



**GILEAD**  
COMMUNITY SERVICES, INC

Improving Lives, Building Futures

WINTER 2018

## ROAD TO RECOVERY

### MANES & MOTIONS

MANES & MOTIONS THERAPEUTIC RIDING CENTER AND GILEAD COMMUNITY SERVICES TEAMED UP FOR A COLLABORATIVE PILOT PROGRAM, CALLED "PATHWAYS," WHICH PROVED TO BE HIGHLY SUCCESSFUL!

Three female clients met for 90 minutes, once a week for seven weeks. They took part in theme-based activities to learn about horses, then discovered that these relational skills apply with humans as well. Darcy Dickinson, ACT Program Nurse, accompanied the clients each week and reported a reduction in anxiety levels and increased confidence post-activity in all three ladies.

"The horses are like magicians – what they teach you with their magic stays with you. Coming here gives me peace," shared one of the participants. "I finally feel confident."

"It is the horse that provides the motivation for change," says Jeanna Pellino, Program Coordinator at Manes & Motions. The desire for individuals to develop a relationship with the horse opens the door to learning new skills and changing behaviors. The similarities between horses and humans, such as the use of non-verbal body language, allows for clients to be taught life skills in a soft manner. "As sensitive animals, horses provide us with immediate but non-judgmental feedback which helps shift one's perspective."

Thank you to Manes & Motions for providing fifty percent of the cost of this unique and innovative pilot program.



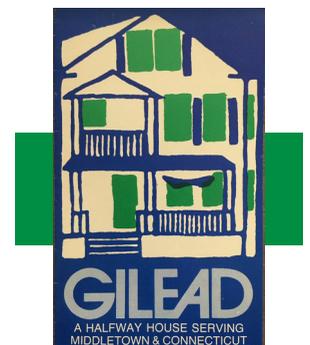
# BALM OF GILEAD

## CELEBRATING 50 YEARS!

GILEAD WAS FOUNDED IN 1968 BY TWO WESLEYAN UNDERGRADUATES, WHILE DOING VOLUNTEER WORK AT CONNECTICUT VALLEY HOSPITAL. They had noted a crucial gap in area mental health services. The problem was the increasing number of individuals who kept returning to the hospital, because they were faced with overwhelming odds once they returned to the community: no finances, no living situation, no employment, and no social support systems. Quite often, there were no family or friends to assist them, and it would take a relatively short time before they returned to the only place they knew would accept them: the hospital. There they would begin the cycle over again, only this time with less self-esteem, less motivation, and less hope.

The students turned to Connecticut Valley Hospital and other area health officials for guidance, and they approached Wesleyan for a suitable facility. The University agreed to rent them a large home located close to campus so that students could live there and participate fully while still carrying a normal academic course load. A broadly representative board of directors was formed and the organization was incorporated with non-profit, tax-exempt status. This grass-roots response formed with the primary purpose of providing a "home" in the community for needy individuals.

"Our goal is to make Gilead a well-known, well-respected, and well-supported addition to the community," read the original 1970 brochure. Throughout 2018, we look forward to sharing with you stories of Gilead through the decades – reflecting on our past and celebrating our future!



Original illustration of  
Gilead House Logo

# GOOD NEIGHBORS

## GIFTS GALORE

EVERY YEAR FOR THE PAST SEVERAL YEARS, THE DIRECTORS AT ESSEX MEADOWS DROP OFF AN ASSORTMENT OF BEAUTIFULLY WRAPPED GIFTS FOR OUR CLIENTS.

The tradition began after forgoing the grab bags they'd buy for each other at the annual holiday staff party. "We knew Gilead would put the gifts to much better use," says Jennifer Rannestad, Executive Director at Essex Meadows. "Many of us have connections to Gilead and felt good about donating these gifts every year."

They put so much love into making these gifts special, personalizing and wrapping them and giving each package a theme. Our clients enjoy receiving these beautiful gifts every year at the Client Holiday Party! Thank you to Jennifer and all the directors for organizing this special effort!



## CLASS PROJECT

THANK YOU TO THE 3RD AND 4TH GRADE STUDENTS FROM JOHN LYMAN ELEMENTARY SCHOOL IN MIDDLEFIELD FOR THINKING OF GILEAD CLIENTS WITH THEIR CLASS PROJECT. The students and their families donated gently used clothing, coats, hats, and blankets. They also donated several bags of hygiene products.

Melissa Young, ACT Vocational Rehabilitation Administrator, came back from her holiday vacation to an office packed full of donations. Melissa's daughter is a student in this mixed open classroom. The ACT team has been busy distributing the items to clients in need of these basic human necessities.



