



**GILEAD**  
COMMUNITY SERVICES, INC

Improving Lives, Building Futures

SUMMER 2017

# BALM OF GILEAD

ROAD TO RECOVERY

## WELLNESS & CULTURAL DIVERSITY PICNIC

THE ANNUAL WELLNESS PICNIC OFFERS CLIENTS AND STAFF THE OPPORTUNITY TO HAVE FUN WHILE ENGAGING IN ACTIVITIES AND HEALTHY FOOD CHOICES.

Gilead recognizes that wellness, in its many forms, is central to the success of our clients, staff, and agency. On Friday, May 12th, Gilead's Wellness and Cultural Diversity Committee put on the 7th Annual Wellness Picnic.

The committee was formed almost 10 years ago with a goal of increasing access to and education about wellness as it relates to healthy choices regarding tobacco, nutrition, physical activity, social participation and mindfulness. We hold an annual picnic, with help from every program in the agency, to give our clients and staff an opportunity to spend time together being active and eating healthy food. Attendees have opportunities to participate in activities from a wide variety of cultures, addressing an equally wide array of wellness initiatives for each skill level.

We believe that if you make wellness as easy to access as other convenient habits, that we can improve the experience for everyone involved with our agency.



Grillmasters Ed & Justin

## NEW FLEET

FIVE GILEAD PROGRAMS RECEIVED NEW VEHICLES, made possible with support from the Governor's Nonprofit Grant Program!

Excessive mileage, high maintenance and repair costs required five vehicles being used for client transportation to be retired from the fleet. Safe and reliable transportation is critical in order to continue programming services. Transportation is provided by Gilead staff for clients to community stores and events, collateral appointments, and to program services at the Gilead Social Rehab Centers and Outpatient Clinics in Middletown and Chester.

Clients and staff were thrilled with the new transportation. Here's what clients had to say about the new vans:  
"Boy this is really nice!"  
"This is way more comfortable than the old van!"  
"You can really see out of this van!"  
"The radio sounds really good!"  
"We've got to take good care of this!"  
"Thank you so much for our new van!"  
"It is very roomy and drives so smoothly."  
"We're very happy to get this new van!"



Chip with the 15-passenger Gateway van



Kimberly with the new SCAP van

By Mary Winalski

By Denise Gable

# GOOD NEIGHBORS

## TEAM GILEAD 2017

GILEAD'S RUN FOR EVERY 1 CAME TOGETHER FOR THE SECOND YEAR IN A ROW AND WE COULD NOT BE MORE PROUD!

Together - Gilead clients, staff, board members, family and friends - trained for over three months physically and mentally for the 4.5 mile challenge.

A sunny and 70 degree April 9th snuck up quickly, but TEAM GILEAD was enthusiastic and supportive of each other. This year's team consisted of nearly 400 individuals pouring through the streets of Middletown like that sea of blue Gilead has come to be known for. Not only did we double our team participation, but we more than doubled our fund-raising. In 2016, we were fortunate enough to raise \$14,000; TEAM GILEAD 2017 raised over \$32,000!

After crossing the finish line on Main Street, our day concluded with raffles, lasagna dinner, desserts, and celebration. Members of TEAM GILEAD are already asking to continue our regular workouts and start preparation for the 2018 GILEAD RUN FOR EVERY 1.

By Stephanie Knightly



## THANK YOU!

THE 29TH ANNUAL EXCHANGE CLUB OF PORTLAND GOLF TOURNAMENT WAS HELD ON FRIDAY, MAY 12TH AT PORTLAND GOLF COURSE.

In the Portland Exchange Club's continuing efforts to support local charities and programs, the Club presented Gilead with \$1,000 from the tournament proceeds. Joe Crispino and D.M. from Gilead II accepted the donation at the



Chris Flood, Pres with Joe Crispino & DM

## REACHING HOME

GILEAD WAS PROUD TO BE IN ATTENDANCE AT THE 12TH ANNUAL REACHING HOME CELEBRATION

DINNER. Gilead has participated in this event as part of the Middlesex Community Care Team. Reaching Home is a campaign of the Partnership for Strong Communities that has successfully created a culture of collaboration and responsiveness to aggressively address the issue of homelessness in Connecticut.



