



GILEAD
COMMUNITY SERVICES, INC

Improving Lives, Building Futures

WINTER 2020

ROAD TO RECOVERY

BALM OF GILEAD

CELEBRATING CLIENTS

WE CELEBRATED OUR 19TH ANNUAL CLIENT AWARDS BANQUET IN NOVEMBER.

The banquet committee chose "Fall Harvest" as this year's theme — keeping with a farming tradition of everyone pitching in to harvest the crops. Clients and staff dressed up in our farming clothes with cowboy hats (even some cowboy boots)! One staff member dressed as an autumn tree and another as a turkey! Clients were pleased to win awards for their own special accomplishments during the year, such as "MVP on the Softball Team" to "Most Consistent and Dedicated Cook in the Kitchen". Others won awards for meeting educational and employment goals. Community members and volunteers were also honored. **Together we celebrated all the good work we do throughout the year with a delicious harvest dinner, fall festivities, music, and friendship.**

By Patricia Burke, Community Program Director,
Social Rehabilitation Center



E.F. & Peter, Gap Program Manager



Hugs & Friendship



Staff & Clients pose by the handmade photo props



Patty & J.D., winner of 2 awards!

WHO WILL YOU WALK FOR IN 2020?

JOIN TEAM GILEAD AT THE 5TH ANNUAL RUN FOR EVERY 1 ON SUNDAY, APRIL 5TH!

Last year we challenged our Team members to walk or run for someone they knew affected by a mental health challenge. We found that virtually everyone had been impacted by mental illness in some way. These challenges included PTSD, depression, anxiety, addiction, schizophrenia or suicide. We received emotional, heartfelt stories which inspired the 500 walkers, runners, cheerers and volunteers that made up Team Gilead. Please consider sharing your *Who Will You Walk For?* story with us this year!

Joe Crispino, Program Director at Gilead I and Gilead II, has been involved in the Road Race since the beginning – whether he's walking with clients at the Wesleyan track every week or volunteering on the Road Race Committee or bringing his sons to the event to direct foot traffic, Joe is committed to the event. "I'm walking for all the clients at GI and GII. Everyone at the two homes participate in this event in some capacity. Some walk and some cheer on the sidelines. A few staff and clients even include their family members. It's a great event for all of us to be a part of! We even keep walking after the event at the Meriden Green to keep the momentum going." **Thanks Joe for your support and commitment to Gilead's Run for Every 1!**



Joe directing runners at the 2019 Run for Every 1



A group of walkers from GI & GII at the Wesleyan Track

GOOD NEIGHBORS

SPECIAL VOLUNTEERS

GILEAD IS GRATEFUL TO THE COMMUNITY VOLUNTEERS WHO DEDICATE THEIR TIME AND ENERGY TO MAKING OUR HOMES SHINE!

A large group of 15 volunteers from Hallam ICS spent a warm September day at Gilead's Liberty Home. They painted most of the home's interior and replaced and repaired lighting fixtures. They did an amazing job and made staff and clients very happy. Thank you Hallam ICS for your time and contribution to making Liberty Home sparkle!



Hallam ICS Volunteers



Middlesex Community College Volunteers

Thank you to the Middlesex Community College volunteers who donated their day to paint the kitchen, dining room, porch, living room and hallways at Gilead's Magnolia Home. There was a group of five student volunteers, led by Ashley Raithel, Assistant Professor of English and Coordinator of the Center for Civic Engagement at Middlesex Community College.

COMPASSION COUNTS

SOUND HEALING, MINDFULNESS, MOVING MEDITATION, YOGA, ACUPUNCTURE & MORE!

Restoring Compassion & Self Care in our Lives was the topic of December's Compassion Counts forum. The evening focused on Integrative Medicine and how it can help in healing, recovery and self-care in our lives. Gilead's COO, Justin Salvio, moderated the event and began the evening with a simple meditation practice. Tracey Sondik, Psy.D., keynote speaker, and panelists, Dr. Michael Kalinowski, Linda Lentini, Chaplain Dennis McCann and Kelvin Young all brought their unique talents and experiences to the conversation. A special thanks to Middlesex Community College for all the extra support to make sure the event went off without a hitch (on a snow day)! Compassion Counts is a partnership between local organizations and service providers, including but not limited to the Community Foundation of Middlesex County, Connecticut Valley Hospital, Gilead Community Services, Middlesex Health, River Valley Services and the Middlesex YMCA.



