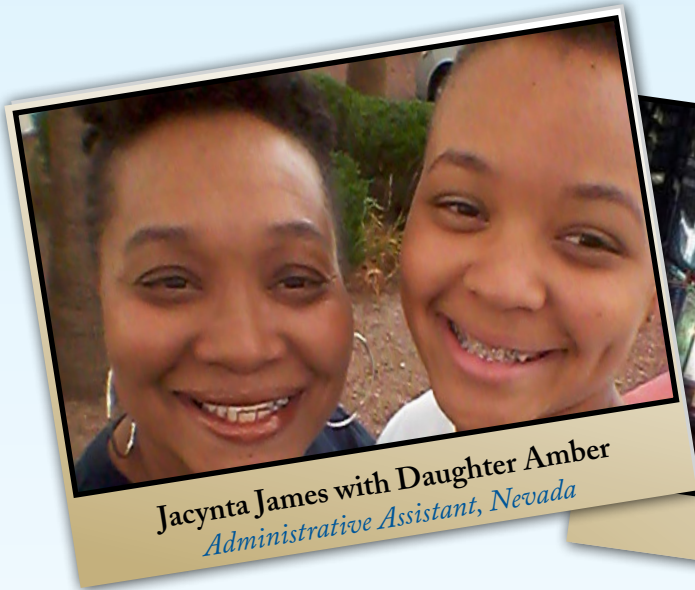
QUESTION CORNER: *September 2015*

“What would you rather see:

Last game of the World Series

Hit Broadway show

Beyoncé concert

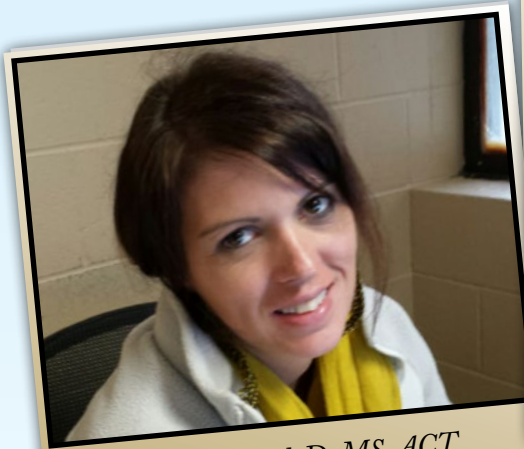


“If I had my choice, I would rather see a hit Broadway show in person. I love the Arts and being able to broaden the horizons of me and my children is always fun.”

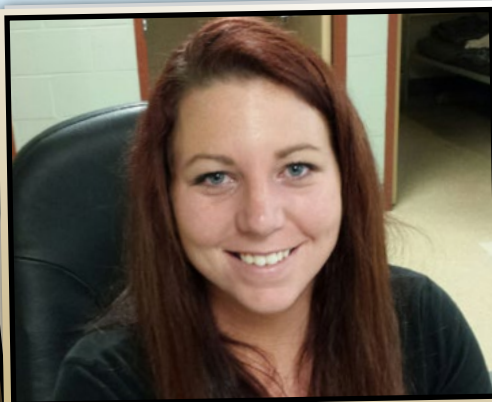
“I would go to a hit Broadway show. It’s has been on my bucket list!”



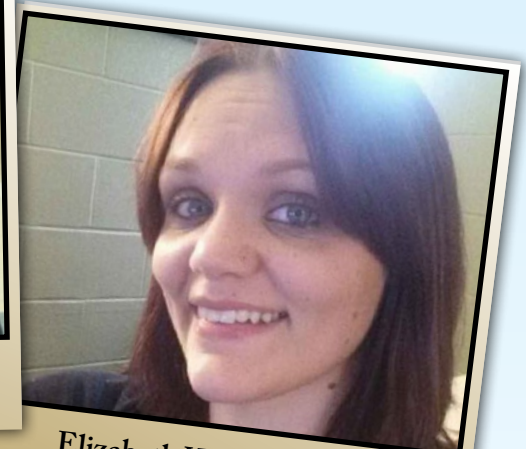
QUESTION CORNER: *September 2015 (Cont.)*



Jen Thiel, Ph.D, MS, ACT
Lead Counselor, South Dakota

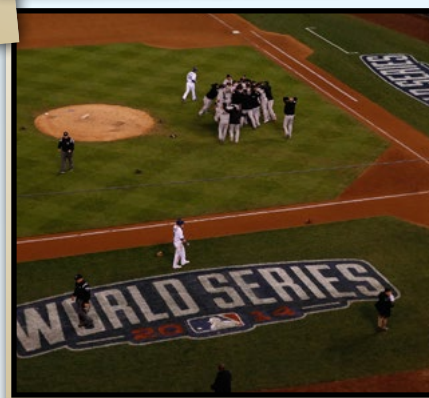


Molly Pingrey, ACT
Counselor/Tech, South Dakota



Elizabeth Wek, MA, LAC
Program Director, South Dakota

"We all think we would have fun at the World Series!!"



