



GILEAD
COMMUNITY SERVICES, INC
Improving Lives, Building Futures

WINTER 2019

BALM OF GILEAD

ROAD TO RECOVERY

WHO WILL YOU WALK FOR?

JOIN TEAM GILEAD AT THE 4TH ANNUAL **RUN FOR EVERY 1** ON SUNDAY, APRIL 7, 2019!

Last year, our team of 350 walkers, runners, cheerers and volunteers raised over \$34,000 for the individuals we serve. Several Gilead clients met personal goals that day and a sense of community and team spirit warmed our hearts, even in the chilly temperatures!

Our 2019 goals include: raising awareness about mental illness and how many people are impacted; supporting a wellness initiative that brings clients, staff and community together; increasing our team to 500 people to show support for local mental health services; and raising funds to continue providing quality mental health services.

This year we are challenging our Team members to walk or run for someone they know affected by mental illness. Approximately 1 in 5 adults in the U.S. experiences mental illness in a given year. Together we can make a difference and improve the lives of millions of people.

Sowgol Zakarian, Gilead Advocate, shares her story: "I am doing this run for my Aunt Safura. I will think of her life constraints and how she has overcome the demands, trials and tribulations of living with severe mental illness. I will also think of her contagious laughter and spirit for life and how she makes others laugh."



ACUDETTOX

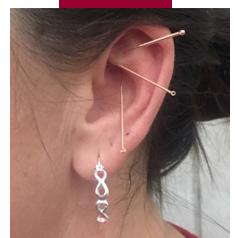
GILEAD IS EXCITED TO BEGIN OFFERING AURICULAR ACUPUNCTURE THERAPY!

Five Gilead clinicians have undergone training that was developed and overseen by The National Acupuncture Detoxification Association. The Acudetox Specialists (ADS's) offered a sample of the therapy to Gilead staff at the December All Agency meeting.

Acudetoxification is an adjunct treatment that involves placement of five acupuncture needles in the outer ear, including: 1) Sympathetic Point which calms the nervous system and helps with relaxation; 2) Shen Men or "spirit gate," which reduces anxiety and nervousness; 3) Kidney Point, for calming fears and healing internal organs; 4) Liver Point for detoxification, blood purification, and to quell aggression; and 5) Lung Point, which promotes aeration and helps clients let go of grief. Acudetox, through these five outer ear acupuncture points, has proven to be an efficient method of treating a wide variety of conditions, including addictions, stress, anger, depression, fatigue and other emotional and physical pain. Clients receiving treatment generally feel the benefits within minutes.



Staff received auricular acupuncture at the Gilead All Agency meeting



Thank you to the Community Foundation of Middlesex County for a \$3,000 grant to help fund relaxation chairs and supplies for this new therapy!

GOOD NEIGHBORS

FREE DENTAL CLINIC

STUDENTS FROM LINCOLN COLLEGE OF NEW ENGLAND OFFERED CLIENTS A FREE DENTAL CLINIC.

In December, eight future dental hygienists talked to clients at the Social Rehabilitation Center about the importance of their dental health, including how-to's on proper brushing and flossing. They discussed dental implants and the effects of alcohol on teeth and gums. Twenty-two clients participated in the free dental clinic.



COMPASSION COUNTS

OVER 100 PEOPLE ATTENDED NOVEMBER'S COMPASSION COUNTS COMMUNITY CONVERSATION ON "UNDERSTANDING & SUPPORTING THE TRANSGENDER & GENDER NON-CONFORMING COMMUNITY."

Keynote speaker, Tony Ferraiolo, a certified life coach, trainer and advocate for transgender youth, along with a panel of professionals and individuals with lived experience shared their stories and offered resources and support at this important discussion. Eleven community partners joined forces to host this forum at Middlesex Community College.

STAFF APPRECIATION EVENT

WHAT A CELEBRATION!!! 75 GILEAD STAFF AND BOARD MEMBERS CAME TO THE YMCA'S CAMP INGERSOLL TO CELEBRATE EACH OTHER AND ALL OF THE WONDERFUL WORK THAT IS DONE EVERY DAY AT GILEAD TO PROVIDE QUALITY MENTAL HEALTH SERVICES.

