



October 2011

# Crossing the Bridge of Hope and Support

*One WestCare Community's Unique Celebration of Recovery*

Provided by WestCare Kentucky staff

While many WestCare programs in various states observed the annual National Alcohol and Drug Addiction Recovery Month in September, Kentucky staged its 6th annual "One Day at a Time March for Recovery." Hundreds of Estill County citizens joined staff and clients on a united Sunday stroll across the landmark Irvine Bridge, eventually rallying at the County Fairground.

The display of community support and cooperation was led by long-time WestCare volunteer servant Judge Wallace Taylor and Director Renee Alexander. As Judge Taylor describes the problem being addressed: "There is not one family in our community that has not felt the effects of addiction. It is probably the worst form of terrorism facing our county, our state and our country."



Judge Wallace Taylor (right) thanks the local Army National Guard Color Guard for their service to Estill County and the nation.

**JOIN THE VOICES FOR RECOVERY**

**RECOVERY BENEFITS EVERYONE**

National Recovery Month  
Prevention Works • Treatment is Effective • People Recover  
SEPTEMBER 2011



Estill County's youngest take part in the community march, including Skylar Walling, Lucas Walling and Jayden Estes.

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# Recovery Happens In Sacramento

By Derrick Bressel – *RMSC staff*

**JOIN THE VOICES  
FOR RECOVERY**

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On September 1, 2011, Residential Multi-Service Center employees Brenda De La Cruz and Derrick Bressel transported 12 outstanding clients to Recovery Happens in Sacramento. Recovery Happens is a rally/information fair held in celebration of recovery on the west steps of the State Capitol building. It featured speakers, information booths, singers, food, 12-Step Meetings, and fellowship. RMSC Resident Jeremiah L. stated "It was nice to see a lot of clean and sober happy people." This year, the participants were able to attend a comedy show featuring Bob Perkell at the Crest Theater in Downtown Sacramento. Aside from all of the wonderful information and activities, our WestCare participants were able fill up on all-you-can-eat pizza and spend some time sight seeing in Old Town Sacramento.



WestCare staff members Derrick Bressel and Brenda De La Cruz.



RMSC client poses in front of the State Capitol's historical sculptures.



Client gets ready to enjoy a comedy show during Recovery Happens event.

Entertainers on the steps of the State Capitol in Sacramento.

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# Soberstock Festival In California

By Raquel Navarrette – *Counselor Tech*

WestCare California would like to thank the following Staff members for their help and dedication to SoberStock 2011 – a huge success!

- Raquel Navarrette • Gary Knepper
- Art Irise • Gwendolyn Major
- Tasia Loftis • Robert Brown
- Bernie Baiza • Delissa Reynoso
- Maura O’Neill • Robert Motley
- Francisco Gonzalez • Lynn Pimentel



Also, thank you to everyone who came out to show your support, and to the clients for their incredible representation of WestCare!

Overall, the event was a huge success with over 2,000 in attendance. It was amazing to see so many people working together for a great cause and positive entertainment. Seeing former clients of WestCare that have truly turned their life around was a beautiful reminder that recovery happens! With fantastic music, face-painting and bounce houses for children, and the support and encouragement of so many – this was definitely an event to remember!



# Arizona Recovery In the Park

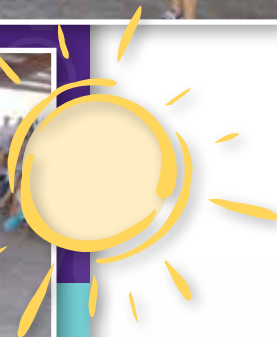
In Arizona, WestCare was prominent in the annual Bullhead City Recovery in the Park event along the beautiful Colorado River. Nearly 300 adults and children turned out.

There was a dance performance, face painting, an old fashion cake walk, hot dogs, chips and drinks, about 10 booths/tables participants could visit. It was attended by the Mayor, Assistant Police Chief, our District State Legislator, local Judges, the City Manager and treatment providers as well as community members. There were about 275-300 people in attendance.



