



WINTER 2017

Opening Doors

TEAM GILEAD 2017

WE ARE SO EXCITED TO KICK OFF GILEAD'S 2ND ANNUAL ROAD RACE! Walk, run or cheer with Team Gilead on Sunday, April 9th, 2017. Let's fill the streets of Middletown with another sea of blue!

TOGETHER, WITH CLIENTS AND STAFF, WE HAVE BEGUN TRAINING FOR THE RACE AT VARIOUS TIMES AND LOCATIONS. Thank you to Wesleyan University, Westbrook YMCA and Funktion Fitness in Clinton for supporting our clients' and staff's training!

NEED NEW SNEAKERS? Thanks to the Opening Doors Account, funded by Quizine for a Cause, we are able to provide clients with a new pair of sneakers for this year's race.

THIS YEAR WE WANT TO EXPAND TEAM GILEAD TO 500 MEMBERS, TO INCLUDE WALKERS, RUNNERS AND CHEERERS. Please consider asking your family, friends, employer, civic organization, place of worship, gym, etc. to promote this event by recruiting 5, 10, 15 or more



E.Z.'s new sneakers

people to join Team Gilead. Have fun, get in shape and raise awareness for mental health.

Thank you for your enthusiasm around the wellness of our clients and this event! We can't wait to see what TEAM GILEAD 2017 is made of!

By Stephanie Knightly



BALM OF GILEAD

A SPECIAL DAY

LYNN'S SON, MATTHEW, WAS GETTING MARRIED IN LOUISVILLE, KENTUCKY ON APRIL 2, 2016. Matthew had offered to pay for the plane ticket and hotel, but Lynn wasn't sure she would be able to make the trip. She worried about what she would wear and how she could pay for it. Angela, her Recovery Assistant at WISE, requested funds from Gilead's Opening Doors Account - a fund that helps with basic client needs. With only three days before the wedding, and with the help of Angela, Lynn bought a new wedding day outfit, orthopedic shoes, and was able to get hair and nails done in time for the big day.

When Matthew saw his mother, he gave her a big hug and said, "Ma, you look so pretty. I am so glad you are here!"

Lynn enjoyed meeting her new daughter-in-law and was grateful for the opportunity to attend her only child's wedding.

"I am so full of gratitude because I wouldn't have been able to go to the wedding without the help of Gilead!"

Congratulations to Lynn and her family! Matthew and Anna also just welcomed their first child on October 29th. Lynn is now a grandmother!

By Denise Gable



Abby (Lynn's sister), Matthew, Lynn, and Anna

Board Involvement

ART CLASSES

"CREATIVITY IS INTELLIGENCE HAVING FUN," ALBERT EINSTEIN.

Friendly conversation and casual drawing activities formed the basis of weekly art classes offered at the Social Club last summer. Many thanks to Thelma whose own passion for art and encouraging words inspired others to follow. Each week we engaged in a different drawing activity. Gesture drawing of the human figure was the liveliest class of all. If you didn't participate you were definitely watching! The music was loud and the beat was fast as B.A. danced and then posed for us to draw.

The art classes culminated with a field trip to the Yale University Art Gallery in New Haven. The trip was planned in advance with the Gallery's Education Department and we were treated to a guided tour that included many museum highlights as well as the Guttenberg Bible that was temporarily on loan from the Beinecke library. Everyone seemed to enjoy the trip! We were actively engaged looking at the varied artworks, asking and answering questions. My favorite part of the tour was in the early 20th century gallery. Participants were asked to look around the gallery and stand in front of their favorite painting. Later we were

asked why we liked that painting. There was much fun and laughter when D.D., who was wearing a purple tie, stood in front of a large painting of a beautiful woman who was wearing socks in the same shade of purple. We guessed that D.D liked the portrait because his outfit matched hers. He quickly replied, with humor, that he liked her because she was the right height for him!



Teaching art at the Social Club last summer was a deeply rewarding experience for me, I look forward to returning to the Social Club next summer for more creative fun and activities!

