



GILEAD
COMMUNITY SERVICES, INC
Improving Lives, Building Futures

BALM OF GILEAD

Winter 2014

ROAD TO RECOVERY

Facing Challenges with Strength & Resilience

SINCE MOVING INTO THE MAGNOLIA HOME IN JUNE, ERIN M. HAS MADE MAJOR PROGRESS IN HER RECOVERY.

She has built supportive relationships with staff, obtained a job at Powder Ridge on her own and has shown amazing strength and resilience in the face of many difficult situations.

Creative & Artistic Erin M. has a creative mind and is very artistic getting involved at Green Street Art Center in Middletown. Erin M. has an endearing personality, and loves interacting with people at the program. She spends her time in the community building forts in the woods, playing basketball, and painting the pavements with sidewalk chalk. Erin M. is compassionate and worries a lot for others she knows.

Birthday Celebration in Vermont In November, Magnolia staff members wanted to come up with a special way to celebrate her 19th birthday. Anyone who knows Erin M. knows her love of ice cream, especially Ben & Jerry's. With this in mind Brett and I decided that a road trip to the Ben & Jerry's Factory in Vermont was in order.

So at 7:30 on a Friday morning we packed Erin M. in the car and started our almost 4 hour journey north. With the help of iPods we sang, joked and laughed all the way to Vermont. Even though we spent less than an hour at the factory, providing Erin M. with this memory made the entire trip worth it. She enjoyed several ice cream samples and mourned the loss of her favorite flavor, Crème Brûlée, to the flavor graveyard. We even left with souvenirs from the gift shop!

It was an amazing day and the best way to celebrate the birthday of Magnolia's youngest lady.

- Jessica Maroun, Senior Case Manager



GOOD NEIGHBORS



PARTNER

MIDDLESEX COMMUNITY COLLEGE

GILEAD COMMUNITY SERVICES PARTNERS WITH MIDDLESEX COMMUNITY COLLEGE TO WORK WITH INTERNS IN THEIR PSYCHOLOGY AND HUMAN SERVICES PROGRAMS.

Over the years, several interns have worked with us at the Social Rehabilitation Center. Interns perform duties such as making wreaths at Christmas, helping train members in creating and formatting the monthly newsletter “The Gilead Gazette” and take trips with members. They also have played on our softball team – the Gilead Gladiators – as well as helped in the kitchen at our big meals on the holidays.

Alana, our most recent intern, made some wonderful cakes and cookies with members, teaching the members how to bake and then eating the cookies!

We enjoy our partnership with Middlesex Community College and hope to have the opportunity to work with many new interns in the future!

- Patty Burke, Director

DONORS

The Neon Deli

THIS PAST NOVEMBER, FRAN AND CYNTHIA DONATED FUNDS TO THE RESIDENTS OF THE GILEAD I AND GILEAD II GROUP HOMES TO HAVE A WONDERFUL THANKSGIVING FEAST.

The Neon Deli in Middletown has been in business since 1990. Fran and Cynthia Galle and the Neon gang serve up breakfast, lunch and dinner seven days a week, 360 days a year.

The residents were absolutely delighted to receive such a heartfelt gift. Thank you to Fran and Cynthia for your generosity.



KUHN EMPLOYMENT

GOING TO WORK EVERY DAY HAS MANY BENEFITS WE SOMETIMES TAKE FOR GRANTED. WHETHER WE REALIZE IT OR NOT, CONSUMERS WANT THE SAME BENEFITS FOR THEMSELVES.

They want the chance to earn spending money, to interact with coworkers and to take greater responsibility for their lives. Employment builds confidence, increases self-esteem and contributes to an overall sense of independence. With a job, consumers can pay their own bills, perhaps save for retirement, make new friends and build natural supports.

Beyond that, work helps make people feel better. Researchers at Dartmouth University have found that, in a randomized trial, consumers with schizophrenia who had paid jobs experienced fewer symptoms than those without jobs (Bell, et al, 1996).