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## October Calendar

- October 1st**  
Kentucky Charity Golf Scramble  
6:30am PT/ 9:30am ET
- October 4th**  
Florida Guidance Center CAC Meeting  
9:00am PT/12:00pm ET
- October 4th**  
Nevada CAC Meeting  
12:00pm PT/3:00pm ET  
MLK Building, Las Vegas, Nevada
- October 5th**  
Pre-Board Exec. Committee Meeting  
8:00am PT / 11:00am ET
- October 5th**  
CAC Minnesota  
8:30am PT/10:30am CT  
VICTRI, Minneapolis, Minnesota
- October 5th**  
CAC Monthly Report Due  
12:00pm
- October 5th**  
Arizona Community Walk Away  
From Drugs Event – 6:00pm PT
- October 11th**  
CAC Florida Gulfcoast  
3:30pm PT/6:30pm ET  
Davis Bradley Building
- October 11th**  
CAC Nevada Strategic Planning  
9:00am PT/12:00pm ET
- October 12th**  
CAC Minnesota  
8:30am PT/10:30am CT  
VICTRI, Minneapolis, Minnesota
- October 15th**  
Eastern Board Meeting  
8:00pm PT/11:00pm ET
- October 19th**  
CAC Minnesota  
8:30am PT/10:30am CT  
VICTRI, Minneapolis, Minnesota
- October 22nd**  
Western Board Meeting  
8:00pm PT/11:00pm ET
- October 26th**  
CAC Minnesota  
8:30am PT/10:30am CT  
VICTRI, Minneapolis, Minnesota
- October 27th**  
Arizona United Way Sandblast
- October 29th**  
Arizona Domestic Violence Fun Run  
7:00am PT

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RECOVERY BENEFITS  
EVERYONE

National  
*Recovery Month*  
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## Las Vegas Lines Up For Life

On September 24th, Nevada held their annual Recovery Picnic event in Lorenzo Park, Las Vegas, Nevada.



▲ Pulling together for good health and sobriety.

▲ In Nevada, WestCare helped organize and host a well-attended community picnic at Lorenzi Park.

## Recovery Month In Georgia

Submitted by Joyce Randle

WestCare Georgia joined force with Governor Nathan Deal and local advocate treatment agencies and service providers to present Recovery Month celebrations in Georgia.

WestCare's Vice President Michael Langford and Community Relations director John Bascom attended the Governor's press conference at the State Capitol where he proclaimed September as Recovery Month.

The Blanket Atlanta and CARES programs participated in the Rally & Picnic held at Coan Park on September 17.



Governor Nathan Deal welcomes WestCare Georgia representatives and counterparts from other agencies to the State Capitol in Atlanta.

# Sheridan Leader Honored with Coveted Award

Submitted by WestCare Illinois staff at Sheridan

## Illinois



Stanley Brooks at Sheridan with his IADDA award.

WestCare Illinois shared the pride with their respected Sheridan Program Director, Stan Brooks, when he was honored at a recent Illinois Alcoholism and Drug Dependence Association conference. Stan received the prestigious Keith Keesey Memorial Award for his dedication and leadership in the substance abuse field and the clients we serve.

Stan's colleagues in Illinois, along with the rest of the WestCare family, extend our congratulations to a great man and committed leader.



At the awards luncheon (left to right) – WC staffer Dawn Ruzich (holding her little William), Stan Brooks, Carolyn Dickerson, and Sr. VP Leslie Balonick.

## Goal-setting at Sheridan

Submitted by WestCare Illinois staff at Sheridan



Left to right: Kathy Parks and Stephanie Wright with C6 housing unit clients.

Sheridan Correction Center clients are encouraged to design posters depicting personal goals during their incarceration. Unit C6 clients are shown here with staff members Tonja Jameson, Kathryn Chilpis, Kathy Parks and Stephanie Wright.



Left to right: Tonja Jameson, Kathryn Chiplis, Kathy Parks, and Stephanie Wright with C6 housing unit clients.

# Happy Halloween

The observance of Halloween, which dates back to Celtic rituals thousands of years ago, has long been associated with images of witches, ghosts and vampires. Over the years, Halloween customs and rituals have changed dramatically. Today, Halloween is celebrated many different ways, including wearing costumes, children trick or treating, carving pumpkins, and going to haunted houses and parties.