An awesome mix of music (thanks Rob S.) was playing throughout the camp while everyone enjoyed corn hole, shuffle board, basketball, frisbee, tennis, ping pong and more. Specialty activities included archery, canoes and paddle boats, fishing, ropes courses and rock climbing walls. Justin and Dan competed in the archery but we still are not sure who won. The Iguanas Ranas food truck showed up at the end of the day to provide an array of delicious Mexican selections. It was a unique opportunity for staff to connect with staff from other programs and to meet staff family members that are not often part of the Gilead festivities.

The weather was good to us and the Camp Ingersoll staff could not have been more accommodating. The night ended with a raffle featuring many fun gifts.

By Lucy McMillan, Chief Development Officer

INTERNS GIVE BACK

GILEAD'S SPRING 2018 OCCUPATIONAL THERAPY INTERNS GIFTED THIS BEAUTIFUL BENCH TO THE SOCIAL REHABILITATION CENTER.

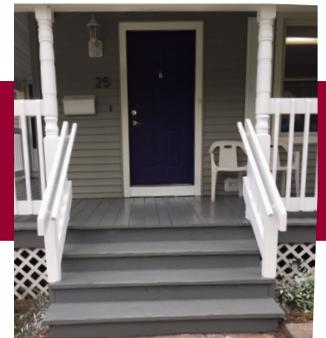
In a team effort with Gilead clients, the bench was constructed, stained, and sealed to let all the members of our social club know that our interns care. Thank you to all our 2018 interns - we'll miss you and best of luck!



"I HEART MIDDLETOWN"

WE WERE THRILLED TO HAVE MEMBERS FROM VOX CHURCH VOLUNTEER TO WORK ON BEAUTIFYING THE PORCHES AT WOMEN'S HOME AND GILEAD APARTMENT PROGRAM (GAP) IN MIDDLETOWN.

Vox Church is located in the Club 24 Plaza in Middletown and is a growing congregation with over 300 members. During their event called "I Heart Middletown" held on Sept. 22nd, area volunteers sanded and painted the porches at two Gilead programs. Thank you to Vox Church and their volunteers for helping to beautify Gilead!



Dan Osborne testing his archery skills



Steve from ACT expertly maneuvering the ropes course

PROGRAM HIGHLIGHTS

IN MEMORIUM: M.S.

THE SHORELINE COMMUNITY APARTMENT PROGRAM (SCAP) IN CLINTON HELD A BEAUTIFUL MEMORIAL FOR LONG-TIME CLIENT, M.S., IN JULY 2018.

At the memorial, a colorful planter, made from tires, was constructed by staff and clients and dedicated in M.S.'s memory. He worked at Town Fair Tire for over 10 years and was always excited to share with staff the exact amount of money that he had earned each week prior to getting his paycheck. Gilead staff and clients, Town Fair Tire co-workers, and his parents gathered to share their memories of M.S. and celebrate his life. Sharon Nelson, a case worker at SCAP, recited a heartfelt poem she wrote for M.S. on her last official day at Gilead before retiring after 20 years of service.

M.S. loved baseball and going to Yale football games with his family; coming to SCAP for parties and picnics; and meeting anyone new!



Do you know
How much you
Live on in our hearts?
All the memories
Of some of the
Littlest things-
Your smile, your
Positive attitude
Always "doing the
Best I can" you would
Say
You live on
In the hearts of so many,
Your family, including the lives you've touched
With VISTA and SCAP,
Your friends, your church, coworkers
And perhaps even local vendors
(remember the deals for cigarettes
At the local Shell gas station?)
As humans, we tend to
share stories of moments that mattered
even times of frustration
(after all you were a stubborn man)
What emerges here
Is a story of great compassion
For a man
That will never be forgotten
And it is with great pride,
In this little garden of memories
We add your name.

Sharon Nelson

By Kimberly Falango, Program Manager, SCAP

IN MEMORIUM: P.M.

P.M. WAS A LONG-TIME MEMBER OF THE GILEAD COMMUNITY AND HAD BEEN IN MANY OF THE PROGRAMS GILEAD HAD TO OFFER. I knew him during his years at Gateway Social Club in Chester where he came whenever he was able. Staff fondly nicknamed him 'The Informer' because he knew everything about anything. He had his finger on the pulse of anything Gilead and everything about Gateway. A typical day at Gateway for staff always began with a phone call from P.M. who asked for case manager Adam. If Adam was not available, he would settle for someone else - although he was not thrilled about it. It was not what you could do for P.M., it was always *what information he could give you*. He was eager to share who was sick in the rest home, who was not coming in on the van and why, what was for lunch at club, what staff was on duty at his rest home, and of course any disciplinary issues that might have come up overnight.