## 500 POUNDS OF FOOD!

GILEAD DONATED 500 POUNDS OF FOOD TO THE ST. VINCENT DE PAUL / AMAZING GRACE FOOD DRIVE.

We surpassed the previous year's amount of 400 pounds of food, so this was a great accomplishment! Our Board was exceptionally generous during this event, and we couldn't have made such a major impact without their support. The folks at the food pantry were especially thankful.

We are grateful for the generosity of our staff and board members and everything they do in supporting Gilead and the surrounding community!

By Ed Sokaitis,  
Director of Human Resources

## HIGH HOPES

HIGH HOPES THERAPEUTIC RIDING IN OLD LYME HAS BEEN A GENEROUS SUPPORTER OF GILEAD THROUGH THE YEARS. Most recently, the High Hopes Scholarship Committee awarded financial aid to two clients to participate in a 28-week program at the farm.

"High Hopes helps me have more hope," said B.W. The men sign up for these programs for various reasons — to build confidence, have new experiences and even gain job skills! B.W. and E.L. have both participated in horse grooming and carriage driving.

"High Hopes taught me respect and loyalty for animals," reported E.L.

Because our men have limited availability to meet people in the community, being able to develop a relationship with the workers and animals at High Hopes can fill that void. They enjoy it immensely!

By Deborah Carpenter,  
Senior Case Manager at Valor Home



Walking the ponies at High Hopes in Old Lyme, CT

# PROGRAM HIGHLIGHTS

## HOLIDAY CARDS



Gateway recently ran a group for clients where they constructed holiday cards for the servicemen and women of the United States Armed Forces who are stationed overseas for the holiday season. All of the participating clients and staff wrote meaningful and sincere messages for the recipients of the cards, in order to wish them well while away from home this time of year!

By Matthew Ahlberg, Gateway Case Manager

## WISH LIST

Congratulations to the two SCAP clients, who will soon be moving into their own apartment! They could use a few items:

- Small kitchen table set
- Coffee table & end tables
- Household items: coffee machine, cooking utensils, pots, pans, cutlery, shower curtain, bath mat, clock
- Small dressers
- Lamp
- Curtains

Additionally, ACT clients could use:

- Gloves
- Hats
- Socks
- Chap Stick
- Toothbrushes & toothpaste
- Deodorant
- Men's & Women's coats
- Shower curtains
- Blankets

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



## HAPPY HOLIDAYS!

**THANKSGIVING IS A HOLIDAY AT WHICH WE ENJOY EACH OTHER'S COMPANY AND INVITE OUR FAMILY, FRIENDS AND NEIGHBORS SO THAT THEY CAN BE INTRODUCED TO OUR CLUB.** Many new faces experience Gilead for the first time on this special day. We would like to thank all of the residential home's overnight staff for cooking all of the turkeys - eight in all! In addition, the many staff members who were able to

use their neighborhood grocery store coupons to buy us a turkey! Thanks to everyone for making this a special day for all clients and staff.

**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 celebration included good conversation, delicious food, and

hopeful cheer. We sang holiday carols using our karaoke machine. We also spent some time in quiet reflection of the special things and people in our lives that we are grateful for. This event helps everybody to forget their every day worries for a bit. Special thanks to all who generously donated gift items for Santa's sack!

By Patrica Burke,  
Program Director, Social Rehab Center

# ROAD TO RECOVERY

## ME AT THE HELM

BY JESSICA BROOKE

The power within  
Is a journey beginning  
With accepting myself  
Not expecting myself  
A path of contemplation  
Silent realization  
That my thoughts and feelings  
Are valid and that's enough  
Enough to satisfy  
My own true self  
Enough to gratify  
No one but myself  
For my life and world  
Demands my full attention  
Taking care of self  
Means putting myself  
At the helm.

At the helm  
Of my own vessel  
Instead of letting  
Controlling, negative thoughts  
Betray me and my truth  
Navigating through on my own  
I am beginning to own  
I care about where I belong  
I have often wondered..

Where do I fit in this world?  
Why do people not understand  
My experiences as real?  
Truly it only matters what I think  
What I think...imagine that?  
Imagine accepting myself for  
Exactly as I wish?  
I feel vindicated  
Validated, revealed,  
A sense of peace  
Just overtook me  
A peace I have yet to attain  
Every moment

Yet today is all that matters  
Today was my gift to myself  
I am from here on forward  
Not bending over backwards  
For those who attempt  
To mold me into their own clay  
Instead of ME owning the clay  
Making ME into a tremendously  
Gorgeous masterpiece  
That I can give to myself  
To lead in my self journey  
For after all, I can at least  
Depend on myself

I refuse to let my surroundings  
Control me until I break  
Well, I have the glue  
I have the power  
I am a witness to my awakening  
For the past controlled ME  
I own my past, but I am in control now  
How amazing that feels  
To escape the ropes tying me  
Defend my own life and taking it back!