The World Series

"When can we go???"

QUESTION CORNER: *October Question*

For October: **"How did you select the name of your pet(s)?"**

Please send a picture of you and your pet(s) to john.wallace@westcare.com by September 20th.

NEVADA: *One Man's Trash is Another Man's Treasure*

By Darlene Terrill, Development Director

WestCare staff held their first silent auction to start an employee event fund. Items included art work, basket themes, toys, wellness equipment, sporting goods, luggage and any other unwanted items staff had around the house or in their garage. They came up with over 180 items (pictured) and the auction was a huge success resulting in over \$1700 being raised!

Thank you to **Linda Erath**, WestCare Foundation Controller, for the idea and to our Foundation **Internet Technology** team for assisting with placing this auction on the employee intranet so staff could participate statewide. California also was able to bid. Also, thanks to all the volunteers that helped with set-up and management of the event and for all the staff donations. Senior Vice President **Richard Jimenez** made special video appearances throughout the event to encourage sales and he did us proud!!!!



FOUNDATION: *Aussie Riders with a Cause to Head for Vegas*

Black Dog Ride began in Australia in 2009 as one man's mission to raise awareness of depression and suicide. It has since developed into a national suicide prevention charity involving thousands of motorcycle riders who have raised over \$1,700,000 for mental health services in Australia, while fostering mental health awareness around the country.

This year, Black Dog Ride comes to the United States for the

first time to support *Mental Health First Aid USA*, and WestCare will play a role. The riders will traverse the country over 4,350 miles to raise mental health awareness and funds for training for veteran populations and those who work with veterans, service members and their families and first responders.

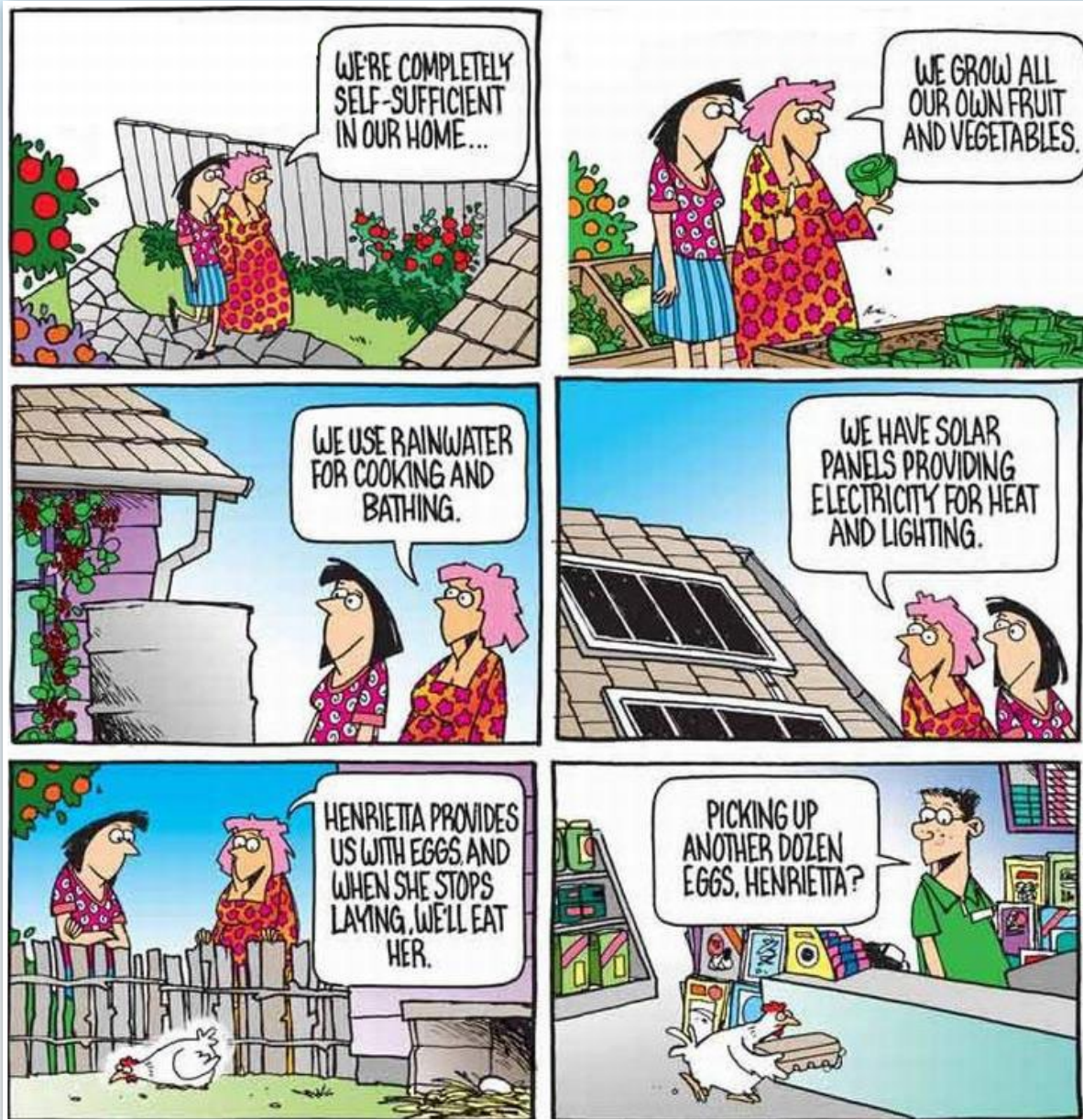
The inaugural Black Dog Ride across America will begin its journey September 13th in New York City, heading west over 21 days. Throughout the cross-country crusade, 65 Australian bikers will meet with community members and organizations, building awareness of depression and suicide prevention across the USA, through local events in each city. They are scheduled to roar into Las Vegas October 1st and 2nd, before finishing in Los Angeles.