P.M. was an avid sports fan and was always on top of all the scores in all the leagues. He took delight in telling you how badly your team of choice was doing. P.M. enjoyed wearing team caps. In fact, he was the king of caps and we often told him he should open up a business that sold new and traded used caps. If he saw someone wearing



a cap that he did not have and he liked it, an immediate trade would be in the works. At Gateway we often present certificates of merit to club members who go above and beyond in some capacity. After one ceremony, P.M. was discouraged because he did not get a certificate. Director Coler told him that it was just not his day but she was sure he would be getting one in the future. That was all he

needed to hear; not a day went by that he did not ask if that was the day he would get an award. Soon, P.M. was given an award for being the 'King of Caps' and he was so happy and proud that he smiled for hours!

P.M. was a member of the Essex Congregational Church and was often there for services and many of the activities/ events they held. Pastor Ken, being a Red Sox fan, was no stranger to P.M.'s love for the Yankees.

P.M. positively impacted many lives. All who knew him thought he was a kind soul; sometimes a little cranky but it never lasted very long. He is missed by all who knew him.

By David Norman, Social Rehabilitation Counselor
Gateway Community Treatment

ROAD TO RECOVERY

SOMETHING SPECIAL

At a recent holiday party, the prize for the talent contest (a \$25 gift card) went to a gifted young man from the Anchorage Home in Old Saybrook. Without any formal music training, but with a background in gospel, hip-hop, and jazz, this extraordinary individual plays a Casio keyboard set to the piano mode, to weave improvisational chords, rhythms, and arpeggios reminiscent of the talents of Billy Preston and Art Tatum. Staff say, in amazement, that he is "the real thing"! That is, a prodigy, like a young Mozart or Bach - or a new Stevie Wonder! With such talent, this young man could have quite a career in the music industry, with proper guidance and discipline.



Original illustration by Nathan Wise

Something exciting to watch, right here under our own eyes and ears!

By Nathan Wise, Residential Support Worker
Anchorage Home

HIKING CLUB

Gilead Rehabilitation Center members and staff have made a commitment to each other to spend more time in nature in 2019. We have done some research on the benefits of a natural environment, and are continuing an activity that helps us both physically and psychologically, not to mention spiritually! Our staff member Ed Marchinkoski takes a group of interested members out to a variety of natural landscapes on his Thursday morning trip. Some of the places we have gone included hiking trails in Higganum, the trails behind Middlesex Community College, and Wadsworth Glen trails. Through rain or snow we have spent an hour or more each Thursday gathering up the sunshine, watching the birds, enjoying fresh air and fellowship. **Come join us any Thursday morning!**



By Patirica Burke, Program Director
Social Rehabilitation Center

HAPPY HOLIDAYS!



ALL OF US AT GILEAD WISH YOU A VERY HAPPY 2019. WE ARE GRATEFUL FOR YOUR SUPPORT!

The Thanksgiving Celebration and Holiday Santa Party at the Social Rehabilitation Center in Middletown are annual traditions that everyone looks forward to. From turkey and stuffing to ham and potatoes, the lunches are always delicious! It's great to see



clients together with each other for a celebration, where everyone can have conversation, good food, and good cheer. This helps everybody to forget their everyday worries for a bit.

At the the Santa Party, clients were treated to a special visitor! Santa (aka Bill Urch, Recovery Specialist Case Manager from ACT), passed out gifts, including handmade hats and scarves,



Red Sox and Yankee baseball caps, blankets, watches and gift cards – all donated by our generous supporters!

And the winner of most spirit, goes to the staff and clients at Valor Home! No one can accuse them of being a Grinch! From homemade Reindeer pancakes to a beautiful Christmas light display on their home, they work together to make sure everyone is in the holiday spirit!

ROAD TO RECOVERY

PLAY BALL!

IT MAY HAVE BEEN A CHILLY DAY BUT THE 19TH ANNUAL GILEAD GLADIATORS VS. GILEAD STAFF "SLUGGERS" SOFTBALL GAME WAS A BLAST!

