



GILEAD
COMMUNITY SERVICES, INC
Improving Lives, Building Futures

SUMMER 2019

BALM OF GILEAD

SUMMER AT THE SHORELINE

THE SHORELINE COMMUNITY APARTMENT PROGRAM (SCAP) IS EMBRACING SUMMER WITH EDUCATION THROUGH CREATIVITY.

The team at SCAP has been busy this season and embracing the outdoors during the summer. There are local parks, beaches and hiking trails not far from the group home. We are very excited to see the group home transform from the inside and out. There is new siding being added as well as a fresh coat of paint. With all this action, the members of the group home are adding their own personal touch.

Working as a team, a garden has been blossoming. The garden provides clients with an outdoor activity right outside their home and a place to sit, enjoy, and relax.

Everyone is appreciative to Shoreline Gardens for their donation and adding their presence of community to our garden. While gardening, staff provides knowledge on grounding the human body and the healing benefits of the earth. When you connect to the earth you feel centered, strong, balanced, less tense and less stressed. One client took a lead role in prepping the garden and planting flowers. He worked hard to start the garden, focused on maintenance, looked forward to caring for it, and felt really good after it was completed. A wicker bench made a great addition and a place where others can sit to enjoy.

When the 4th of July arrived, more education through creativity took place. We love to embrace the holidays and help others become informed. Our celebration focused on our appreciation for freedom and independence. While red, white, and blue decorations were made in art group, others participated in a baking group for a special theme dessert. We wanted to end the picnic on a refreshing sweet note.

The smell of fresh flowers, the feel of bountiful energy, and dashes of color keeps things radiant and alive during the 2019 summer at the shoreline!

By Katie Fogg, Senior Case Manager
Shoreline Community Apartment Program



GILEAD & FARRELL UNITE!

GILEAD IS EXCITED TO ANNOUNCE A MERGER WITH FARRELL TREATMENT CENTER. Farrell Treatment Center, based in New Britain, has been providing high quality and intensive treatment for addiction and substance abuse for 45 years. Gilead and Farrell share a similar recovery philosophy that values the individual needs and goals of each person that we serve. This merger creates an opportunity to expand our continuum of care to include a full range of mental health recovery services along with residential and outpatient addiction/mental health services. "We are excited to be joining forces with Farrell, an organization that has changed thousands of lives through compassionate and person-centered care." said Dan Osborne, Gilead's CEO.

Farrell staff hosted Gilead staff and board members on Tuesday, July 23rd at an Open House to celebrate the recent merger. Tours of the historic building on Main Street were given by Farrell staff and we learned about their exciting programs and client success stories.

"This is an exciting moment in time for us!" says Dave Borzellino, VP of Addiction Services. "This transition will offer many opportunities in the near future!"



L-R: Gilead Board Members, Gary Wallace & Laura Patey with Farrell staff, Diana Lynch



Guests enjoyed delicious homemade hors d'oeuvres by Farrell's own kitchen

GOOD NEIGHBORS

IT'S JUST ME

APPROXIMATELY A YEAR AGO WE NOTICED A NEW FACE AT GATEWAY. She introduced herself as Terri Cattalani from Project Genesis, a club member's new one-to-one staff. It wasn't long before it became evident that Terri was not your run of the mill staff, she was clearly someone who took the extra step, went the extra mile and cared about others, especially those less fortunate in life. Terri's charge was constantly under her watchful eye as she moved about the room making small talk with as many club members as she could. Within a month, Terri was not only a familiar sight at Gateway but a welcomed one as well. Just about everyone knew her; she ate lunch with club members, attended the majority of our outings and activities and made it a point to befriend everyone with her non-judgmental, pleasant and easy-going nature.

Terri shared that she was recently a self-published author of a self-help book inspired by a former client. Anyone who is fortunate enough to read "It's Just Me" will immediately realize why Terri fits the profile of someone who is caring and has the patience of a Saint.

Terri enjoys cooking and everyone at Gateway gets to experience her talents. She brought her homemade lasagna in for lunch one Monday. I know for a fact that there was not one drop left because I was out of the office that day and thought I had missed out. To my delight, I was wrong! Terri brought in a Tupperware full of lasagna for my personal consumption! We've also been fortunate to partake in her legendary barbecue chicken (of which there was also no leftovers). **If anyone would like to get a better understanding of what Gateway is all about, come and be part of the camaraderie and relaxing good times with folks like Terri!**



By David Norman, Social Rehabilitation Counselor
Gateway Community Treatment

MEMORY EXERCISES

GILEAD IS GRATEFUL TO THE AMAZING INTERNS THAT WORK WITH US EVERY YEAR. This summer, one of our interns, Caitlyn Carlino, implemented a new group with clients from the Social Rehab Club, called the Memory Enhancement & Retention Group. Every Wednesday she works with about 6-8 clients on activities designed to improve memory. The 10-week program focuses on different topics each week and includes: executive function, verbal memory, visual memory, visual attention and language acquisition. Caitlyn created the curriculum based on current programs designed specifically for clinicians to use with clients. She collaborates with Patty Burke, the Social Rehabilitation Center Program Director, on weekly lesson plans and activities and even works one-on-one with clients who may not feel comfortable in a group setting.

