



**GILEAD**  
COMMUNITY SERVICES, INC

Improving Lives, Building Futures

# BALM OF GILEAD

## SUMMER 2015

### ROAD TO RECOVERY

## A YOUNG WARRIOR TAKES ON WASHINGTON D.C.

**Graeme was chosen from one of twelve students at Aces Whitney North High School (Hamden) to attend a field trip to Washington D.C.**

Graeme's exceptional improvement with behavioral management and academic excellence resulted in this award.

Since residing at the Anchorage Home, Graeme has definitely shown his maturity, and has evolved as a leader amongst his peers. These behaviors have carried over into his school and vocational program. Graeme often refers to staff as "family" and understands the work he is doing will help to prepare him for adulthood.

## A DEDICATED DENNY'S EMPLOYEE

**Dane began working at Denny's Restaurant in January of 2015.**

He has proven to be a dedicated employee participating in many different job duties, including cleaning the dining area and kitchen, and helping to wash dishes.

The staff at Denny's thoroughly enjoys working with Dane and think of him as a wonderful employee.



## CREDITS AWAY FROM A BA

**Jaimie is just a couple of credits away from receiving her BA in Psychology from Post University.**

This past semester Jaimie received a high honors award from Post University, and was thrilled with her accomplishments.

Jaimie continues to work on completing her degree, and is currently doing her internship at 1 MacDonough Place.

## 10 YEARS & COUNTING

**Here's the face of a man that just celebrated TEN years of sobriety.**

Join us in congratulating Gary on this remarkable achievement!



## CERTIFICATION ACHIEVED

Erin completed her Patient Care Technician (PCT) Certificate in April and received her drivers permit in June. She hopes to become a registered nurse in the future. The Magnolia Home staff and residents are so proud of these accomplishments.

- Krystal Fortin, Senior Case Manager

# GOOD NEIGHBORS

## OUR VOICES ARE HEARD

### #PeopleMatter

On May 6th Gilead was joined by other service organizations for “#PeopleMatter Lobby Day,” which was organized by the Connecticut Community Providers Association.



We all know that people matter, however we wanted to ensure that Connecticut’s legislators remembered that when voting. It was a great day for Gilead coming together with other agencies to advocate for a common goal.

We are happy to report that together our voices were heard!!

The Connecticut State Legislature passed a budget that will continue to fund and support individuals, children and families in need of mental health, substance abuse, and developmental disability services.

Gilead would like to thank all our clients, families, friends, donors, board members, and staff who took the time to contact their legislators.

*Together we are improving lives and building futures.*

## GENEROUS DONOR

### Couch Time!

**THE AT&T/CWA CENTRAL REGION EMPLOYEES COMMUNITY SERVICES FUND DONATED \$500 TO REPLACE OUR OLD WORN OUT COUCH.**

This volunteer group of employees solicits donations within their company to distribute to agencies like ours. The Gilead Social Rehabilitation Center now has a very comfy couch that everyone wants to use!

Sal does a peer-run Recovery Group in this room every Friday morning, and our new and improved couch makes it more comfy and casual.

The folks who are waiting for a computer now have a cozy place to sit that makes this room more enjoyable.



– Patty B., Director of Social Rehabilitation Center

## AWARD WINNERS

### Congratulations to Client Banquet Award Recipients

**This year’s annual Client Award Banquet was a huge success.**

Gilead staff members planned and put on this momentous night full of laughter and cheer to celebrate the tremendous accomplishments of clients throughout the agency.

Many awards were given to dedicated clients and community members for their commitment to Gilead. Thank you to all who came out to celebrate this wonderful event.



## COMMUNITY PARTNER



Gilead receives a Funding Partner Achievement Award from the Middlesex United Way.

# PROGRAM HIGHLIGHTS

## In the Garden with SCAP

VAIUSO FARMS, NORTH GUILFORD NURSERIES AND MADISON EARTH CARE DONATED APPROXIMATELY \$250 WORTH OF PLANTS, HERBS AND COMPOST TO THE SHORELINE COMMUNITY APARTMENT PROGRAM (SCAP) GARDEN.

Diane from Vaiuso Farms coordinated a few client trips to their farm so that clients could see where their plants were grown. Rachel from Madison Earth Care attended SCAP gardening groups to offer her expertise to clients and staff.