Ben Vereen, a star of both stage and screen, served as the Keynote Speaker for this event and shared his strong sense of social consciousness and experience that he has learned through his many humanitarian efforts.

By Dan Osborne

## THERE IS HOPE

OPIOID ADDICTION - THERE IS HOPE, HEALING & RECOVERY WAS THE TOPIC AT THE APRIL 7TH COMPASSION COUNTS: A COMMUNITY CONVERSATION FORUM.

A group of over 100 people gathered at the Russell Library in Middletown to listen and learn from each other. Four panelists shared their experiences with addiction and recovery, including R.D. from the Shoreline Community Apartment Program (SCAP).

Introductions were given by Miriam E. Dephin-Rittmon, Ph.D., Commissioner of the Department of Mental Health & Addiction Services; Moderated by Celeste Cremin-Endes, CEO, at DMHAS, River Valley Services; and Keynote Speaker Jeffrey T. Shelton, M.D., Chair, Dept. of Psychiatry at Middlesex Hospital.

By Denise Gable



RD, Commissioner Delphin-Rittmon and Dr. Shelton

# PROGRAM HIGHLIGHTS

## IN MEMORIAM

ON MARCH 27TH, WE GATHERED TO REMEMBER AND CELEBRATE MADELINE'S LIFE. Madeline resided at GII since November 2015. A lasting memorial was created by her sister, Paula who she dearly loved at the St. Patrick-St. Anthony Church in Hartford. In attendance were family, friends and Madeline's Gilead family, where we all honored her memory. Madeline was known for her great sense of humor, sweetness and enduring wit. It was a beautiful and heartwarming tribute where people could sit and reflect on their years together. Madeline sadly passed away on March 18th.

She found herself on the typical roller-coaster of life that many with mental health conditions struggle with. This did not stop her as she loved life. Madeline took pride in her personal appearance and always looked forward to a party or any special event. Madeline enjoyed singing, dancing, shopping, and eating out with her sister.

During her time at GII she was extremely excited to pack and move to the new Farm Hill Road location. Madeline absolutely loved her new room. She continued to gain skills to help her become increasingly independent in the community.

Madeline was demonstrating steady progress in skills such as: preparing and cooking meals, doing her laundry, maintaining the household and achieving a healthy weight, with ongoing staff support.



Wally & Madeline at the GII Open House

Farewell to a great person. She has been a good daughter, sister and friend to all of us and will be dearly missed. She will always be remembered and will forever remain in our hearts. As time goes by we miss you more. Your loving smile, your gentle face, "No one can fill your vacant place."

By Wally Gracia & Bridgett Shampang-Adams  
Gilead II



## PHOTOGRAPHY CLUB

LAST NOVEMBER WE FORMED A PHOTOGRAPHY GROUP AT THE SOCIAL REHAB CENTER THAT INSPIRED CLIENTS' CREATIVITY. The entire group had access to cameras and their response was great right off the bat! As the original group began taking their first outings and framing their artwork, others became interested in joining. We had members with some photography experience but mostly the group was made up of beginners who had never taken a photo. The group was taught how to use equipment, but the main focus

was the use of light and composition and how to edit their photos. The class quickly caught on to some of the tips and started taking beautiful photos.

The Photo Club continues to impress everyone because of the phenomenal job they do expressing themselves through photography! Our members dedication and passion has helped them sharpen their skills as witnessed by the many photos displayed at the Social Rehab Center. The Photo Club outings have additional benefits including plenty of hiking and walking during outings. Club members get

exercise during the outings which also helps them relax and focus. These new and exciting skills helps build self-confidence and self-esteem and being in nature offers a form of relaxation therapy.

During the legislative breakfast, Senator Formica noticed our Photo Club wall and was very impressed. This was a great honor for all the members and provided further motivation to strive and polish their skills in photography.