## IT TAKES A COMMUNITY TO MAKE A HOME!

Over 240 community members braved the foul weather to prove that love and commitment can make a huge difference to our community. Torrential rain and wicked winds knocked electricity out around the state – but that didn't stop our guests at the 12th Annual Quizine for a Cause on October 29th! What a wonderful testament to the way people value the services that Gilead provides to the community.

The event brought in over \$125,000 this year, which is something we can be proud of. This money will replenish our client fund and build our endowment. Never underestimate the Quizine for a Cause crowd!

## FREEDOM RIDE

Thanks to Gilead's Opening Doors fund, D.C. was able to receive a new moped. D.C.'s independence relies on having his moped year-round. With it, he is able to independently grocery shop, go to doctor appointments, visit family and friends, and go on day trips. His old moped, which stopped working a few years ago, had over 160,000 miles on the odometer and he was replacing many parts weekly because it was breaking down so frequently. Without it, he would lose most of his independence.



The Opening Doors fund is supported by Quizine for a Cause proceeds.

"The scooter is awesome! It is my freedom. I can go to the store and appointments. I am very happy that Gilead helped me purchase a new moped, because it helped me be more independent."

# ROAD TO RECOVERY

## SAYING GOODBYE

HAVING AN AILING FAMILY MEMBER CAN BE A STRESSFUL AND SAD TIME – ESPECIALLY WHEN THAT FAMILY MEMBER LIVES OVER 1,000 MILES AWAY!

In August, M.G. from the Women’s Program, traveled to Puerto Rico to visit her critically ill mother and to spend some quality time assisting with her care. While there, she also reconnected with her sister who she hasn’t seen in a long time and was introduced to her nephews. M.G. managed to find a little time to sneak off and enjoy the weather, which was “hot and beautiful” and was even able to enjoy a walk on the beach. Sadly, M.G.’s mother passed away shortly after she returned back home.

“I would like to thank Gilead for making this trip possible to visit with my mother before she passed,” says M.G. “At least I got the chance to see her one last time.” M.G. appeared happy when she described the reunion she had with her family members. She said they all cooked meals together and it was an enjoyable time. She’s grateful to

Gilead and the staff for all the support shown to her in her time of need.

“I feel very privileged to work at an agency that cares enough to make things like this happen. I know M.G. will never forget this and I am just so happy she was able to go!” said Shannon Brewer, Program Director.

By Brenda Washington-Rheaume



M.G. poses after her trip, "I look like my mother in this photo!"

## ANNUAL CAMPING TRIP

CAMP HARKNESS IS LOCATED IN SOUTHEASTERN CONNECTICUT ON THE SHORES OF THE LONG ISLAND SOUND. THE 102-ACRE PROPERTY IN WATERFORD IS COMPRISED OF OPEN AND WOODED LAND AND INCLUDES TIDAL MARSH AND BEACHFRONT.

Gilead clients and staff look forward to and enjoy the annual trip to Camp Harkness. For many, this is the one time each year that they have an opportunity to get away from the routine of their lives, and it’s impossible to walk away without smiling. Activities included spending time at the beach, fishing, playing games, and participating in the annual talent show! Staff, clients, and board members took turns cooking meals for everyone.

“It’s an opportunity to be with our clients in a relaxed atmosphere and share in their joy in being on vacation in a beautiful place,” said Fran Ludwig, Board Member.



Gilead Community Services is funded in part by



All of Gilead Community Service programs are CARF-accredited





**GILEAD**  
COMMUNITY SERVICES, INC

Improving Lives, Building Futures

Celebrating  
50 Years!

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## SHINING STARS

**GILEAD IS PROUD TO RECOGNIZE MARIA-ADRIANA COLER, SIMONE KETCHUM, DEBORAH CARPENTER AND MARY WINALSKI AS THE SHINING STAR AWARD WINNERS FOR THE 3RD QUARTER. CONGRATULATIONS TO SHERYL APUZZO, LORENA BARHAM, AND DANA MEDINA FOR WINNING THE AWARD FOR THE 4TH 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 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!



3RD QUARTER SHINING STARS!

By Ed Sokaitis



## UPCOMING EVENTS

**50TH ANNIVERSARY**  
2018

**GILEAD ROAD RACE**  
APRIL 8TH

**CLIENT AWARDS BANQUET**  
April 2018

**LEGISLATIVE BREAKFAST**  
Late April

**MAJOR DONOR EVENT**  
May 2018