Kuhn and Gilead share a vision that work can be an important part of recovery for the people we serve and we are working together to help our consumers build the skills that will allow them to successfully enter or return to the workforce.

Kuhn employment specialists help consumers identify their vocational interests, develop job search strategies and improve interview skills.

When consumers obtain a job, the employment specialist stays involved, helping to formulate solutions to any problems that may arise at work. This support can occur on or off the job. Research indicates that individuals with severe mental illness who participate in effective employment services such as these are more likely to be competitively employed and work more hours at higher earnings than those who participate in traditional services (Cook, et al, 2005).

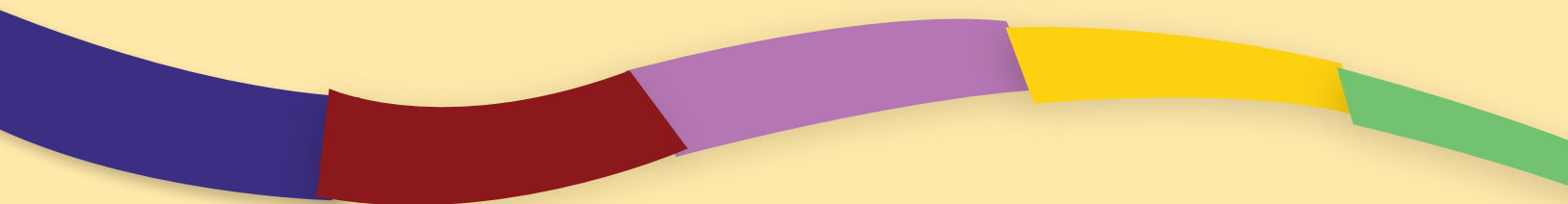
Vital to delivering effective employment services is the integration of employment services with mental health treatment teams. Assigning employment specialists to these teams helps to ensure that information that could be relevant to work such as medication side effects, persistent symptoms, cognitive difficulties or other rehabilitation needs are communicated. It also provides teams with the opportunity to work together to assist individuals in addressing any barriers that these factors may create.

By collaborating in this way Kuhn and Gilead will continue to move forward in our goal of creating positive employment outcomes for the people we serve.

*- Geoff Crandall and Erin Gasparini
Kuhn Employment Opportunities*



Employment builds confidence, increases self-esteem and contributes to an overall sense of independence.



LEAVE A LEGACY

THERE IS NO END TO THE GOOD YOU CAN DO.

Member's of Gilead's Legacy Society commit to remember Gilead Community Services, Inc. through their estate planning which can include annuities, transferring of life insurance policies, outright bequests, and retirement benefits payable upon the death of the member.

Join the 16 Legacy Society members and discover the endless impact you can have on the lives of Gilead's clients.

Each year, 72 percent of Americans give to charities but only 5.7 percent leave a charitable bequest in their wills, keeping their charitable gifts alive once they've passed away. The number one reason people gave for failing to leave a charitable bequest is that they were never asked.

Please consider including Gilead Community Services, Inc. when you are preparing your will. To find out more please call Lucy McMillan, Director of Development and Public Education at (860) 343-5300 ext. 3423.



Seven Things You Can Do Today

1. Prepare your will.
2. Set aside a gift in your will for your favorite charity or religious organization that has made a difference in your life.
3. Name your favorite charity as the beneficiary of an existing life insurance policy, or purchase a new policy and name the charity as the beneficiary.
4. Remember your loved ones with a charitable bequest-in their honor.
5. Name a charity as the beneficiary of your pension plan or IRA.
6. Discuss with your advisors or your favorite charities the tax advantages you can enjoy now by leaving a gift to a charity.
7. Spread the word. Let family, friends and advisors know that you've taken responsibility for your legacy and for the well being of a cause you care about.