"It's interesting to see how many of the participants have improved from the beginning. As they get more comfortable with me, their attitudes and progress are improving," says Caitlyn.

She enjoys the feedback from clients each week and hopes to come back and visit the group once she graduates in December from Emmanuel College in Boston. We'll miss you Caitlyn!



TOGETHER WE CREATE MAGIC

GILEAD CALLED OUT FOR QUILTERS AND WHAT A RESPONSE WE RECEIVED! Several students from Wesleyan's Ethnography of Design Class teamed up with Gilead Community Services last semester to develop a community quilting project. Their idea was to bring a community of Gilead stakeholders together through a creative process. The students organized the entire project which took place at Gilead's Resource Center. They created a flyer to advertise the event and put together all of the materials necessary for each

participant to create an individualized felt square. Together, students, volunteers, clients and staff created a product symbolizing the meaningful work that is done every day



at Gilead. A special shout out to Ruth Adams who found Susan Lennox from Nautical Needles. Susan volunteered to put all of the completed squares together on a large canvas so they could be hung on our Resource Center wall. **Please feel free to stop by to check out the wall hanging and the new Resource Center.**

By Lucy McMillan
Chief Development Officer

PROGRAM HIGHLIGHTS

THE JOYS OF MUSIC

ANCHORAGE HOME IS A VERY MUSICAL HOUSE!

One young man plays a total of SIX instruments, including saxophone, trombone, trumpet, flute, electric guitar, and drums!

Another teen produces amazing recordings - on the computer! He uses it as his personal 16-track recording studio, layering in instrumental arrangements, then adding voices one at a time, including original hip-hop lyrics that are exquisitely poetic! He can be found writing lyrics in his notebooks every day, whenever the creative mood strikes! One night, a staff member (who has a gorgeous operatic singing voice herself) added a harmony to one of his songs, as a back-up singer. Thousands of fans download his recordings on the internet and he has quite a following of young listeners!

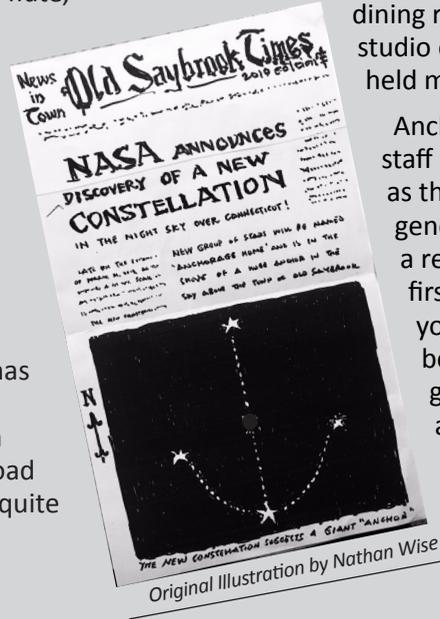
Finally, there's our master keyboardist. He played all the musical selections and accompaniments at his school commencement

ceremony last spring, and he is collaborating with his housemate by adding flourishes and percussion effects to the arrangements. On such nights, the dining room table transforms into a production studio complete with headphones and hand-held mics.

Anchorage Home is also proud to boast a staff member who performs professionally as the bass player in a local band. He generously invited the housemembers to a recent concert, which included their first experience in a "mosh-pit" (and if you've never seen one or joined in, it can be a hazardous melee of flying limbs, gyrations, and diving in from the stage above). A good time was had by all!

The joys of music certainly bring a broad variety of people together in a beautiful and fulfilling way.

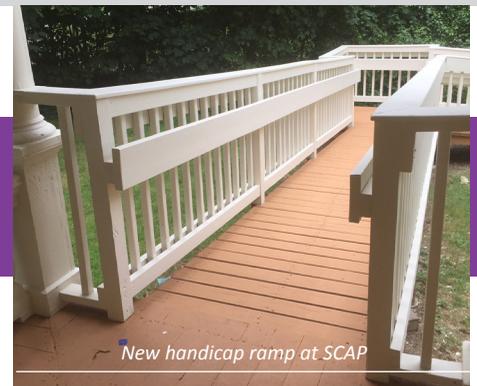
By Nathan Wise, Residential Support Worker, Anchorage Home



Thank you to the Garden Club for the clean up!