**Fast Fact: 92%** – Percentage of households with residents who consider their neighborhood safe.

In addition, 78 percent said there was no place within a mile of their homes where they would be afraid to walk alone at night. **Source:** U.S. Census Bureau, Extended Measures of Well-Being: Living Conditions in the United States, 2005, Table 4,

For more Halloween facts, go to:

[www.census.gov/population/www/socdemo/extended-05.html](http://www.census.gov/population/www/socdemo/extended-05.html)



# Village South Leadership Recognized

By Frank C. Rabbito  
 – Sr. VP Florida & Caribbean Operations

Program Directors and Coordinators were treated to a special dinner, prepared by staff, and awards presentation for their outstanding work.

Senior Vice President Frank Rabbito recognized individuals for their program achievements as well as their team work. The sum total of any organization's success is predicated on the leadership of each individual within it. The past year's efforts of staff have resulted in excellent performance and results in all aspects of the organization.

The Village South operates 23 individual programs representing nearly 300 separate and distinct contractually-required performance outcomes and service objectives. The accomplishment of each of our program requirements fall squarely on the shoulders of our directors and coordinators. Program monitoring by state and local officials resulted with zero compliance issues covering some 200 standards that include: employee records; training; credentialing; medical and clinical file contents; fiscal invoicing, data

uploading and integrity; and, a full range of policies and procedures. Additionally, Joint Commission accreditation was granted for another three years, and that process alone involved compliance with 500 standards of care. All this along with maintaining facilities and the environment of care, staff supervision, numerous hours coordinating with other government, courts, and nonprofit organizations make our directors and program coordinators very busy people. Their contributions are invaluable. These highly motivated and self disciplined individuals make our organization the success that it is - a state and nationally recognized leader in our field.



## Florida

Front Row (L-R) Wendy Ramos, Heather Baker, Georgia Gilbert, Diana Alvarez-Mendez, Aurelio Morrell. Second Row (L-R) Marina Aviles, Paul Staffelbach, Carolina Botero, Frank C. Rabbito, Raquel De Cardenas, Frank Scafidi, Leo Martinez. Third Row (L-R) Janet Nichols, Anslie Stark, Andres Savransky, Rudy Volenec, Erik Lieux, Elyse Dermer.



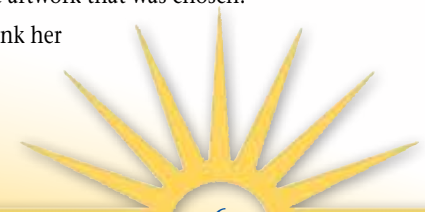
## In Memoriam – Jan Lawliss October 19, 1952 – August 25th, 2011

By Lisa Marciniak – PGC/Marathon Site Director

On August 25th, GCC Marathon lost a beloved mental health consumer, friend, and great contributor to the Florida Keys' art community. Jan had a personal relationship with many of us at the Marathon site. Her art adorns the walls of our work spaces, and in some cases our homes. Jan made great contributions to the Personal Growth Center over the past 15 years as a teacher and mentor for her peers, and dedicated her time and resources to projects that continue to make PGC a better place. She has won numerous local awards and her artwork adorns the walls of such corporations as Ryder and Merrill Lynch.

Just this August, Jan's work was selected as a Florida Legislator Leadership Award and presented to Senator Rhonda Storms for her work with the Florida Council on Community Mental Health's legislation for reducing duplicative monitoring for agencies that are accredited. Jan is pictured here with the artwork that was chosen.

Jan will be greatly missed, and we thank her for sharing her many gifts with us.



# Healthy Smiles Project Wows Government Visitors

By Anslie Stark – *Children and Prevention Services Director*

## Florida

Government visitors learn about WestCare's successful Project Smiles. ▼



On August 8th, The Village Project Smiles oral healthcare program played host to several important local and federal visitors who conducted a day long technical assistance site visit. During the visit, Village staff was able to showcase the program and the Village South as a whole. Attendees were Dr. Rosie Roldan, Director Miami Children's Dental via phone; Dr. Colleen Kraft, American Academy of Pediatrics (AAP) Team Leader; Regina Schaefer, AAP Staff; Dr. William Bruno, Jr, Florida Chapter Regional Representative Region 7 and Karen Weller, from the Miami-Dade County Health Department.