SAVE THE DATE

Meeting Mental Health Needs: A Compassionate Community Response

May 15th 5:30-7:30 pm

Wesleyan University
Usdan University Center
The Daniel Family Commons

PROGRAM HIGHLIGHTS

JUNIPER FEMALE RESIDENTIAL FACILITY

Gilead has been working towards opening a female residential program in the town of Portland which will provide services to two young adult females and three adult females. During this process, one of the goals was to name the program before it officially opens. Many of staff members participated in the submission of ideas for naming the program.

We believe that the name "Juniper" embraces our mission and supports the journey that our women have experienced and are about to experience. In conjunction with our mission and recovery

core principles we are proud to focus on the goal of continuing to instill hope with these women for a successful and healthy recovery. Juniper has symbolized everything from female virtue to longevity. Juniper wood is reputed to hold powers of strength, healing, health and peace. Because of its association with good health and as a talisman of injury prevention, it follows that Juniper is also a symbol of longevity.

- Janel Segui, Chief Operating Office

Honor Roll For Two

Matthew and Jeremiah, residents of Anchorage have been working extremely hard this past semester to achieve high marks in school. Their persistence has paid off; they have studied very hard, completed assignments and made their respective schools Honor Rolls. Their continued diligence is building a strong foundation for positive and productive futures.

- Leila Linntoya Washington-James, Director

Author & Artist at Anchorage

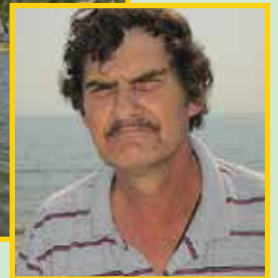
Christopher, a resident of the Anchorage Home, has been working diligently to write and publish an autobiography. He is currently working on the first chapter which details his experiences in various placements throughout his young life. As a side project, he has completed several drawings ranging from biblical pieces to graffiti art and cartooning. His hobbies include physical fitness, writing poetry and rapping.

- Leila Linntoya Washington-James, Director

Jeremiah

Matthew

Christopher



Healthy Cooking Healthy Friendships

Staff members have started a social skills and friendship group with the men of the Liberty home. The group was started to improve social skills while out in the community, with their peers within the home and while attending Gilead functions.

Staff is also in the process of starting a healthy cooking group with the men of Liberty. Consumers come together to prepare the meal and learn about healthy cooking habits. Residents said,

"It's a lot of fun, everyone participates, and it's a family atmosphere."

"We like eating all of the healthy food."

Throughout the summer the staff have taken the men on weekend outings to places such as Wadsworth falls and other parks, beaches, and hiking trails.

- Mary Silka, Assistant Director



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Wish List

- Trip to Madame Tussaud’s (New York) for 5 boys & 3 staff
- Trip to Basketball Hall of Fame (Massachusetts) for 5 boys & 3 staff
- Hartford Stage Tickets
- 2 medium-size George Foreman Grills
- Quesadilla Maker
- Artwork for new Relaxation Room
- Chair & Ottoman for Women’s Lounge
- Vacuum Cleaner
- Ceramic Bowls for Soup & Salad
- New Stainless Steel Pots & Pans Set
- Basketball Hoop & Stand
- Aprons & Oven Mitts
- Wall Mount for TV
- Holiday Decorations

Non-Profit Org.
U.S. Postage Paid
Permit #543
Middletown, CT

Gilead’s Matching Campaign

This year’s annual campaign takes place during the month of May — Mental Health Awareness month. Gilead seeks donors interested in providing dollar for dollar matches on each donation received during the campaign. This year Gilead’s Matching Campaign will give donors the option to fund:

- Renovations at Gilead’s Social Rehabilitation Center, including the kitchen and two bathrooms
- Subsidized mental health services at Gilead’s Middletown Outpatient Clinic
- Gilead’s Agency Endowment Fund.

Please look for this mailing in May to participate and have your donation matched!

Please contact Ryan Galligan at Gilead’s Administrative Offices by phone, 860-343-5300, if you wish to donate or contribute towards the items from the wish list.