Linda Lentini & Kelvin Young, Panelists



Dr. Michael Kalinowski, Panelist

WESLEYAN POTTERS COLLABORATIVE

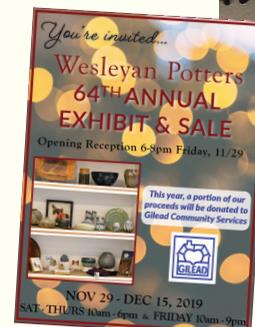
IN THE SPIRIT OF GIVING, WESLEYAN POTTERS ANNOUNCED THAT THEY WOULD BE DONATING A PORTION OF THE PROCEEDS FROM THEIR 64TH ANNUAL EXHIBIT AND SALE TO GILEAD! OVER FIFTY PIECES WERE DONATED BY LOCAL ARTISTS AND SOLD SPECIFICALLY AS A FUNDRAISER TO BENEFIT GILEAD.

"Since announcing our partnership with Gilead Community Services this year for the sale, we have had two outside artists generously step up with extra donations. Scott Kessel donated forged metal hooks, Tom Donnelly donated the full proceeds from the sales of his woodwork, and Michael's Greenhouse is donating evergreen arrangements at the behest of their general manager and our Key Member, Patrick Herzing," said Liz Blodgett, Executive Director of Wesleyan Potters. "We are looking forward to another successful year and are thrilled to give back to your organization doing such meaningful work for our community."

Wesleyan Potters, a nonprofit cooperative guild, offers year-round classes in jewelry, pottery, sewing, weaving for both children and adults and maintains a year-round Gallery/Shop.



Liz Blodgett, Executive Director of Wesleyan Potters presents a donation to Lucy McMillan, Gilead's Chief Development Officer



PROGRAM HIGHLIGHTS

COMMUNITY CONVERSATIONS

GILEAD HAS HELPED TRANSFORM THOUSANDS OF LIVES IN MIDDLESEX COUNTY, MANY OF WHOM ARE YOUR NEIGHBORS, FRIENDS, AND FAMILY MEMBERS. You probably know someone with a mental health condition and don't even realize it. Because 1 in 5 adults in America experience a mental illness.

Gilead representatives are available to discuss mental illness and local mental health services available through Gilead with businesses, organizations, centers, faith



institutions, and clubs. The Gilead team, including staff, clients, board or committee members, will bring breakfast, lunch or snacks to you with these 30-60 minute presentations, designed for a group of any size.

Interested in hosting a Community Conversation? Let us know and we'd be happy to come to your location to talk with your group!

CARF SURVEY SUCCESS

GILEAD IS EXTREMELY PLEASED TO HAVE RECEIVED OFFICIAL NOTICE FROM CARF THAT WE HAVE ONCE AGAIN EARNED A FULL, 3-YEAR ACCREDITATION FOR THE PROGRAMS WHICH GILEAD SOUGHT ACCREDITATION.

"Gilead is a warm family environment," stated the CARF Survey Team. "Staff are a committed group of professionals navigating the challenges of service delivery with grace and patience. Gilead operates with a high level of transparency... and teamwork...resulting in a consistent experience for the clients."

Thank you to Rob Snyder, Gilead's Director of Quality Assurance, for leading this effort and to all Gilead staff for ensuring its success. The staff's support made it possible to achieve this successful accreditation.

For more information on CARF accreditation, please visit our website at <http://gileadcs.org/who-we-are/carf-accreditation/>.



Congratulations to the WISE Program for earning 1st Place in the Gilead CARF Jeopardy Championship Game!