For information about how to help with the WestCare event in Las Vegas, contact jennifer.hilton@westcare.com.





THE GREEN CORNER: *Volume 11*



“What is the use of a house if you don’t have a decent planet to put it on?”

- Henry David Thoreau

Credit: Comic strip by Adrian Raeside (Raeside Cartoons).



HUMAN RESOURCES: *A Little Something About Retirement*

By Michael Shields, Vice President of Human Resources

As you may have seen, there have been a number of WestCare retirement announcements lately. Without naming names, people have reached a point in their lives when it is simply time. Any of us who have been working in this field, or working at all for decades, suddenly realize it is time for a new phase. A phase filled with family, friends, and whatever new adventures await us. I say “*us*” because I will be an AARP card carrying, Medicare enrolled, Social Security paid retired person next summer.

Most people I know in the same boat have plans to work in some capacity. Some in the same field. Some running their own business. Some just volunteering. I am hoping to get a job (probably brief) as a “Rude Walmart Greeter”!! While talking about retirement, I want to talk about the flipside of what happens when people retire, people transfer or people leave WestCare for whatever reason. One person’s departure always becomes someone else’s opportunity. One door closes and one door opens. One man’s ceiling is another man’s floor (apologies to Paul Simon). Whatever!

The point is, there are opportunities every day in WestCare. You see the barrage of job announcements I send for positions all across WestCareland. We have grown from 300 employees to 1400 since I have been here. Tons of opportunities come with every new growth spurt. When the doors open, nobody is going to push you in! YOU need to run through! Growth only comes in one’s career when you step up to the plate and swing away!

We soon-to-be-retirees all took chances in our illustrious (?) careers. Sometimes we were rejected. Sometimes we chickened out. Sometimes we were pleasantly surprised we got the new gig! Then we were excited and scared!!! Since I am rambling like the old person I have become, I just want to wrap it up by encouraging all of you to take a look at the opportunities available to you within WestCare. Take a shot! Even better, step up and let your Supervisor know you are ready for a challenge. Ready to grow. Ready to take the next step. Supervisors need to support and encourage your interest to grow. It helps them grow if there is someone around to step into their shoes. It makes WestCare grow too!!!