D.J. enjoying the new patio at GI



New handicap ramp at SCAP

HOME PROJECTS

TWO OF GILEAD'S HOMES – GI AND SCAP HAVE RECEIVED MUCH NEEDED RENOVATION WORK, THANKS TO GRANTS AND OUR AMAZING VOLUNTEERS!

The Middletown Garden Club, along with our board member, Cathy Boone and her daughter, worked tirelessly on cleaning and landscaping the yard with new plants and mulch. Vox Church volunteer, John, donated his time and power washed the outside of the house. The new backyard patio pulls it all together for a nice space for clients to relax and enjoy the outdoors. GI client, D.J. loves it. "Thank you to everyone who made this happen. We really appreciate it!"

For the interior spaces, new furniture, paint, bathroom and flooring has transformed the 96-year-old home. Staff members negotiated with an area furniture store and were able to buy new living room furniture for two common

areas. Funds from the Community Development Block Grant (CDBG) paid for the second floor bathroom renovation and new flooring throughout the common areas, hallways and staircases. Next up, a new roof and new kitchen countertops and backsplash.

The Shoreline Community Apartment Program (SCAP) in Clinton also recently received a facelift, thanks to the Nonprofit Grant Program. Outside, a new roof, chimney, and siding was installed. New paint and structural repairs to the deteriorating front porch and handicap ramp for ADA accessibility and safety also were completed. The interior received a fresh coat of paint throughout the common areas, stairways and hallways.

By Dave Ferrigno
Director of Facilities

PROGRAM HIGHLIGHTS

ENJOYING SUMMER!

THE LADIES AT THE WOMEN'S PROGRAM HAVE BEEN MAKING THE MOST OF THE SUMMER WITH FIELD TRIPS TO LYMAN ORCHARD, WADSWORTH FALLS AND HUBBARD PARK!

During the hot days, they've been staying cool by swimming at the Wadsworth Falls State Park and hope to make this a weekly event. A hike in Hubbard Park and visit with the ducks is a perfect way to spend a sunny day! And on a recent trip to Lyman Orchards to pick strawberries, the group was inspired to start a vegetable garden. They are requesting donations of beach chairs, beach blankets, a cooler, and materials to make a raised garden bed.



WISH LIST

- Bikes
- Corkboard
- Small Bongo Drums
- Hand Held Rattles
- 4 x 6 American Flag
- 40 Large Lunch-Size Plates
- Coffee Mugs
- 5' Round Plastic Tablecloths
- Large Inflatable Beach Balls
- 2 Basketballs + Pump
- Bug Spray
- Small Flashlights
- Hand Towels
- Bars of Soap
- Shampoo/Conditioner
- Toothpaste
- Yard Games
- Card Games
- Cooler
- Beach Chairs & Beach Blanket
- Suet Bird Food
- Patio Table, Chairs & Umbrella
- Materials to make a raised garden bed

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



CELEBRATING PRIDE

GILEAD'S SOCIAL CLUB CELEBRATED PRIDE MONTH ON FRIDAY, JUNE 28TH.

In conjunction with the City of Middletown's PRIDE parade on Saturday, June 22nd, Gilead coordinated with Melissa Corder from True Colors CT, answered questions from clients and discussed topics such as: what LGBTQ stands for; expressing your sexuality, human and civil rights; and how to be an ally of people in the LGBTQ+ community. "The bottom line is to respect people and just be nice to each other," she told the group.

Bill Urlich, a member of the International PRIDE Movement and ACT Team Recovery Specialist Case Manager, talked about the history of the movement and why we celebrate PRIDE month. Bill provided us with a beautiful montage of posters and information that gave us a feeling for the entire movement (50-year anniversary on June 28!), and helped us understand the history of the LGBTQ+ persons internationally.

Attendees enjoyed the presentation, along with lunch and rainbow cake, and ended the day posing under the flag that proudly hung from the Social Rehab Center!

KUDOS!

Congratulations to L.B. for receiving the **Bridger Award** at the Advocacy Unlimited Annual Retreat at Camp Ingersol on May 30th. The Bridger Program is a peer run organization that uses direct lived experience to navigate mental health, addiction and trauma to promote individual growth, human rights and systems transformation.

Gilead was one of 17 agencies participating the Recovery Supports Learning Collaborative. Formed to learn and promote the concept of integrating people with the Recovery Support Specialist Certificate into the mental health system in Connecticut, we learned, discussed, programmed, led and followed each other down the road to a successful plan for further integration of these valuable individuals into our workforce.