By Sladjan Ilic

# PROGRAM HIGHLIGHTS

## VALOR GARDEN

IN THE SPRING, THE VALOR HOME UPGRADED THEIR GARDEN by building two 4 x 6 ft. boxes. The boxes were lined to help keep water in and weeds out and topped with nutrient rich soil for the garden.



EL building the garden beds

Peppers, tomatoes, eggplant, cucumbers, squash, green and yellow beans were planted and used each Wednesday when preparing a healthy meal together. The Healthy Cooking Group is looking forward to incorporating the fresh homegrown vegetables.

By Deborah Carpenter

## IN APPRECIATION

*This is a letter W.B., from ACT, wrote about her case manager, Leslie.*

I just want to start off by saying this worker got has taught me alot. She works hard. I feel that she should get alot more credit. Words can't express how much she helped me.



I call her mountain girl becuase she got a metaphor about the mountains. If you fall you can always climb up. No matter what the situation is. I just want people to giver her a lot more credit. I'm so happy I got her as my case worker.

## WOMEN'S GROUP

WALKING AMIDST WISPY ASTILBE FLOWERS AND THE SCULPTED IRISES, SEVEN WOMEN SAVORED THE GARDENS AT THE FLORENCE GRISWOLD MUSEUM, WHICH GENEROUSLY DONATED ADMISSION TO GILEAD'S GATEWAY WOMEN'S GROUP. The gardens that overlook the Lieutenant River have been created to reflect what the patroness of Impressionist artists would have planted – from a flush of roses blushing on the arbor to herbs ready to be harvested for meals.

The tour of the Florence Griswold Museum included the historic home of Miss Florence Griswold, where the brush strokes of inspired artists captured lively visual vignettes of area landscapes on dining room panels. Lower level rooms are staged to convey a visiting artist's stay



with Miss Florence. The upper floor includes part of the museum's stunning collection of Impressionist works.

Currently on view in the museum's Krieble Gallery is the exhibit titled "Flora/Fauna: The Naturalist Impulse in American Art." This curated collection of the naturalists spans the 19th through the mid-20th centuries with an emphasis on the Lyme Art Colony and their devotion to nature.

Through their generous donation to Gilead, the Florence Griswold Museum clearly remains a place of generous spirit, a key trait of Miss Florence. The outing to such a culturally rich locale will remain as a treasured memory for both staff and the women who attended the tour.

By Sharma Piersall



## GILEAD'S LUAU

THIS YEAR AT THE ANNUAL CLIENT BANQUET, CLIENTS AND STAFF ALIKE ENJOYED LUAU THEMED FESTIVITIES.

Hula dance was taught, limbo was done, and a delicious Hawaiian meal was had. Beautiful handmade decorations were provided by Deb C. and Joyce S. from Valor and Liberty Homes. And we all enjoyed a performance by the *Free at Last Players!*

Thank you to the banquet committee for the months of planning and coordinating!

We were honored to award Tim Maheu, Aman Singh and Essex Village our Community Excellence Awards.

It was a great night all around, honoring clients and their accomplishments! Until next year...

By Jennifer Velez  
Gilead Apartment Program



CC showing off his "surfing" skills

# LEAVE A LEGACY

## MAJOR DONOR EVENT

FULLY BLOSSOMED FLORALS AND SPRINKLING RAIN SURROUNDED OUR DINNER PATIO FOR GILEAD'S ANNUAL MAJOR DONOR EVENT ON SATURDAY, MAY 13TH AT GASTLER FARM'S KALMIA GARDENS.

Guests enjoyed a tour of the venue from owner Tim Gastler, followed by a candlelit dinner. Gilead honored our newest Legacy Society members - Dan & Kyle Osborne. The two were ceremoniously welcomed by "creating their ripple" with a pebble toss in our legacy fountain. We also welcomed several new members to Gilead's Leadership Circle and heard from featured guests - staff member Chip Hnatiuk and client, L.N. of the Gateway Community Treatment program, about their time spent with Gilead.