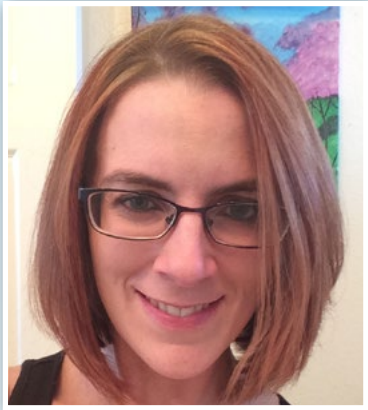
All in all, it’s better to steer your own course than to look back later in life and wish you had. Be good to each other.



Mike

WILD ABOUT WELLNESS: *Volume 1*

By *Angela Wells—Chair, WestCare Wellness Committee*



WELCOME to the new *“Wild about Wellness”* monthly article for WestCare! My name is **Angela Wells**; my position at WestCare Nevada is Billing Coordinator. Like many of you, my job is extremely important to the success of WestCare and all of the clients we serve. It’s also important to make sure we are all at our healthiest self when we are doing this type of work since it helps us in *“uplifting the human spirit”* every day.

What is wellness? It is not just going to the gym and dieting. Wellness defined is “the state or condition of being in good physical and mental health.” You may be surprised as to what you could do to integrate different acts of wellness into your life.

It is a proven fact that people who practice a healthy lifestyle are happier, have more energy, and are more productive and less stressed.

Nutrition: Featured Recipe!! *“Avocado Artichoke Pesto Stuffed Chicken”*

This delicious recipe is packed with protein and vitamins and is perfect for summer. With a total prep time of 35 minutes, this would be a wonderful healthy dish for a busy week night. I encourage you to try this and other recipes featured each month and email me your pictures and comments about your thoughts and feelings of these fulfilling, healthy dishes. Healthy eating doesn’t need to be boring or flavorless. Once a month, I will hold a drawing for those people that have tried these recipes and sent in pictures and comments. One lucky WestCare employee will win a wellness item from the Committee each month!!



Recipe Link: <http://freshfitnhealthy.com/2013/08/avocado-artichoke-pesto-stuffed-chicken/>

Fitness:

“But I don’t have TIME to work out” is an excuse that I am dedicated to abolish. You make time to do the things you enjoy. Fitness can be extremely enjoyable! Here are some quick tips to incorporate into your day regardless of



WILD ABOUT WELLNESS: *Volume 1 (Cont.)*

the activity. Any form of movement is waking the sleeping giant of the calorie burning monster within you. All you need is 30-45 minutes per day...try some of these tips. You can take small 15 min sessions a few times a day and meet this goal:

- **While watching TV** – during commercial breaks, do jumping jacks or a wall sit or for the length of the TV break (you could burn up to 90 calories in a 10 min session)
- **Cooking dinner** – while waiting for your oven to come to temp or water to boil, stand arm's length from the kitchen counter and push your arms against the counter. Push in and out with your own body weight to achieve toned arms.
- **While watching your child's sports activities** – walk around the field or stadium. Jog up and down the stairs if they are available.
- **At work** – If you dine out on your lunch hour, pick a restaurant close to work and walk there and back.

Mental Health:

Breathe! When you are feeling overwhelmed or upset, take a few minutes, leave the situation (at work, perhaps leave your office or the floor to another hallway) close your eyes and take a long breath in, count 5 seconds, hold it for 5 seconds and breath out for 10 seconds. The controlled breathing will slow your heart rate and allow your blood vessels to open to allow proper blood flow.

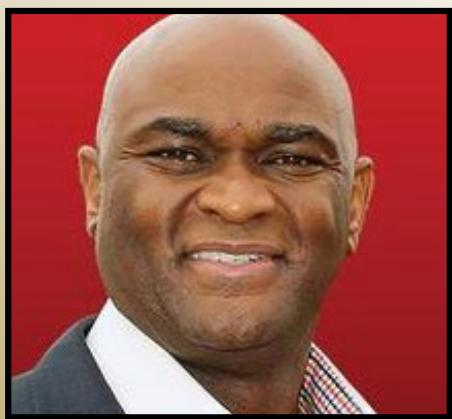
Spiritual Health:

This section can be applied to whatever you feel strengthens your spirituality in yourself. This doesn't have to be religion based. Spiritual Wellness is a personal matter involving values and beliefs that provide a purpose in our lives.

Thank you for your participation in our Wellness program. I welcome any other recipes, tips and advice from anyone that would like to participate.