In keeping with President Barack Obama's health care reform commitment to expand access to dental care to children the Village South, Project Healthy Smiles provides oral health services to children ages birth to 17 years old. In collaboration with Miami Children's Hospital's excellent pediatric dental clinic, the program improves access to dental care for children. The goal of the project is to enable these young clients to receive examinations and treatment, and for them and their parents

to receive oral health care education based on the American Academy of Pediatrics Bright Futures Guidelines for Health Supervision of Infants, Children, and Adolescents.

Project Healthy Smiles is funded through a Healthy Tomorrows Partnership for Children grant which provides \$50,000 a year for a period of five years. The Healthy Tomorrows Partnership for Children Program (HTPCP) is a collaborative effort between the American Academy of Pediatrics (AAP) and Maternal Child Health Bureau (MCHB) that distributes grants to promote community planning and problem solving at the local level.

The attendees were extremely impressed with the level of services being provided to our clients and in turn gave program staff some excellent ideas for collaboration with other dental services providers and the health department programs. These ideas will be implemented in the near future and will give our clients even better services as the Program moves forward. Good job to the Village South Project Smiles staff!



## State Department of Children and Families Boss Visits Village South

Submitted by WestCare South Florida staff

On August 9th, Secretary David Wilkins visited Miami to roll out the DCF Strategic Plan to the community. Later that day, Secretary Wilkins along with a film crew visited the Village South with the purpose of filming client testimonials along with other model programs around Florida for preview at the DCF Dependency Summit held September 6-8th in Orlando. Secretary Wilkins spent nearly one hour in conversation about substance use and dependency collaboration with Sr. VP Frank C. Rabbito.

Secretary David Wilkins with WestCare Sr. VP Frank Rabbito. ▶



## “WestCare Cleans Up”

Carol Renard – Director of Program & Staff Development

Every day in North America, thousands of hotels discard millions of pounds of soap and shampoo. These products often end up in already overflowing landfills and contaminate fragile groundwater systems. Each year more than five million lives (9,000 per day) are lost to diseases, with the majority of deaths being among children less than five years old. Studies have shown that simple hand washing substantially reduces the spread of these diseases. Unfortunately, the essential items for proper hand washing are unobtainable for millions of people worldwide.

In an effort to prevent these needless deaths from occurring the **Clean the World Foundation, Inc.**, an Orlando-based (501(c)(3) non-profit, distributes recycled soap products, along with appropriate educational materials, to impoverished countries worldwide, and to domestic homeless shelters. Before redistributing the soaps, they’re disinfected and reformed through a sanitation process at recycling centers in Orlando and Vancouver. Shampoos and conditioners also are sanitized before redistribution. They are supported by many hotels across the country that collect and donate often unused products after a person vacates their room.

In August, Clean the World donated more than 5,000 bars of soap, shampoo & conditioner & lotion to WestCare Florida’s GulfCoast affiliate. The recycled products will be used by clients in WestCare’s residential programs. Katrina Tucker, Program Manager for A Turning Point, was attending a

conference in Orlando, and picked up the donations from their warehouse.


Carol Renard, WestCare’s Director of Program and Staff Development, who made the connection with Rosanna Kingston, Volunteer and Soap Drive Coordinator for Clean the World, said, “What is better when someone comes into treatment than to receive their own personal hygiene products? This generous donation will meet a direct need of our clients and may also save WestCare some money.” Amy Roukie, Director of WestCare’s Community Triage Center in Reno, Nevada, contacted them after she received the information from Carol, and also received a donation shipped to the program.

In September, the Orlando-based Clean the World reached a major milestone, having delivered more than 6 million bars of soap to children and families in need both domestically and abroad. Because of the program’s growing popularity, new recycling centers are scheduled to open in Las Vegas and Toronto as well.

To date, the recycled materials have found their way to the United States, Haiti, Pakistan, Armenia,

## Florida



 Rosanna King (left), volunteer and soap drive coordinator, and Katrina Tucker picking up donations for WestCare GulfCoast.