Shown left to right are Edmund, Diane Vaiuso (owner Vaiuso Farms), and Julia in East Haven, CT picking up the donated plants.

These SCAP clients put in a tremendous amount of hard work to make this garden a success.



Edmund and Julia working the garden.

## Complimentary Calls from Outside Providers

### YAS Financial Coordinator

Brad from Young Adult Services (YAS)/River Valley Services (RVS) contacted Gilead because he really wanted the administrative team at Gilead to know that working with Athena White is a pleasure.

*"She is very accommodating and goes way above and beyond her job duties, not only for clients but also for the RVS Team."*

Brad could not say enough about Athena; he went on to explain how she has been developing positive clinical relationships with the individuals she works with, and the skills she offers are much more than just financial.

Her positive attitude with staff and clients alike is warm and welcoming and she takes her work to "another level" which positively impacts the work done throughout RVS as well.



## Valor & Liberty Dine Together

THIS SUMMER THE LIBERTY AND VALOR HOMES ARE HAVING DINNERS TOGETHER ON SUNDAY!

The clients and staff prepare and cook the food, then enjoy a great time together. This past month one of the favorites to eat for dinner was a delicious beef stew, including corn on the cob, rice and vegetables!



## The Maastricht: A New Approach at Gilead

GILEAD CLINICIAN CINDY LEE HAS RECENTLY BEEN TRAINED IN AN ALTERNATIVE INTERVIEW APPROACH CALLED "THE MAASTRICHT" AS A NEW WAY TO WORK WITH INDIVIDUALS WHO HEAR VOICES — "VOICE HEARERS".

This structured series of questions offers a way to look at voices or paranoia / problematic thoughts — as creative adaptations that arise in response to traumatic or distressful events rather than a symptom of illness.

When explored in relation to one's personal history, messages can offer meaningful insights.

The Maastricht is a way to develop an understanding of whom the voices

represent and what they are communicating, often symbolically or metaphorically.

*"It also allows communication with the voices and clears a path to change the relationship between the voices and the person hearing them."*

Voice hearers can explore new strategies for coping with their voices, talking about their voices and their relationship to them in a safe structured way.

This new frame offers an alternative to the voices being seen as purely negative experiences. Voices are understood as existing for a reason, and are usually connected to a person's life struggles.

Cindy and Anna have introduced this approach to more than a dozen clients at the Middletown and Chester outpatient clinics. Their courage should be applauded!

# PROGRAM HIGHLIGHTS



## Celebrating Dave Dunklee's 80th Birthday!

HAPPY BIRTHDAY, DAVE, FROM ALL OF YOUR MANY FRIENDS!

Dave Dunklee is a well-known "man about town" in Middletown. It seems that wherever I go, there is always someone who knows him! He is very active in the MiddleTuners Singing Group in town. He also provides rides for many clients who need to go to appointments

or grocery shopping. He is an all-around helpful and cheerful man.

His good news is that he celebrated his 80th birthday in July at the Clubhouse. Many of his friends celebrated with him, and enjoyed his 80th birthday cake too. He told some of his famous puns, and gave us tips on living a long and happy life.

- Patty B., Social Rehabilitation Center



## Annual Wellness Picnic: A Success!

THE HEALTH & WELLNESS COMMITTEE SPONSORED THE ANNUAL PICNIC AT THE GATEWAY COMMUNITY TREATMENT TEAM IN CHESTER.

This year's event was attended by more than 130 staff and clients, and included such activities as bocce, horseshoes and zumba. A great time was had by all!

A special thanks to the management and staff at Gateway for helping make this such a special event.

Also, thanks to all of the staff and clients at the various programs who contributed so generously by making specialty dishes.



## A Memorable Memorial Day Picnic

OUR MIDDLETOWN SOCIAL REHABILITATION CENTER HOSTED THE TEAM WORKS SOCIAL CLUB FROM NORWICH FOR A MEMORIAL DAY PICNIC.

The Team Works and Gilead club members, totaling close to 100, enjoyed hot dogs, hamburgers, homemade baked beans, coleslaw, and, of course, watermelon to kick off the unofficial start to summer!



They also enjoyed playing bocci, card games, catch, and music. It was fun to host such a successful event, and everyone is looking forward to another get together in the near future.

## Anchorage Home's New Lunch Spot

**Tim from the Anchorage Home learned the process of building a picnic table at school, and donated it to the program.**

Not only did Tim donate his time and talent to make this project so successful, he also donated much of his own money.