By Suzanne Gaskell
Gilead Board Member

FOOD DRIVE

DURING SEPTEMBER 2016, GILEAD ONCE AGAIN SUPPORTED OUR LOCAL COMMUNITY BY COLLECTING FOOD DONATIONS TO SUPPORT THE AMAZING GRACE/ST. VINCENT DE PAUL FOOD PANTRY IN MIDDLETOWN.



Each year, the generous staff at Gilead, along with our Board of Directors, band together and collect all types of food donations ranging from canned goods, pasta, peanut butter, juice boxes and various other items to help this great cause. We were successful in collecting over 400 lbs of food which will go to support local families in need.

This initiative could not have been accomplished without the thoughtfulness and generosity of our great staff members at all of our Programs. Their eagerness to jump right in and help others in need is truly inspiring and an honor to be associated with. Special thanks goes out to Sheryl Apuzzo and Stephanie Knightly for loading up two SUV's and dropping off all of the items to the food pantry. The wide-eyed look and smiles of the volunteers at the Amazing Grace Food Pantry made it all worthwhile!

By Ed Sokaitis

DINNER PARTY DONATION

Professional chef, Stacey Bendas, donated her culinary services and prepared and catered a private dinner for 12. Lisa Couglan, the high bidder for the item at Quizine for a Cause 2015, hosted the dinner party at her home recently. Guests were treated to a delicious meal cooked and served by Stacey, Ryan (Stacey's husband), Lisa and Jay Bendas. Thank you for your generosity and support of Gilead!



THANK YOU to Gilead's generous Board of Directors for their monetary donations toward Gilead's Holiday Party in January! Staff enjoyed refreshments, games, raffle prizes and holiday cheer!

PROGRAM HIGHLIGHTS

CAMP HARKNESS

THIS PAST SEPTEMBER, GILEAD TRAVELED ON THEIR ANNUAL CAMPING TRIP TO BEAUTIFUL CAMP HARKNESS IN WATERFORD, CT. Clients and staff had a fun-filled week, which included spending time at the beach, fishing, playing games, and participating in a talent show. Teams of clients and staff took turns in the kitchen cooking breakfast, lunch, and dinner for everyone at the campsite. Clients also made tie-dye shirts, gardened with Cindy Lee, and participated in the scavenger hunt throughout the campgrounds.

GILEAD STAFF AND CLIENTS ALWAYS LOOK FORWARD TO CAMP HARKNESS WEEK! It is a fun getaway to wind down at the end of the summer.

By Stephanie Knightly



Lucy & Stephanie
preparing breakfast



J.L. & Gena
Privott (staff)



Celebrations

The Annual Halloween Party, open to all Gilead clients/staff, was held at Gateway Community Treatment program in Chester.

It's always a pleasure for clients and staff from different programs to be able to interact and have fun. A big thank you to all the client party planners that organized the event. Activities included a D.J., face painting, and costume parade! Everyone enjoyed the delicious dinner and dessert served by Gilead staff and volunteers.

The Annual Essex Congregational Church Thanksgiving Dinner on Nov. 14th was attended by almost 30 clients.

We shared a delicious dinner along with tasty pies - all baked by church staff and volunteers. Entertainment was provided by local preschool children as they performed the History of Thanksgiving, while we sang along, accompanied by their piano. Special thanks to the church volunteers for a wonderful time!

Santa's Visit to the Social Rehab Center, was a highlight of the annual holiday get-together.

Clients and staff enjoyed hors d'oeuvres, homemade lunch, and presents delivered by Santa. The Dec. 16th celebration included good conversation, delicious food, and hopeful cheer. This event helps everybody to forget their everyday worries for a bit. Special thanks to all who generously donated gift items for Santa's sack!