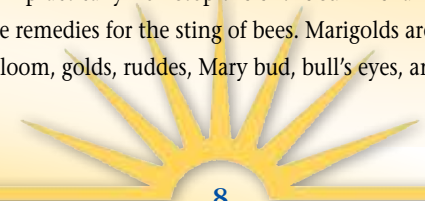
the Dominican Republic, Honduras, Nicaragua, Panama, Uganda and Swaziland. For more information about Clean the World, Inc. log onto [CleantheWorld.org](http://CleantheWorld.org). If you wish to donate: – <http://cleantheworld.org/donate-money.asp> \$25 provides enough soap for 85 children for one full month!



## Flower of the Month: Marigold

Marigold, also called calendula, is the October birth flower. Sometimes called “summer bride” or “husbandmans dial,” because it’s flower head follows the sun. The Marigold’s flower meaning is “winning grace.” Once considered the most sacred of flowers, in India it was placed around the necks of holy statues.

Marigold is found through Europe, the United States, and western Asia. The marigold is an annual flower that blooms well even over a long season. They bloom practically non stop the entire summer and have few problems. Marigolds are good cleansers and can be remedies for the sting of bees. Marigolds are also known as calendula, garden marigold, holligold, goldbloom, golds, ruddes, Mary bud, bull’s eyes, and pot marigold.



# WestCare Wellness Watch



## Child Health Day Monday, October 3rd, 2011

Child Health Day is a national observance in the U.S., not a public holiday.

On Child Health Day, the emphasis is to help raise an awareness and a commitment to teaching children the benefits of good health and teaching parents how they can help and protect their children with good nutrition, year round fitness and exercise.

The day was proclaimed in 1928 by Calvin Coolidge to increase awareness of health issues facing the children in the U.S. including health issues, healthy eating, fitness, child's development, immunizations, preventing injuries, and more.

As part of the annual presidential proclamation for the day, all agencies and organizations interested in child welfare are invited to unite on Child Health Day to observe exercises to stimulate or increase people's awareness of the need for a year-round program to protect and develop children's health in the United States.

Health professionals and health organizations across the United States take part in this day through various activities and events. For example, the Health Resources and Services Administration (HRSA) takes on an active role in providing educational resources for parents, children and schools about issues such as healthy choices, fitness, and child obesity prevention. The HRSA also calls for every surgeon general across the nation to make a pledge towards providing a healthy future for children.



## Child Obesity in America: Taking Care of Our Children

*Courtesy of [www.helpcurechildobesity.com/](http://www.helpcurechildobesity.com/)*

There are plenty of statistics available that prove child obesity in America is at epidemic levels. In the last 30 years the number of children who are overweight has tripled to 15%. When you add the overweight and obese statistics together, the problem becomes crystal clear. One-third of the nation's children are carrying too much weight. There are lots of reasons why child obesity in America is on the rise.

Doctors agree that there are two primary factors in creating obese children. First, the children and teenagers are not eating the right kinds of foods. Second, America's children are getting less and less exercise on a daily basis. The mixture of fast food diets along with sedentary lifestyles is creating a generation of children who are facing very adult health issues like high cholesterol, diabetes and heart disease.

Children who are obese also must confront the many psychological issues that being overweight creates. Overweight children often have low self-esteem, which is made worse when they are unable to participate in normal activities such as sports or on the playground. Teen eating disorders like anorexia nervosa and bulimia develop in response to feelings of body inadequacy. Obese children are teased, bullied and made to feel inferior on a number of levels.



Changing the trend in the rate of child obesity in America is not difficult as long as parents are willing to accept their responsibility for teaching their children healthy lifestyles. The parents of obese children must begin, within the family, **to identify the problems and custom design a plan for change.** Childhood eating habits must be changed, and teen diets adjusted to accommodate their specific nutritional needs.

Parents must cook nutritionally balanced meals, virtually eliminate snacks high in fat and sugar, teach portion control, pack healthy lunches, avoid fast food and help their children increase levels of physical activity. Parents must teach by doing, which means parents must, themselves, also follow a nutritional and exercise plan that leads to a healthy weight.