Tim's giving spirit inspired folks at his school and the Department of Child and Family Services (DCF) to donate to the project to support both him and Gilead.



We appreciate all the support from our community, and are excited to have this picnic table at our program just in time for some outdoor meals.

# LEAVE A LEGACY

## Seven Things You Can Do Today

1. Prepare your will.
2. Set aside a gift for Gilead in your will.
3. Name Gilead as the beneficiary of an existing life insurance policy, or purchase a new policy and name us as the beneficiary.
4. Remember your loved ones with a charitable bequest to Gilead in their honor.
5. Name Gilead as the beneficiary of your pension plan or IRA.
6. Discuss with your financial advisor the tax advantages you can enjoy now by leaving a gift to Gilead.
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.

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.

## There is no end to the good you can do!

**Leave a Legacy: Member's of Gilead's Legacy Society commit to remember Gilead Community Services 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.**

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.

**Leave a Legacy!**

Gilead Community Services  
is funded in part by



Most of Gilead Community  
Service programs are  
CARF-accredited



## UPCOMING EVENTS

**10th Anniversary  
Quizine for a Cause**

**November 1, 2015**

**Compassion Counts:  
On the Shoreline**

**October 2015**

(Date & Time TBD)

## Create a Ripple

**AT OUR RECENT MAJOR DONOR EVENT, OUR BOARD PRESIDENT SHARED HER THOUGHTS ABOUT GILEAD'S LEGACY SOCIETY.**

"Recently, I began to notice that there was a way in which something that I did for someone else could change them in some small way, and in turn alter their interactions with other people. Then each of those people were changed impacting even more lives.

It reminded me of tossing a pebble into a pond and watching the ever-widening ripples generated by the original splash. I thought that perhaps this was one way we became eternal. One kind word or gesture could have far-reaching effects beyond what we could ever know.

I realized that a unique feature of legacy giving is that it's a way to keep generating ripples long after we're gone. Whatever I designate for Gilead's legacy fund joins the gifts of others, and produces dividends.

Every time it pays a dividend — there's another splash in the pond, and each one of us who contributed, just created a splash.

So long after we're gone, we're still changing lives and building futures, and generating ripples."



Members of Gilead's Legacy Society demonstrate the ripple effect of legacy giving by tossing pebbles into a small pond.



**GILEAD**  
COMMUNITY SERVICES, INC

Improving Lives, Building Futures

222 Main Street Extension  
P.O. Box 1000  
Middletown, CT 06457  
(860) 343-5300  
gileadcs@gileadcs.org  
www.gileadcs.org



“Like” us on Facebook

Improving lives,  
Building futures



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

## STEP N UP

# Going Above & Beyond

CINDY LEE IS A WELL-SEASONED CLINICIAN WITH OVER 30 YEARS OF CLINICAL EXPERIENCE, INCLUDING EIGHT YEARS AT GILEAD COMMUNITY SERVICES WORKING WITH INDIVIDUALS WITH SEVERE AND PROLONGED MENTAL ILLNESSES.

Cindy has always been a strong client-centered provider and advocate. This past year, after attending clinical training on “The Maastricht Interview” for persons hearing voices and another for persons with unusual beliefs, she deepened her skill set and expanded the scope of clinical services offered at Gilead for these populations.

By introducing clients and staff to this alternative, nontraditional, client-centered approach,



*“Cindy has gone above and beyond in supporting and empowering individuals to examine, learn from and develop a different relationship with their voices, delusions, other unusual beliefs or perceptions.”*

Cindy works closely with some of the residential programs to help staff reinforce the work she is doing individually in treatment.

Cindy trained to become a Hearing Voices Network (HVN) Facilitator. She has played an instrumental role in motivating clients to become HVN facilitators, securing a community site and beginning a support group in Middletown helping many Gilead clients develop their own network of mutual support.

# Wish List

- Crock Pot
- Outside Furniture
- Yarn
- Home Depot Gift Card
- Picnic Table Umbrellas
- Porcelain Coffee Cups
- Acrylic Paint
- Canvas
- Paint Brushes
- Knitting Yarn
- Coloring Supplies
- Lawn Umbrella

*Please contact Sheryl Slight at Gilead’s Administrative Offices by phone, 860-343-5300, ext. 3447 if you wish to donate or contribute towards the items from the wish list.*