

Cammack Post

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Just Take A Look Around

*By David Forinash, 2008
Board President*

Former NY Yankee catcher and Baseball Hall of Fame Member, Yogi Berra, is attributed with the quote, "You can see a lot just by looking around." I have been looking around at Cammack for nearly 44 years. What I have seen in those years gives me great confidence that the future is bright for Cammack.

Thanks to years of outstanding staff leadership by Tony Warnick, effective staff work and strong fiscal management, we begin 2008 in good financial health. The Center, so important to the

efficient work of staff and for the comfort and safety of the residents, has been upgraded. We have begun compensating employees for their loyalty and specifically for their contributions. Staffing is stabilizing and training is reinforcing the mission and methods we employ to most effectively help change and sometimes save the lives of young people who are referred to us.



Special notice must be give to the outstanding leadership of

Board President, Jearl Sasser, who has led the Board through the process that has enabled us to be so optimistic. Among the many contributions he has facilitated, Jearl led us to fiscally responsible, but creative ways, to finance the needed renovations of the Center. On behalf of all of us associated with Cammack, we thank

you Jearl.

As for me in 2008, I am going to continue looking around, while striving to be a worthy successor to Jearl .

Inside this issue:

Ryan's Christmas Story	2
Mental Health for the Holidays	3
Rachel's Notes	4
Brain Teaser	5
Did You Know...	5
2007 Annual Board Meeting	6
Financial Statement	7

Director's Corner

By: AG Warnick

Much has been accomplished this year . Almost all of the outside work on our building has been completed. The new heating and cooling system are big improvements over our old systems as are our new windows. The new roof is working well and we have improved our plumbing system. New furniture has arrived and improved the looks of the dorms. Our computer

system continues to grow and become more high tech. The security system is up and running and making all of us feel safer. We still have lots of improvements to make in the new year and beyond and will need everyone's help to get it all done.

The hard work of all the staff and kids has resulted in our agency being nationally accredited and fully licensed by both Social Services and

Behavioral Health. Our treatment services continue to expand with the addition of new highly trained staff. The on-grounds school has also expanded with the addition of a new classroom and teacher.

It has been a very busy and successful year. With your help, next year will be even better!





Ryan's Christmas Story

By Ryan E.

My name is Ryan and this past Christmas was up to me to make happen! It was almost Christmas and my grandmother was in such a tight spot that she couldn't possibly afford to buy anything for Christmas. I was 17 years old and I felt that I needed to step up and be a man. So, I took on the responsibility of making sure that everybody got a gift. Oh yeah, I forgot to mention I was in placement so earning money for Christmas shop-



ping was really hard. I guess it just pushed me to try my hardest. I felt like this was my chance to make amends to my family and loved ones for all the hurt I had put them through. I saved all my allowances and spent all my money I had saved back but it wasn't enough. I wasn't able to get everybody stuff. I was disappointed in myself but what I didn't realize was that the fact that I tried so hard was enough of a Christmas present that nobody felt left out.

So I guess what I am trying to say is that if you try hard, it's better than not trying at all and your loved ones will see that and love you all the more!



My Favorite Christmas Memory

By Matthew

My favorite Christmas memory is when I was eight years old. My family got me so many presents. It was the Christmas before my grandmother died. I got to see her once more. She gave me the best presents ever.

By Josh

One day when I was about seven years old my dad was video taping us on Christmas day before anyone got up. On that tape was a video of my brother hugging my feet in his sleep. That morning my dad showed up the tape and it was really funny.



By AJ

My favorite Christmas moment was that my dad didn't have Christmas in the morning so he let me go to my moms and open presents. We had a lot of fun. It was the last Christmas with my sister and we had a lot of fun.

By Hayden

One of my favorite Christmas memories is when I woke up and saw a dog sleeping in my room. It was one of my gifts!



Steve Stapleton and Derrick. Special thanks to Steve for providing excellent reading and math skills (through Title I funding) to our students.

Mental Health for the Holidays

By Kelly Sergent, MA

So, here are some ways to stay sane for Christmas

1. Be *prepared*. Make lists of both food and gifts, well before Christmas and purchase what you need as early as possible. Often, stressful situations are exacerbated by tiredness and irritability. Ask for help - don't be afraid to ask for help or accept it
2. Look after yourself physically in the lead up to Christmas. Eat sensibly, get plenty of sleep, and make sure to exercise regularly, even if it's just a 10 minute walk each day. Be sensible around alcohol - alcohol can act as a depressant.
3. If you habitually come away from a Christmas family get-together feeling bad, then look at ways that you can feel better about yourself this

Christmas. Find time to reach out to others and offer them something of yourself this Christmas. It may be a small inexpensive gift, a card they wouldn't otherwise receive, a visit, a meal. By looking outward, you won't get caught up so much in your own family world. Plus you'll feel good about yourself.

4. Try to bear in mind the real meaning of Christmas. If you are not a Christian, focus instead on the beauty of nature. Try to find 10 minutes early on Christmas morning to be alone and do something you find enjoyable- try to remember this image throughout the day when faced with stressful situations. Try to



relax - balance responsibilities and work with recreation and leisure activities

5. Plan something pleasurable to do on the day *after* Christmas. This may be as simple as watching a movie you haven't had time to see, or catching up with a friend you want to see. The thought of this "reward" can sustain you through whatever the relatives may deliver (as opposed to Santa). Be with people - keep communicating and interacting, and perhaps tell those you trust as to how you are feeling.



"Try to find 10 minutes early on Christmas morning to be alone and do something you find enjoyable."

QUICK HANDS-ON STRESS RELIEF

Got a minute? Get a massage—a self-massage, that is. These moves can help relieve tension around your head, neck, shoulders, and hands.

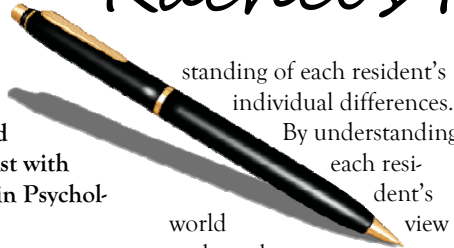
- The scalp soother. Place thumbs behind your ears and spread your fingers on the top of your head. Move your scalp back and forth slightly by making circles with your fingertips for 15-20 seconds.



- The eye easer. Close your eyes and place your ring fingers directly under your eyebrows, near the bridge of your nose. Slowly increase pressure for five seconds, then gently release. Repeat 2-3 times.
- The shoulder saver. Place your left hand on the right side of your neck by your shoulder. Press fingers firmly into the muscle while tucking your chin in toward your chest. Hold this position for 10 seconds, release, and then repeat on your left side.
- The palm pleaser. Lace your fingers together, leaving thumbs free. Slowly knead your left thumb into the palm of your right hand for 20-30 seconds. Then repeat on your left hand.

Article taken from Top Health Wellness Newsletter May 2007

Rachel's Notes



By Rachel Arthur, Contracted Psychologist with Associates in Psychology

It's been an exciting year here at Cammack Children's Center. The new phase system is in full swing and going well. Residents, parents and social workers seem to be pleased with the new system as it provides a more detailed description of each child's expected behaviors in order to successfully complete Cammack's program.

We have also added some new assessment measures. Each resident now completes a Jesness Inventory-Revised. The Jesness Inventory is one of the most widely used personality inventories in juvenile corrections. The Jesness Inventory is used in order to gain a better understanding of each resident's

standing of each resident's individual differences. By understanding each resident's view to world we learn how to interact and intervene in a way that is more productive. The Jesness Inventory also gives specific recommendations on how to discipline and approach the resident based on their Personality Subtype.

The Substance Abuse Subtle Screening Instrument for Adolescents (SASSI-A) is also a new assessment tool we have started using this year. The SASSI provides information regarding each resident's history of alcohol or substance use and the probability of having a substance abuse or dependence disorder. By using the SASSI, we are better able to detect instances of substance use or abuse in cases where

the residents are attempting to minimize the extent of their alcohol or substance use. It is also useful in determining the type of services we provide for residents with alcohol or substance abuse histories.

Cammack Children's Center is committed to improving our therapeutic and assessment services. We are fortunate to have Jiyoung Lee with us this fall. She is a doctoral candidate from Florida State University who has chosen to complete an internship here at CCC. In addition to providing individual and group therapies she has also been completing assessments on almost all of the residents. I hope her time here at CCC is both educational and enlightening.



Madolyn



Terria & Destiny

BRAIN TEASER

- One morning while she was eating breakfast, Laura's diamond ring slipped off her finger and fell into a full cup of coffee, but the ring didn't get wet. Why not?
- What is the only professional sport in which neither the players nor the spectators know the score until the match is over?
- What ship has two mates but no captain?
- What is it that turns everything around but does not move itself?
- What is the greatest worldwide use of cow hide?
- I know a man who can shave 10 times a day and still have a full beard. Who is he?
- I can sizzle like bacon, I am made with an egg, I have plenty of backbone, but lack a good leg. I peel layers like onions, but still remain whole; I can be long, like a flagpole, yet fit in a hole. What am I?
- My friend Julia was walking down Fifth Street when she found something that had no bones and no legs. She brought it home and put it on her window seal. A week later, it walked away. What did Julia find?



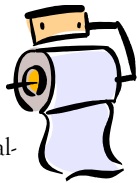
- Answers
- The cup was filled with dry ground coffee.
 - Boxing
 - Relationship
 - A mirror
 - To cover cows
 - A barber
 - A snake
 - An egg
 - Taken from Uncle John's Slightly Irregular Bathroom Reader 17th edition.



Did you know...



- Americans spend over \$630 million a year on golf balls.
- The moon is 2,140 miles in diameter. That's less than the width of the continental U.S.
- A man's brain is 2% of his body weight, a woman's is 2.5%.
- On average, Hawaiian residents outlive those of all other U.S. states.
- Sharks can't swim backwards.
- The average person will suffer about 200 colds in their lifetime.
- British government toilet paper used to read, "Govt. Property, Now Wash Your Hands."
- Michael Jackson owns the rights to South Carolina's state anthem.
- Americans eat about 95 million pounds of marshmallows every year.
- Thomas Edison had 5,000 pet birds.
- Pizza Hut uses 80 million pounds of tomatoes each year.
- Gold was once used to treat lung disease.
- Camels have three eyelids.
- Forest fires move faster uphill than downhill.
- A single tiger can eat six tons of meat a year...the equivalent of 60,000 hamburgers.
- American kids make about \$8.6 million per year in allowance.
- 95% of us put our left sock on first.
- Cockroaches have white blood.
- Leonardo Da Vinci invented scissors.
- Scientists say that you have more nightmares when your bedroom is cold.
- In 1977, American car makers recalled more vehicles than they produced.
- In ancient Greece, women didn't start counting their age until they were married.
- There are 7,000 varieties of apple in the U.S. alone.
- First known musical recording: "Yankee Doodle."
- Female mosquitoes are deaf.
- The average lifespan of an NBA basketball: 10,000 bounces.
- Fish yawn.
- Short people typically outlive tall people.
- The brain continues to send electrical wave signals up to 37 hours after death.
- The light put out by the sun is equal to that of 4 trillion trillion light bulbs.
- Over 125 women are known to have fought in the Civil War...dressed as men.
- What happens when a person sees something they like? Their pupils dilate.
- Americans consume 450 hotdogs every second.
- Liberace owned a retracting toilet. It sank into the bathroom floor at the flip of a switch.
- There are no rivers in Saudi Arabia.
- The ancient Greeks believed telling a lie caused a toothache.
- You can't make snowballs at the South Pole...the snow is too dry and powdery.



2007 Annual Meeting



2008 Board Officers

David Forinash, Board President
Clifford Lantz, Vice President
Leonard Samworth, Treasurer
Mary Elizabeth Emmons, Secretary



2008 Board Members

Jenny Amsbary, Ford Blair, William Campbell, Kevin Craig, Kitty Forbes, Jeffrey Hood, Dr. Patricia Kelly, Thomas Krieger, David Lunsford, James Morgan, David Plants, Dr. Gilbert Ratcliff, Jearl Sasser, Dr. Thomas Scott, Edwin Vinson, & John Kinzer



Charles W. Cammack Children's Center, Inc.
Statements of Financial Position
December 31, 2006 & 2005



	2006	2005
Assets		
Current Assets		
Cash & cash equivalents	\$592,118	\$361,686
Accounts receivable	\$280,230	\$231,161
Accrued interest receivable	\$915	\$2,919
Prepaid expenses	<u>\$16,496</u>	<u>\$9,895</u>
Total Current Assets	\$889,759	\$605,661
 Long-term investments	 \$971,883	 \$892,075
 Property & Equipment, Net	 \$401,778	 \$188,009
 Other Assets		
Deposits	<u>0</u>	<u>\$1,343</u>
Total Assets	<u>\$2,263,420</u>	<u>\$1,687,088</u>
 Liabilities and Net Assets		
Current Liabilities		
Accounts Payable	\$58,423	\$32,261
Accrued and withheld payroll taxes	\$4,089	\$3,454
Accrued payroll	\$44,684	\$38,812
Accrued expenses	\$42,741	\$67,309
Notes payable—short term	<u>\$40,036</u>	<u>0</u>
Total Liabilities	\$189,973	\$141,836
Notes payable, less current portion included above	<u>\$211,596</u>	<u>0</u>
Total Liabilities	<u>\$401,569</u>	<u>\$141,836</u>
 Net Assets		
Unrestricted	\$1,824,197	\$1,507,598
Temporarily restricted	<u>\$37,654</u>	<u>\$37,654</u>
Total Net Assets	<u>\$1,861,851</u>	<u>\$1,545,252</u>
Total Liabilities & Net Assets	<u>\$2,263,420</u>	<u>\$1,687,088</u>



United Way
of the River Cities, Inc.



Alliance for Children

*An innovative partnership
caring for children and families.*





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*We're on the web at
www.Cammack.org*

Merry Christmas

From the Staff & Children of