LEAVE A LEGACY

MAJOR DONOR EVENT

ON SUNDAY, MAY 19TH, WE CELEBRATED THE VOLUNTEERS, DONORS, DEDICATED STAFF, AMBASSADORS OF THE MISSION AND DREAMERS WHO ARE VITAL IN HELPING TO FILL THE GAP IN THE BUDGET NECESSARY FOR GILEAD TO CONTINUE PROVIDING HIGH QUALITY MENTAL HEALTH SERVICES. With a visual presentation of an empty glass container and colored sands along with photo posters, we illustrated how important all our stakeholders are to Gilead's success. We honored Russ and Leslie Hassmann for their generous donation to Gilead's new Resource Center and welcomed three new Legacy members: Patti Vassia, Carolyn Kirsch and Mark Ludwig. It was a beautiful day to enjoy guided garden tours by owner, Tim Gastler, and celebrate everyone who helps make Gilead thrive!



Patti Vassia admires the posters dedicated to Gilead's supporters



L-R: Dan Osborne, Russ & Leslie Hassmann, Gary Wallace



Fran Ludwig welcomes new Legacy member, Carolyn Kirsch

BRINGING A DREAM TO REALITY

THIS YEAR, OUR MATCHING CAMPAIGN CELEBRATED THE DREAM OF TWO OF OUR BOARD MEMBERS. Russ Hassmann and Fran Ludwig both struggled to find appropriate mental health care for a family member. Finding good mental health clinicians and navigating a limited and byzantine system of mental health services was overwhelming and discouraging. Eventually they both found Gilead and were moved and grateful for the quality of care and integrated supports Gilead offered. Because of their experience, they wanted to make it easier for other families to find appropriate mental health services for their loved ones.

Over the past four years, their dream became a more concrete vision. With the help of several Wesleyan students, a plan was developed for a Mental Health Resource Center. The Center would be staffed by a "Service Navigator," who could help families put together a customized plan for their loved one and connect them with the needed services. This year, that vision is becoming a reality. Gilead secured a building adjacent to our Administrative Offices. Board



member, Ray Bourret, donated an office design and office furniture from his business, Suburban, Inc. Generosity is contagious, so when Ted Coughlin, of Coughlin Service Corp. heard about Suburban, he offered to donate the labor to build a partition in the new space. One of our Community Partners, Middlesex Community College, availed a conference table and chairs that were not currently in use at the college. The chairs needed some fresh upholstery, so Mike Ciborowski, owner of Oak & Velvet donated the fabric and reupholstered the chairs.

The crowning gift came from Russ and Leslie Hassmann, who, in the largest single donation in Gilead's history, agreed to match donations up to \$50,000 to raise the seed money necessary to get the Mental Health Resource Center off the ground. Once again, our generous supporters did not disappoint! Thank you to all who helped Gilead bring this dream to reality. We reached our \$100,000 Matching Campaign goal.

Together, we're building a stronger community for all of us!

Gilead Community Services is funded in part by



Most of Gilead Community Service programs are CARF-accredited





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UPCOMING EVENTS

**Camp Harkness
Camping Trip**

September 10-13

**13th Annual
Quizine For A Cause**

October 27

Compassion Counts

November 21

SHINING STARS

CONGRATULATIONS TO DAN AVALLONE, KRISTINA CROTEAU, SARAH STEFURAK, LYNETTE DUBE, AMBER STEVENSON, NAPALI BRIDGELALL, CAROLYN CAPPLIELLO, WILIAM MANKA, AND DOMINIQUE TROTMAN ON THEIR SHINING STAR AWARDS FOR THE 1ST AND 2ND QUARTERS OF 2019. The award is a way for Gilead staff to nominate their peers by going Above and Beyond in service to our clients and to Gilead as an agency.

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

CONGRATULATIONS TO GATEWAY COMMUNITY TREATMENT TEAM ON A RECORD-BREAKING EIGHT SHINING STAR AWARDS! Approximately three years ago, Gilead was searching for a qualified person to take the vacant Director position at Gateway. At the end of the day it was Adrianna Coler who obtained the position. It was not long at all before everyone at Gateway realized why she was chosen. Adrianna has the uncanny ability to make everyone she comes in contact with feel at ease and frankly, happy to be in a conversation with her. This quickly spilled over to not only the staff she oversaw but every Gateway client who walked through our front door. It is no surprise that at this point in time Gateway must hold the record for the amount of Shining Star Awards given to the staff. It just goes to show that with the right person, anything can be accomplished.

By, David Norman,
Social Rehabilitation Counselor



THE SHINING STARS FROM GATEWAY