**For more information, go to:** [www.ObesityPreventionOrg](http://www.ObesityPreventionOrg)  
The threat of obesity. The need for change. Help with obesity here.  
[www.MyChoiceCampaign.com](http://www.MyChoiceCampaign.com)



## World Mental Health Day *Wednesday, October 10, 2011*

### Quick Facts:

World Mental Health Day, which is supported by the United Nations (UN), is annually held on October 10 to raise public awareness about mental health issues worldwide. This event promotes open discussions on illnesses, as well as investments in prevention and treatment services.

## World Mental Health Week *October 9-15, 2011*

*Courtesy of the World Federation of Mental Health*

Mental Health Week is an annual national awareness event held every year to coincide with World Mental Health Day, which is held on 10 October each year.

Mental Health Week aims to raise awareness of the importance of mental health and wellbeing in the wider community.

Local and regional Mental Health Week events organized by local groups and communities contribute to reducing the stigma associated with mental ill health and offer a platform to engage the community in dialogue regarding help-seeking behaviors and mental health promotion.

For further information or to get involved in Mental Health Week 2011, go to: [www.mentalhealthweek.com.au](http://www.mentalhealthweek.com.au) (external site).

## News from Around the Treatment Industry

Courtesy:  
[jointogether.org](http://jointogether.org)

## Study Explores How Alcoholics Anonymous Helps Members Stay Sober

A new study examining how Alcoholics Anonymous (AA) helps its members stay sober finds two crucial factors are needed: spending more time with people who support abstinence, and having greater confidence in one's ability to maintain sobriety in social situations.

Researchers from Massachusetts General Hospital evaluated data from more than 1,700 study participants in a program called Project MATCH, which compared three alcohol treatment approaches. They received assessments three, nine and 15 months after completing the program, in which they reported their alcohol consumption and attendance at AA meetings. They also completed an assessment that looked at factors, including their confidence in remaining abstinent in social situations, and whether their close social network supported or discouraged their efforts to stay sober.

The study also found reduced depression and increased spirituality or religious practices had a significant role in the recovery of people who had received inpatient treatment, meaning they most likely had been more seriously dependent on alcohol, according to Science Daily.

"Our findings are shedding light on how AA helps people recover from addiction over time," study leader John F. Kelly, PhD, said in a news release. "The results suggest that social context factors are key; the people who associate with individuals attempting to begin recovery can be crucial to their likelihood of success. AA appears adept at facilitating and supporting those social changes."



# Nevada



Congressman Berkley helps send the children off to the new school year. ▲

## Back to School Fun for the Children of WestCare

By Abigail Davenport – Child Development Specialist

In late summer, the children of WestCare Nevada’s Healthy Families Program were blessed by our WestCare Angels and the Las Vegas Emblem Club as well as Congress woman Shelley Berkley. The event was held on site at the Women and Children’s Campus.

The evening was full of love, hope and gratefulness and certainly not to be forgotten the “Tootie Tot Song.” The children of the WestCare were very excited to receive backpacks filled with all types of school goodies such as; new pencil cases, glue sticks, scissors, paper, pencils folders and yummy afternoon snacks. This event helped to provide the necessary items to nearly 50 children to help ensure the start of the new school year was successful. Thank you again for all of the support provided to our campus and to our children. The event was an incredible experience for all involved.



Beloved WestCare volunteer Mary Ann Hoban helps distribute backpacks.

# Kudos!

## California Honors Two Employees

(Note: If your state or program has a similar recognition tradition, please submit to The Express by the 15th of each month)