PROGRAM HIGHLIGHTS

CODY THE THERAPY DOG

IF YOU VISIT GATEWAY, ESPECIALLY ON A TUESDAY, YOU'LL PROBABLY ENCOUNTER A FLUFFY DOG NAMED CODY! Cody, a 4-year-old cockapoo, was adopted by Cindy Lee in July, 2013. Cody has been certified as a therapy dog starting his training in puppy kindergarten at My Dog's Place and proudly becoming a certified Canine Good Citizen.

THROUGH HIS CERTIFICATION, HE HAS PROVEN TO WELCOME STRANGERS, WALK THROUGH A CROWD, AND REMAIN CALM WITH DISTRACTIONS. Beyond being able to sit, lie down, stay and come on command, he remains calm when given tight hugs or being petted

clumsily. He is able to ignore a toy when asked to and take treats nicely. He is now part of the Pet Partners therapy dog team and proudly wears his yellow vest! As a therapy dog he can provide animal assisted activities or therapy. At Gateway, this includes participating in therapy groups, soothing clients in individual therapy, meeting and greeting club members, and socializing

with visitors. Outside of Gateway,

Cody has participated in other programs such as visiting nursing homes and working at a rehabilitation facility in Boston.

CODY HAS MADE MANY NEW FRIENDS AT GATEWAY AND LOOKS FORWARD TO WORK ON TUESDAYS. BE SURE TO STOP BY AND SAY HELLO TO CODY AS HE LOVES GREETING EVERY SINGLE PERSON IN THE ROOM.

By Cindy Lee



SENSORY ROOMS

THANKS TO FUNDING FROM LAST YEAR'S ANNUAL APPEAL, JUNIPER HOME AND MAGNOLIA HOME WERE ABLE TO DEVELOP SENSORY ROOMS.

The Magnolia Home has been making use of the newly developed sensory room. This room, a sunny spot in the house, provides sensory tools and activities that clients can utilize on their own, or with staff members during times of difficulty. The room has been designed to allow for residents to utilize their coping skills in an environment that stimulates all of the five senses, an important part of coping skills.

THE CLIENTS HAVE TRULY BENEFITED FROM UTILIZING THIS SPACE AND CAN BE FOUND IN THE SPACE MULTIPLE TIMES A DAY. There are a variety of items that can be found in the sensory room, such as kinetic sand, a bungee cord chair, aromatherapy items, a chalkboard wall, inspirational sayings, fidget items and much more!

THE TEAM AND CLIENTS HAVE ENJOYED BEING CREATIVE AND CURIOUS IN DEVELOPING ITEMS TO SUPPORT THEIR RECOVERY PROCESS.



By Amy Jensen & Wendi Blakely

CONGRATULATIONS

KUDOS TO MARIA-ADRIANA COLER, PROGRAM DIRECTOR AT GATEWAY, FOR BEING PUBLISHED IN THE INTERNATIONAL JOURNAL OF AGING AND SOCIETY.



The International Journal of
Aging and Society

Co-authored by Manuel Lopes and

Antonia Silva, *Social Representations of Violence against the Elderly*, addresses the repercussions of violence on the mental, social, and physical well-being of the elderly as some of the most challenging problems in public health today. The article can be found online at <http://ijj.cgpublisher.com/product/pub.212/prod.190>.

HELPING HANDS

Two clients from the Shoreline Community Apartment Program (SCAP), along with our own Sam, helped move a sofa, two occasional chairs, and a side table - that had all been donated to help furnish an apartment for a new SCAP client. The sofa turned out to be a bigger job than anyone expected because the apartment's front door was quite narrow and there wasn't much room on the inside to maneuver. However, the fabulous team was able to succeed and got the sofa in. **It really was wonderful how they stepped up and volunteered to help a fellow client!**



L to R: JDH, Sam Osei
(staff), & EF

FRONTIER GRANT

THANK YOU TO THE COMMUNITY SERVICES FUND,

POWERED BY THE EMPLOYEES OF

FRONTIER COMMUNICATIONS

for the recent \$400 dollar grant. With these funds, Gilead was able to purchase two beautiful lawn chairs from Baldwin Furniture for the Gilead Apartment Program (GAP).