By Stephanie Knightly

## WISH LIST

Poker Table

Croquet Set

Bocce Balls

Outdoor Bean Bag Toss

Horse Shoe Set

Heavy-duty Lawn Chairs

Bird Bath

Garden Supplies

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

## LEGISLATIVE ADVOCACY WITH GILEAD

GILEAD STAFF AND CLIENTS WERE BUSY ADVOCATING DURING THIS CRITICAL LEGISLATIVE SESSION. We're proud that our clients continue to be politically minded and make sure their voices are heard. Almost 90% are registered to vote and do so!

As many of you know, this legislative session has been a significant challenge as the state is faced with a deficit for FY18. Proposed cuts could have a devastating impact on essential programs and services that Gilead provides. Our staff and clients participated in the following legislative events at the Capitol to talk with legislators about the importance of protecting funding for the services we provide.

In March, Gilead attended three events at the State Capitol – Non-Profit week, Clubhouse Rally Week, and the Statewide Lobby Day. Organized by the CT Nonprofit Alliance, and in collaboration with several agencies including Gilead, this was our opportunity to tell policy makers to protect essential community programs.

The Clubhouse table showcased our programs at Gilead. We gathered the Clubhouse members and showed our strength through numbers!

On April 21st, we hosted our annual Gilead Legislative Breakfast at the Social Club. This was an opportunity for clients and staff to speak one on one with local and non-local legislators who will be voting on several bills that will affect non-profits in addition to the budget that will likely have a significant impact on the mental health service system. We were joined by Senator Paul Formica, Representative Matt Lesser, and Representative Noreen Kokoruda, and over 40 clients, staff, and individuals from other local non-profits.

In the last weeks of June, amid requests from the CT Nonprofit Alliance, we joined with other Clubhouses and traveled up to the LOB and Capitol to capture our local legislators face to face to ensure that they were clear about the critical need for services for all disabled people in the state. And who can forget the inspiring testimony of B.M., J.D., R.J., D.B., and K.S., board members, and staff one very late night, letting the Finance Committee know about their personal stories, and especially offering some solutions to the current fiscal crisis. We are proud of our staff, clients and supporters who continue to advocate on behalf of Gilead!



Statewide Lobby Day!

Gilead Community Services is funded in part by



All of Gilead Community Service programs are CARF-accredited





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## UPCOMING EVENTS

### Camp Harkness Weekend Camping Trip

September 12th – 15th

**12th Annual  
Quizine For A Cause**  
November

## SHINING STARS

**GILEAD IS PROUD TO RECOGNIZE GENA PRIVOTT, SAMMY SANTOS, KIM FALANGO AND CHIP HNATIUK AS THE SHINING STAR AWARD WINNERS FOR THE 2ND QUARTER OF 2017.** The award was instituted in January 2017 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 the agency receives nominations from staff members with descriptive narratives of specific criteria of how their nominee made a contribution that was Above and Beyond, what impact (enhancement) their contribution made to the Program and/or the services we provide as an agency to our clients and/or our mission, and why they think their nominee should receive this recognition. Once the nominations are reviewed and the winners are selected, the winning nominations are read aloud at the Quarterly All Agency Presentation and the winners are presented with a framed award, along with a boxed key chain from the agency in recognition of their accomplishments.

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



L TO R: GENA PRIVOTT, KIM FALANGO,  
CHIP HNATIUK, & SAMMY SANTOS

**CONGRATULATIONS TO STACEY OWENS, THE RECIPIENT OF GILEAD'S STAFF EXCELLENCE AWARD!** Stacey is always willing to help out, regardless of the task. She doesn't hesitate to offer assistance to anyone in need, whether it is a client or a coworker. She is kind and considerate in all of her interactions. Stacey manages the versatility of her position eagerly and with grace. Between her complex responsibilities in managing the billing for services, she also covers the front desk at OPC (where she cherishes the opportunity to welcome clients) and participates on countless committees and events. Stacey is the first to offer her time and effort to help make Gilead a great place to work and receive services!



L TO R: STACEY OWENS, KATHY TOWNSEND  
& KATHLEEN DESCHENES

**Congratulations to all of the nominees:** Cindy Lee, Bill Urich, Melissa Young, Chip Hnatiuk, Stephanie Knightly, Jessica Hicks and Chris Morris.

By Ed Sokaitis