COMMUNITY DEVELOPMENT BLOCK GRANT PROJECTS

GILEAD COMMUNITY SERVICES MAKES IT A PRIORITY TO REINVEST IN OUR FACILITIES. WE WERE FORTUNATE TO RECEIVE CDBG FUNDING FOR NUMEROUS FACILITY RENOVATIONS IN THE PAST FIVE YEARS. This funding has helped Gilead maintain a consistent level of investment in our ongoing efforts to provide our clients with quality affordable housing thereby strengthening the neighborhoods where we have programming.

GI Floor, Kitchen Renovations and New Roof: Consistent use for the past 47 years had caused deterioration, including paint chipping, damaged flooring, peeling carpets, and outdated fixtures. CDBG funding allowed Gilead to renovate the bathroom, install new countertops and paint the kitchen. Additional funds paid for the installation of new floors and carpet throughout the home. Replacing and reconfiguring the counters in the kitchen has improved accessibility for our clients, increasing their ability to cook independently.

GII Window Replacements: CDBG funding also allowed Gilead to install new vinyl double hung, tilt windows with Energy Star rated insulated glass. These new windows have reduced the

cost of both heating and air conditioning for the property. The operation of these new windows is simpler, allowing clients to open and close them independently in case of an emergency.



GII's new windows



GAP's new HVAC system

Social Center Generator Replacement: With the help of a CDBG grant, Gilead's Social Center has been equipped to supply shelter services during prolonged electrical outages and natural disasters to our clients who live in apartments in Middletown communities. Gilead purchased and installed a new generator with the capacity to support all mechanical operations, including: heat, air conditioning, hot water, lighting, fire detection/notification system, telecommunications for phone service, and computer workstations for staff to access the electronic clinical records.

GAP HVAC Replacement: Our GAP Program received a CDBG grant to replace the heating and cooling system. This is extremely important for individuals taking various medications that influence their ability to regulate their body temperature. Maintaining ambient room temperatures are vital to our clients' medical and mental health.

By Lucy McMillan, Chief Development Officer

ROAD TO RECOVERY

CAREER GOALS

CONGRATULATIONS TO L.M. FOR HER SUCCESSFUL RE-ENTRY INTO THE WORKFORCE!

She is working with EdAdvance, one of Connecticut's Regional Educational Service Centers (RESCs). Their mission is to promote the success of school districts and their communities by working collaboratively and providing educational services. L.M. is happy with the experience so far and finds the organization to be well run.



Congrats to L.M.!

Her goal has been to get back into the education field and has been working hard toward it since starting the ACT program in 2018. "I knew it was a long shot but I never gave up," L.M. says, "I've had really hard times in my life but I try not to live on excuses. You have to work on it and not give up."

L.M. is no stranger to working hard. She attended Graduate school while she was a single mom living in a shelter. "It wasn't easy. I had no laptop but was allowed to use the shelter office computer after hours. Many times I had to bring my daughter to class when I didn't have childcare." But she didn't give up and earned her degree, inspiring others living in the shelter to go back to school to earn their GEDs. Congratulations to L.M. for working hard and never giving up!

A SPECIAL MUSEUM VISIT

At the end of 2019, Yale's Peabody Museum of Natural History, with its world-famous fossils of life-sized Brontosaurus and Stegosaurus, skulls of T-rex and Triceratops, and the largest, most famous dinosaur painting in the entire world closed completely for an unprecedented three years. The entire collection of fossils was shipped in pieces, to Canada for cleaning and restoration, while the museum is being renovated and expanded.



Yale Peabody Museum

Realizing this deadline, a teen from Anchorage had a private tour of the exhibit with the museum's brilliant chief scientist, Armand Morgan. The bright and motivated teen is an avid fan of fossils and prehistoric life, so all his questions about his future profession (paleontologist) and the scientific exploration of life on Earth, were answered in one afternoon! **THE DAY WAS AN EXPERIENCE TO REMEMBER, THANKS TO THE SUPPORTIVE "CAN-DO" STAFF AT ANCHORAGE. A SPECIAL THANK YOU TO MIKE FUNARO FOR HIS EXTRA EFFORT TO GET A.R. TO THE MUSEUM — EVEN ON A SNOW DAY!**

By Nathan Wise, Residential Support Worker
Anchorage Home

HAPPY HOLIDAYS!



Farrell Treatment Center received a very special donation from *Promises for Jordan*, a grassroots charity created in honor of Jordan, a 20-year-old young man, who died of an opiate overdose. The family turned their grief to advocacy. Dan Millstein, LCSW is the Vice President of the Board, and arranged to send hundreds of dollars of toys for Farrell clients to give to their children on Christmas.



At the the annual Social Club Holiday Party, clients were treated to a delicious meal and a special visitor! Santa (aka Bill Urich, Recovery Specialist Case Manager from ACT), passed out gifts, all donated by our generous supporters! **A special thank you to Leslie Hassmann & the Third Congregational Church in Middletown who went above and beyond with the generous gift donations!**



Frank Zocco, Gilead's Board Emeritus member, generously donated his Santa-skills in a live auction package at November's Quizine for a Cause. He suprised a lucky goup of kids at the home of winning bidders, Sara & Steve. "The experience was awesome! The kids were so shocked and Frank was an amazing Santa!"

ROAD TO RECOVERY

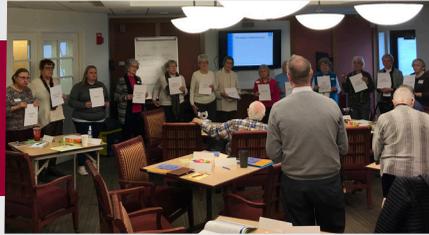
MENTAL HEALTH FIRST AID TRAINING

DAN OSBORNE, GILEAD'S CEO, LED A MENTAL HEALTH FIRST AID TRAINING AT COVENANT LIVING OF CROMWELL.

Almost 20 residents and staff from the senior living retirement community learned the skills needed to help a person experiencing a mental health challenge. The also talked about some of the challenges with transitioning to a senior living community and how they could support others during this significant, and often stressful, time. They recommended Dan return for a future forum to focus on dementia and other challenges that the aging population may be facing.

"I absolutely loved the course and I think everyone else did too! Dan was so engaging and informative I could listen to him lecture all day! The information that was provided will come into use more than we could imagine!" said Heather Knochel, Resident Life Director.

"Dan's down to earth approach with a variety of activities made the time go by fast," said Eunice Wiseman, attendee and Gilead advocate. "The staff who attended said they hated to see it end. One staff also said it made her more sensitive to ways to listen to new residents who face adjustment issues."



ADVOCATING FOR SERVICES

DEBBIE CARPENTER, SENIOR CASE MANAGER AT THE VALOR HOME, SPOKE AT THE WOMEN'S MARCH CONNECTICUT PRESS CONFERENCE HELD IN HARTFORD AT THE STATE CAPITOL.

Debbie talked about her experiences as a case manager at Gilead Community Services as well as for the need for the state to fully fund mental health services.

Debbie stated, "A healthy society requires adequate physical and mental health services. As a private sector mental health worker at Gilead Community Services, I see how important the services I provide are for my clients and the community."

Debbie encouraged all mental health workers to advocate to lawmakers to fully fund mental health programs in our state. [Thank you Debbie for advocating for Gilead and mental health services in the state!](#)



SEN. MATT LESSER & DEBBIE AT THE PRESS CONFERENCE

RESOURCE CENTER

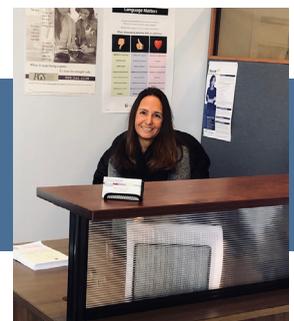
2020 MAY BE THE YEAR OF "VISION," BUT TRUE TO OUR MISSION AND SPIRIT, GILEAD HAS BEEN HARD AT WORK TURNING VISION INTO ACTION. Looking back on the last year, we have a lot to be proud of. 2019 brought so much growth. A dream became a reality with the securing of a building for our Resource Center, and the generosity of our donors provided the seed money to get it off the ground!

Throughout the past year, we've built our resources and expanded our services, laying a strong foundation to propel the Resource Center into 2020. