

HHW Welcomes Our New Chief Medical Officer



Dr. Arthur Chou, HHW Chief Medical Officer

We are pleased to welcome Dr. Arthur Chou as the Chief Medical Officer for Horizon Health and Wellness. Dr. Chou is responsible for all medical services and oversight of the clinical services for HHW.

Dr. Chou was born in St. Louis, Missouri, is married and has two daughters, ages 7 and 11, and the reason for moving to Arizona. Both his daughters are ballet students and the oldest is already a student with Ballet Arizona, and has the opportunity to become a professional ballerina with one of the best, if not the best, ballet company in the United States. It is commendable that he and his wife made the decision to move the family to Arizona to give such an opportunity to their young daughters.

Dr. Chou was attracted to psychology since he was in high school. For some reason other students often approached him seeking counseling. He wanted to pursue a career where he could connect with people, and as the son of

Chinese parents, he felt there were only four fields to pursue: become a doctor, an engineer, a lawyer or businessman. He chose to become a doctor due to his interest in psychology and neuroscience. "I wanted to be able to connect with people," he stated. "I wanted to practice the 'Art of Medicine' but found that many times, among other doctors, there was a disconnect between doctor and patient." "I wanted to talk to people, to connect with the patient and not feel like a robot." Dr. Chou is just the type of individual Horizon was looking for, one that puts his heart and soul in his profession. Dr. Chou believes Psychiatry "is treating the soul" and offers a more humanistic interaction with the patients than traditional medicine since psychotherapy is not only pharmaceutical but a therapeutic alliance.

Dr. Chou comes to us with more than 14 years of experience as a Clinical Psychiatrist, having been in private practice and also serving as a Staff Psychiatrist for a number of behavioral health and state entities in New York and California. He is Board Certified in Child and Adolescent Psychiatry with the American Board of Psychiatry and Neurology and is a member of the American Academy of Child and Adolescent Psychiatry and the American Psychiatric Association. Dr. Chou received his Bachelor's degree in Biology from the University of Michigan-Ann Arbor in 1995, and his medical degree in 2000 from the University of Missouri-Columbia, School of Medicine.

Dr. Chou is someone with many talents. Not only a scientist who loves neurology but a "people person" who also loves music, plays both the piano and violin, and likes being active with sports and martial arts.

Dr. Arthur Chou has a calm and warm disposition, inspires trust and is deeply knowledgeable of the subject and the business of psychiatry. He will be a great mentor for our other doctors and clinicians who will be working with him at Horizon.

Join the Horizon All-Stars
on Saturday, October 20th
for the annual NAMI Walks!



For more info go
to our HHW
Team Website at

<https://www.namiwalks.org/index.cfm?fuseaction=donorDrive.teamParticipants&teamID=25880>

Horizon Health and Wellness Celebrates Annual Employee Recognition Dinner with a Tailgate Party



New Volunteer Coordinator



GAIL GILMARTIN

Horizon has recently hired a delightful lady, Gail Gilmartin, as the Volunteer Coordinator for the entire agency. She is an exceptional professional and brings 22 years of experience to our midst. It is a pleasure to introduce such an enjoyable person to the community.

Gail is originally from Los Angeles but graduated from ASU in 1991. She returned to Arizona in 1994 and has been in the State ever since. Gail comes to us with an extensive background working with volunteers, fundraising and event coordination. Horizon is quite fortunate to have found someone with the experience Gail brings with her. She has worked with the Fiesta Bowl, Special Olympics, National Kidney Foundation of Arizona, Boys and Girls Clubs, Leukemia and Lymphoma Society.

Gail Gilmartin is the mother of two beautiful girls, Sara, 19 years old and a sophomore at Grand Canyon University and Hannah, 15 years old and a sophomore at Gilbert High School. We may have a wedding in the near future, since Gail is presently engaged. Congratulations Gail, we love people in-love.

Gail is part of the Human Resources Department and works with Patrice Scheiber, Chief Human Resources Officer. "Gail has great relevant experience and brings a lot of energy to the position. She also has a broad and diverse network that will serve everyone well in this program," added Ms. Scheiber.

HHW Recognizes Most Valuable Players at Annual Employee Recognition Dinner

Time and time again for the past eight years **Jeff Carter** has shown his great aptitude for handling difficult and challenging technical issues. Staff throughout the agency knows Jeff to be the guy who can fix their IT problems, even if no one else can. Even after working for 10 straight days and sometimes logging unbelievable hours, Jeff approaches every situation with a calm, diffusing manner which allows him to get the job done so everyone can go home happy. More than that, Jeff is pleasant to work with, funny, easily approachable and well-liked by his peers and those he supports alike. Thank you Jeff for your commitment and for all you add to Horizon Health and Wellness.



Jeff Carter
MVP for Indirect Support



Krushara Master
MVP for Direct Support

Krushara Masters joined HHW in 2010 as part of the "Meet Me Where I Am" program in Casa Grande. During her 8 years with Horizon, she has been through many changes and has held various roles. She excelled as a Family Support Partner and easily transitioned into her current position as a High Needs Care Manager for the Children's Department. Krushara is always willing to go above and beyond for her participants and their families. She consistently

works to provide excellent services and meet participants and their families where they are. She provides suggestions and feedback, but if the participant/family is not ready or prefers to try something different, she is patient and works with them to meet their needs. Krushara is very flexible and offers to help her team whenever there is downtime. She is trustworthy, hardworking, and dedicated. Overall, she is an amazing Care Manager and team player for Horizon. Thank you Krushara for your commitment to HHW and those we serve.

"Health Begins With Me"

Part 1: The philosophy of healing

By Alicia Alvarez

We listen to a piece of music and we acknowledge that each note produces a vibration that we can actually hear. We throw a rock on a lake and see the ripples expand in a circle. We then can assume that the rock created frequencies the moment it touched the water and each particle of water pushed the next one and the next until the circle of waves diffuses as it expands. We breathe oxygen all the time because we need it to survive and we don't even realize that oxygen also produces a vibration but we cannot hear it or see it because the frequency is such that we cannot perceive it with our normal hearing or sight.

Everything that exists is vibration. From the writing pen we hold to a rock, a crystal, a flower, a leaf, or a plant. The food we ingest also produces vibrations. People produce vibration and mystics have known this for centuries. Asian beliefs have included frequencies in medicine, and technology today proves it. Western scientists are now beginning to understand the philosophy of frequency. Studies and actual experiments prove that the atom itself, composed of protons circling around a nucleus compared to the galaxies and the planets circling around the sun, all demonstrates that "everything is frequency."

Why is this so important? A healthy body is one that lives in harmony with nature and does not create dissonance in the frequency. Just as a violin and a cello playing a duet, there are notes that although may be different, they are complementing another note and the music sounds beautiful but if the cello changes the note to one that does not correspond with the music, they create a dissonance and our ear recognizes it as a mistake.

Our bodies also can sense frequency and if we are in tune with ourselves, we know what foods we should eat to complement our nature according to our bodily characteristics. Some people prefer salty, sour, sweet and spicy foods while others would feel sick eating some of those components. Some thrive in hot weather and others thrive in cold areas. Most of these characteristics can be matched with personalities. When we live in dissonance that is doing what is opposite to what is natural for us, we tend to begin to feel we are getting sick and if we do not attend to our inner needs, the disease can continue developing. If we get in touch with our inner self and correct the dissonance, that is, change our way of life, we begin to heal.

Knowing frequencies rule our lives, we learn that sickness and health first depend on ourselves. Even the music we listen to or the food we eat can actually heal us.

"Health begins with me."

Youth Empowerment Partners ~ Leadership Retreat



Upcoming Events

October Highlights:

- October 5th - HHW Health Fair , Globe Clinic, 415 W Baseline Spur South, 10am to noon
- October 6th - Artisan Market at the Earth Heart Park , 9 am to 12 noon
- October 20th - NAMI Walk at the State Capitol, Phoenix
Registration starts @ 8 am ; Walk begins @ 9:15 am

November Highlights:

- Nov. 2 - Youth Matter ~ Celebrate Us!!! @ CGESD— 9 am to 2 pm
- Nov. 2 - AJ Open Mic at Earth Heart Park, 6 pm to 8 pm
- Nov. 3 - Artisan Market - 9 am to 12 noon
- Nov. 17 - AJ Open Mic at Earth Heart Park, 6 pm to 8 pm
- Nov. 22 - Thanksgiving

Contributors to Viewpoint

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Health And Wellness



The *Viewpoint Newsletter* is published monthly to provide information on activities taking place within HHW and its many statewide programs. Please let us know what you think by sending us your feedback or suggestions to:

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Thank You ~ Gracias!

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