### Cleadus Shelton

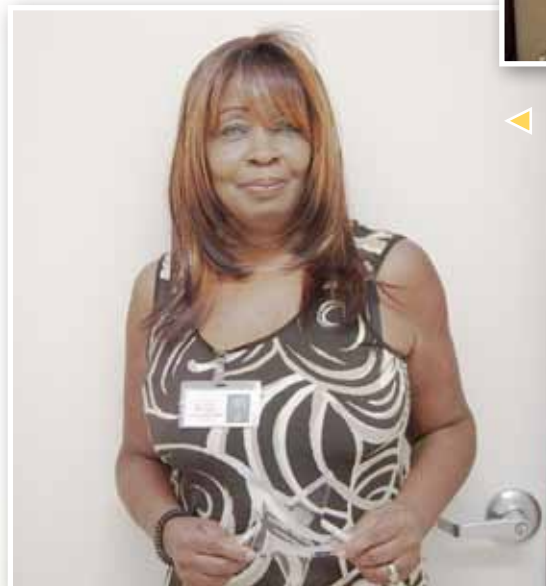
Says Gary Knepper, MLK Director:

Cleadus came on board as an Intern for Men’s Residential in 2009 and became one of our first AmeriCorps workers. Soon he became a certified substance abuse counselor. He is a tireless worker and volunteer and still attends Fresno City College full-time, carrying a 3.8 grade point average.

Cleadus started out as a client in 2007, and we see in his accomplishments in the man he is today. Thanks for all you do, Cleadus.



▶

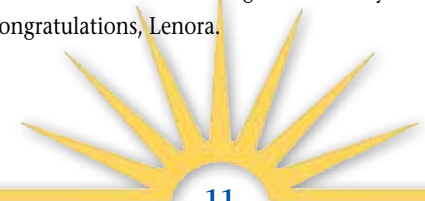


▶

### Lenora Phillips

Says SASCA Director Don Smith:

Lenora has demonstrated the true meaning of “going above and beyond the call of duty.” Lenora recently and unexpectedly accepted the full responsibility of the entire Data Department when her Supervisor went out on FMLA. She coordinated the Data department move from Clinton to MLK without a glitch. Thank you and congratulations, Lenora.



## OPTIONS: A Roof Over Their Heads, Not a Freeway

By Frank Torrez – Program Director

New life has been pumped in to Trinity Apartments in Fresno, and the dwellings have received a new lease on life thanks to some bold initiatives from the Fresno County government.

Through the auspices of the Fresno County Housing Authority, the formally run-down and abandoned buildings have been transformed in to sleek, energy efficient modern one-bedroom units for the chronically homeless. The task of referring qualified people to the bright new subsidized units was left to the discretion of the WestCare OPTIONS Program among other social service agencies.

the streets or homeless shelters were to receive a preference, a far cry from the two to three year waiting list for low-income public housing in the county, and an even farther cry from the HUD Section 8 program which won't even accept applications for two more years.

With only twenty completely furnished units available, more projects are in the planning stages. On the first go-round, OPTIONS referred two clients whose strides toward self improvement have proved to be momentous.

Of the two, one was homeless for five years and lived under Fresno's freeway interchanges. He was severely mentally ill and tired of life and society, and he made his home in a tent. Now, with help from OPTIONS, the client took advantage of a whole new spectrum of services, from medication management and therapy, to rehabilitation group and case management. He looked so proud when he moved his belongings into one of the smartly decorated and fully furnished living arrangements, which he proudly showed off to his OPTIONS guest, after serving them lemonade. And for him, the biggest boost was that for the first time since he can remember, he slept in a real bed with clean sheets.

Another client who was accepted into Trinity Apartments was a middle aged woman who had been homeless for more than a year. She had come to Fresno from New York State after her husband



Like-new apartments are ready for occupancy by some of Fresno's homeless population.

The criterion was simple: The client must have a history of at least one-year of continuous homelessness, or four episodes of homelessness over the past three-years.

The exciting news meant that people living in



## California

passed away. OPTIONS was there from the time she first came to Fresno and was referred to the program by the homeless shelter.

OPTIONS provided medication management, and the staff psychiatrist reported that there was "considerable change in her." The client also attended and participated in therapy and rehabilitation groups. All along during her time with the program she received intensive case management services, which reestablished her access to benefits and of course, her referral to the Trinity Program.

She had recently graduated from OPTIONS but was at Trinity Apartments on opening day, and with a broad smile on her face gladly turned the key to her door and allowed her OPTIONS guest into her new home for a tour.

Government does some really good things sometimes, and to all eyes the consensus is that Trinity Apartments is one of them.