Please email me at angela.wells@westcare.com with your pictures, comments and suggestions.

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



Robert Pyles

Milwaukee, Wisconsin

One of the many ways our Community Council members are invaluable to WestCare is helping open doors to sources of funding and other assistance. A great example is Mr. **Robert Pyles** in Wisconsin. A successful businessman, Mr. Pyles has introduced WestCare Wisconsin to the **Midwestern Association of African American Franchise Owners**, and new employment opportunities for our young clients are coming in.

Thank you, Sir.

Another terrific job by the men who assisted at the North American Pole Vault Championships on the streets of Old Town Clovis, California, the fourth year WestCare clients have done so. Organized by Vocational Specialist **Yolanda Martinez-Nunez**, they worked in different shifts starting 9 am Friday through 11pm that night and again for the final clean up on Saturday starting at 9am. The event drew a crowd of over 10,000 spectators!



Clients Assisting at the North American Pole Vault Championships

Old Town Clovis, California

EXPRESS FAMILY FEEDBACK

"I want to let you know how much I enjoy reading the WestCare Express. I think it is very creative, informative, fun and inspirational. Thank you very much for keeping us all informed."

- **Ileana Kluge**, WestCare Florida - Guidance/Care Center

KUDOS! *Our Monthly Shout-Outs to Exceptional People (Cont.)*



Women Veterans at the HomeFront Program
Fresno, California

A great “give-back” by the women veterans from our *HomeFront program* in California. They volunteered for the *St. Francis Homeless Project* at the Institute of Technology (Culinary) where they bake and sell natural dog treats to raise money for disadvantaged women.

The residential HomeFront campus, exclusively for female vets, is one of several WestCare programs in California serving veterans and their families.

High-fives to GulfCoast-Florida’s residential DOC programs and GED instructor for receiving the Pinellas Adult Career Technical Education Association’s top honor. The Outstanding Program Award is given by PACTE to any adult program or vocational school that contributes to the enhancement of adult/vocational education, espouses the high standards and practices recommended in business and industry, promotes excellence, and improves student learning.

Accepting the award were **Michael McElroy**, Criminal Justice Director (holding award) and **Wes Koenig**, GED Instructor (standing behind).



Michael McElroy and Wes Koenig
Gulf Coast, Florida

KENTUCKY: "Humankindness." It's Biblical.

By Anna Coleman, Program Coordinator

Chris Bartley, youth pastor for the Pikeville United Methodist Church, took a special interest in WestCare Emergency Shelter after he stopped by one day in July to make a donation and discovered we had 13 school aged children living at the shelter. With school quickly approaching, he decided to challenge the church members to purchase back to school clothing and supplies. During church, two children raised over \$200! The next Sunday they stood before parishioners and told the story of how they raised their money and would like to donate it for the 13 homeless children. The church members eagerly matched their funds which raised it to over \$400.



Mr. Bartley also asked his youth group (pictured) how they could raise money to help the shelter. Their church is located in a prime spot in downtown Pikeville so the kids came up with the idea of using their church parking lot for daily parking during their summer break to taking up donations from people who needed to park.

Because of Mr. Bartley's interest in our shelter, 13 children went back to school with new clothing and school supplies. Mr. Bartley also spoke with Mr. Jerry Bishop, who is the mission leader at Pikeville UMC and he purchased over \$500 in food for the shelter.

Matthew 25:40 *"And the King shall answer and say unto them, Verily I say unto you, Inasmuch as ye have done it unto one of the least of these my brethren, ye have done it unto me."*



IOWA: Battle Buddies Meet and Greet

By Laura Lindsay, Business Manager -Family Alliance for Veterans of America (FAVA)



All five of the precocious puppies (**Pendleton, Carson, Campbell, Benning** and **Lejeune**) that are in training to become service dogs for veterans, as well as their 4H Battle Buddy raisers, took part of a fun community event in Forest City. We've partnered with the Iowa State Extension's **4H program** to train the service dogs. Each 4H family has one of the puppies living with them in constant training and they come to FAVA to meet with the Battle Buddy Coordinator for classes/further training each week.



The event was a fundraiser for our **Battle Buddy Program** – we sold homemade cupcakes and “pupcakes” as well as a variety of other homemade human and dog treats! We also sold t-shirts and our new 2016 Battle Buddy calendar (pictured) that we're very proud of! If anyone in the WestCare world is interested in buying one, they are \$20 + postage.