Last year's grant money purchased a new picnic table for the clients at Gilead II allowing them to enjoy the outdoor space and gather for meals, conversation and games.



A MODEL CLIENT

Congratulations to J.F. on his transition to DDS independent living!

J.F. HAS BEEN AT THE ANCHORAGE PROGRAM SINCE 2013, LEARNING A VARIETY OF SKILLS DURING HIS TIME THERE.

Over the past three years, J.F. has practiced his Activities of Daily Living (ADL's) and participated in the program's Life Skills Group. These programs taught him about becoming an adult and being independent; learning skills such as how to cook meals on his own and get a job. With his use of ADL's and life skills practices, J.F. was also able to get a job at Big Y. Through this employment, he learned how to budget his money on a weekly basis and opened up a bank account on his own. Anchorage staff would continuously receive good reports from Big Y management



about how well of a job he is doing. J.F. has built positive therapeutic relationships and mentorships with staff and peers, which helped to improve his time with Gilead. J.F.'s acquired skills in his time at the

Anchorage Program have guided him to successfully transfer to DDS independent living. Gilead and the Anchorage staff all know he will keep up the great work and develop into a wonderful man. J.F. is truly a model client and always helpful with any task at hand, respectful and responsible. We wish him the best in all his future endeavors!



Jeremiah and Dan Osborne at Gilead's Client Banquet, May 2016

By Kareem Grant
Anchorage Home

Gilead Community Services is funded in part by



All of Gilead Community Service programs are CARF-accredited





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Improving lives,
Building futures



STEP N UP

Jessica Hicks goes above and beyond to ensure that clients' needs are being met and the team is taken care of, day in and day out. She has modeled to her peers what hard work and dedication to the program looks like, often times volunteering herself for open shifts so that no one gets mandated, or taking on extra duties to free up staff's time. She tends to be one of the first to dive into a challenging situation, demonstrating a clear ability to deescalate a crisis situation with calmness and ease. She has developed creative strategies that are client specific, in order to aid in achieving the outcome that staff are searching for. Jessica has also balanced a full case load while fulfilling her duties as a Sr. Case Manager, to include training multiple new staff members in a short period of time, (both per diem and full time). Jessica always thinks of the client and their best interest first. She does not hesitate to go the extra mile to ensure that they are in a good spot. Most recently, a GAP client's stereo had been broken for a couple of days and when a donated disc man broke, he began to display some increase in anxiety. She did not think twice before she ran out to the store to get him a new disc man so that he could utilize one of his main coping skills. Jessica has also been able to work extremely well with a more challenging client, developing great rapport and helping support him to the point where he has made a huge turn around in his own treatment and recovery and has verbalized his gratitude of the hard work that she does every day. Jessica displays to us what a great Case Manager looks like and she does this with a smile on her face much of the time.

Goes above & beyond



Jessica Hicks



Wish List

CLOCK RADIOS • POTS & PANS • SINGLE SERVE COFFEE MAKERS • EAR BUDS & CHARGING CABLES • SETS OF SILVERWARE FOR 4 • HOT POTS • ELECTRIC TOOTHBRUSHES, TOOTHPASTE & FLOSS • WARM WOOL SOCKS • HULA HOOPS • KICK BALLS • FISHING POLES & TACKLE • YOGA MATS • COMPASSES • PENS & JOURNALS

*Please contact Stephanie Knightly at 860-343-5300, ext. 3441 if you wish to donate or contribute towards items from the wish list.

Upcoming Events

LEGISLATIVE BREAKFAST

1st week of April 2017

CLIENT AWARDS BANQUET

April 26, 2017

GILEAD ROAD RACE 2017

Sunday, April 9, 2017

MAJOR DONOR EVENT

May 2017

SOFTBALL GAME

May 4, 2017

By Jennifer Velez

Non-Profit Org.
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Middletown, CT