## California Residential Campus Activities

By John Wallace – Express Editor

When clients go through the program at WestCare's Martin Luther King residential campus, they don't get bored . . . that's for sure! There's ALWAYS something fun and healthy going on to keep them active and focused. Here are some examples:

That water sure feels good on a 100 degree Fresno day!



Clients take a short break from their fund-raising car wash duties.



The Triple-A affiliate of the San Francisco Giants regularly hosts WestCare clients at the 12,000 seat ballpark in downtown Fresno.



Three leaders in recovery: Matt, Benny, Steve . . . have earned the respect of their peers.

# WestCare Foundation

## Remembering Arnold Andrews . . .Whose Spirit Uplifts Us All

By John Wallace – *Express Editor*

**“I**f your actions inspire others to dream more, learn more, do more and become more . . . you are a leader.” John Quincy Adams is credited with saying that. And oh my, did it fit Arnold Andrews.

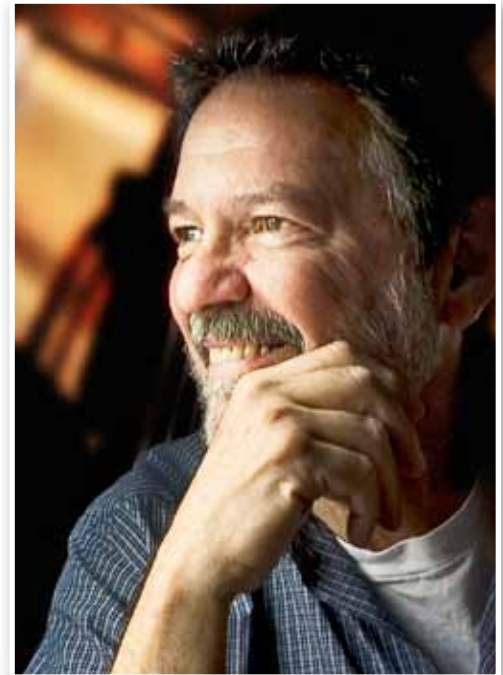
This was a man the world lost much too early. WestCare grieved when Arnold perished along with 48 other souls in an airline tragedy five years ago near Lexington, Kentucky. A life-long career in social services included his final position as Senior Vice President and Chief Operating Officer for our Foundation’s Eastern/Offshore Division based in St. Petersburg.

Arnold Andrews was loved by all who met him, worked together alongside him and were helped in many ways by his generous spirit. Our Chief Clinical Officer Bob Neri forged 30+ years of a professional relationship, as well as a close friendship with his mentor and “brother”, early in their careers.

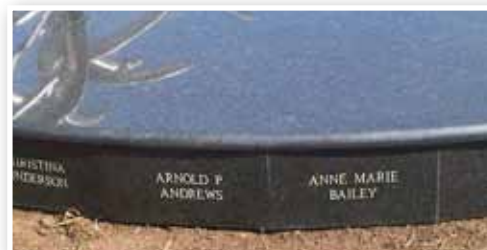
“Sometimes, when such a powerful personality works with you for many years you internalize their beliefs and principles,” says Bob. “So even today, 5 years after his death, I still have conversations with him and know he’s looking out for Dick (Mr. Steinberg) and all of WestCare.”

Bob Neri joined other friends and relatives of the crash victims at the University of Kentucky Arboretum for the anniversary unveiling of a public memorial. The photos here show the awesome silver sculpture of angelic doves sparkling in the August 27th morning light. Family members contributed personal mementos to a compartment added in each dove. Arnold’s beloved daughter, Kelly, provided Elvis stickers, tiny plastic cows from his vast collection, and some Jamaican hot sauce! Yes, Arnold had a quiet sense of humor.

His legacy permeates the very core of WestCare’s mission, where we carry with compassion those who are struggling to do it alone. Simplicity, tolerance, inspiration, nurturing and encouragement. The qualities of a leader, and a giant of a human being, Mr. Arnold Andrews.



**Arnold P. Andrews**



WestCare’s Bob Neri pays tribute to his longtime friend and mentor, Arnold Andrews.



The shimmering avian remembrance on the University of Kentucky campus, honoring those who perished on August 27th, 2006.