The FAVA staff and 4H youngsters and the pups also appeared at the Iowa State Fair in Des Moines. So our work, and our beautiful service dogs-to-be, are well known!



WESTCARE SNAPSHOTS

All work and no play? Not in Key West, Florida which is known for world famous sunsets. The best way to truly experience one is on a catamaran. Here, Guidance/Care Center, Inc. staff went on a relaxing sunset sail with friends and family.



The Guidance/Care Center Staff (with their friends and family)

Do you have a photo of your surroundings you'd like to submit? Send it to john.wallace@westcare.com.

A CLIENT'S THANKS: *"To the People Who Really Cared"*

(Editor's note: Jenny Gonzalez, Director of Veteran and Adolescent Services at WestCare California, recently received a heartfelt letter from a former client. It is excerpted here.)

*"Hi, my name is **Greg Baldwin**. I was a resident at Vets Plaza and I just wanted to tell you that the program really changed my life. It's not just the program itself, but the people who really cared about my success and the success of every client in the program.*

*Special thanks to **Angela Corona**, my very first case manager, who went above and beyond her job responsibilities to assist me. When I met her I was homeless and unemployed on the streets of Pixley, CA and dealing with domestic issues, child custody disputes, gang violence, legal issues and addiction. She encouraged me to put myself on calendar to get my warrants cleared up. She also wrote letters to the county commissioner on my behalf and got several of my tickets dismissed to help me get my commercial driving privileges back... She understood me and made me realize that I was at the point of killing someone, or being killed if I stayed in Pixley, and I will be forever grateful to her...*



I was able to discharge from the Veterans Plaza with no warrants, no tickets, my Commercial Drivers license re-instated and with employment as an over the road truck driver! I have since relocated back to Michigan, reunited with my family, secured my own housing and currently drive for EME Transport in Grand Rapids.

*Please give these individuals [Also mentioned in letter were **Dennis Brewer** and **Keith**] promotions and raises. They deserve it!"*



WESTCARE CALENDAR OF EVENTS: *September 2015*

SEPTEMBER

S	M	T	W	T	F	S
		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			

September Monthly Observances

- *Be Kind to Editors and Writers Month*
- *Childrens' Good Manners Month*
- *Happy Cat Month*
- *International People Skills Month*
- *International Strategic Thinking Month*
- *International Square Dancing Month*
- *National Prosper Where You Are Planted Month*
- *National Sewing Month*
- *National Piano Month*
- *Save the Koala Month*
- *Self Improvement Month*
- *Women's Friendship Month*

September 1 (10:00am-11:00am PT / 1:00pm-2:00pm ET)
Eastern Kentucky - CAC Meeting (Pikeville, KY)

September 2 (9:00am-10:00am PT / 12:00pm-1:00pm ET)
Florida (G/CC) - CAC Meeting (Marathon, FL)

September 7
HOLIDAY - Labor Day

September 8
California - Mental Health Summit (Clovis, CA)
Notes: Clovis Vet Memorial District

September 11 (1:30pm-2:30pm PT)
California - CAC Meeting (Fresno, CA)

September 14 (9:00am-10:00am PT / 12:00pm-1:00pm ET)
Central Kentucky - CAC Meeting (Irvine, KY)

September 15 (8:00am-9:00am PT / 11:00am-12:00pm ET)
Executive Teleconference Meeting

September 15 (2:30pm-3:30pm PT / 5:30pm-6:30pm ET)
Florida / Village South - CAC Meeting

September 15 (3:00pm-4:00pm PT / 6:00pm-7:00pm ET)
Florida / Gulf Coast - CAC Meeting

September 15 through 17
California - Central Valley Vet Stand Down (VFW Post 8900)

September 23-25
Sr. Management Team Meeting (Miami, FL)

September 25-26
California - Soberstock X (Fresno, CA)
Notes: @ Manchester Center

September 25 (3:00pm-6:00pm PT / 6:00pm-9:00pm ET)
Veterans Committee Meeting (Miami, FL)

September 26 (8:00am-12:00pm PT / 11:00am-3:00pm)
Foundation - Tri-Annual Board of Directors Meeting

September 29 (6:00pm-9:00pm PT)
Nevada Graduation Ceremony
Notes: @ Community College of So. NV, Horn Theater

September 30 (4:00pm-5:00pm PT)
Arizona - CAC Meeting (Bullhead City, AZ)