The staff started off strong with 19 runs in the first three innings. The Gladiators also played well, but struggled with getting runs in the beginning and it looked like it might be a blowout, but then in the 5th inning the Gladiators showed us all the fantastic team that they are and went through their entire batting order raining hit after hit on the staff and earned them the largest number of runs in an inning for the entire game with 12 runs! As the sun started setting and the temperature got even lower, so did the staff sluggers running streak. The Gladiators defensive plays were strong, bringing them even closer to the staff with a score of 17 - 24. Although everyone was freezing by that point, we were still having fun, and wanted to see the game played to the end. In the final 7th inning, the staff were able to eke out 3 more runs, and although the Gladiators played well, they weren't able to add any more runs in the final inning. The Staff Sluggers held onto the lead and the victory with a final score of Gilead Gladiators 17 and the Staff Sluggers 27. What a great game!

Congratulations to the Staff for earning the victory this time, and to both teams for another great game! The Gladiators still hold the overall lead with the most victories over the past 19 years with 11 total wins, but this year the staff got a little closer and now have won 8 games overall.

A special thanks goes out to everyone who helped make this game happen, including: Alex for coordinating on finding fields & organizing the Gladiators; Tom and Bill for volunteering to be ad hoc umpires and Gladiator teammates for the game; Denise for taking so many great game photos; to Lucy for helping us get the best field we've ever played on for this game; to all of the Gladiators for playing and making this such a great event; to all of the fans that came to watch and cheer the teams on; and finally to all of our awesome staff players (and Anchorage Home boys) that volunteered to play. I couldn't have asked for a better team to "coach" (i.e. hold the clipboard). And to everyone else that helped make this game happen, that I may have accidentally forgotten to mention – THANKS SO MUCH!

I can't wait to do it again for our 20th game next year!

By Rob Snyder
Director of Quality Assurance



MENTAL HEALTH FIRST AID TRAINING

ARE YOU INTERESTED IN LEARNING MORE ABOUT MENTAL HEALTH FIRST AID?

You don't need any special background or education to attend training, just an interest in learning more about mental health and how you can help others. Mental Health First Aid (MHFA) will give you the skills you need to help a person who is experiencing a mental health challenge or in the midst of a mental health crisis. MHFA is a fun, interactive 8-hour certification course taught by our own MHFA certified trainer, Dan Osborne.

The next training is scheduled for March 14th at Gilead's new Resource Center! Contact Mamè Boateng at 860-343-5300 x3449 for more information or visit our website for details.



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

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UPCOMING EVENTS

GILEAD ROAD RACE: APRIL 7TH

CLIENT AWARDS BANQUET: APRIL/MAY

LEGISLATIVE BREAKFAST: LATE APRIL

MATCHING CAMPAIGN: MAY

MAJOR DONOR EVENT: MAY

SHINING STARS

GILEAD IS PROUD TO RECOGNIZE MATTHEW AHLBERG, CAROLYN CAPIELLO, AND WILLIAM URICH AS THE SHINING STAR AWARD WINNERS FOR THE 1ST QUARTER. CONGRATULATIONS TO ANNE WRIGHT, DAVID NORMAN AND MIKE BLACK FOR WINNING THE AWARD FOR THE 2ND QUARTER OF 2018.

The award was instituted two years ago as a way for Gilead staff to nominate their peers for going ***Above and Beyond*** in service to our clients and to Gilead as an agency. Each quarter we receive many nominations from co-workers providing amazing descriptions and stories of their accomplishments. Every single nominee is deserving of the award!

On behalf of the entire agency, Gilead would like to say Congratulations and Thank You to these great groups for their passion, commitment, and dedication! Keep up the great work!



1ST QUARTER SHINING STARS!



2ND QUARTER SHINING STARS!

WISH LIST

- Women's Winter Coat (medium)
- Newborn girl items
- Art Supplies & Coloring Books
- Board Games
- Sensory toys for clients
- Iron & Ironing Board
- X-Box for GII client lounge
- DVD player
- Mandalas
- Monetary donations for clients to attend Manes & Motion program

**Please contact Denise Gable at 860-343-5303, ext. 3447 or dgable@gileadcs.org if you wish to donate or contribute towards items from the wish list.*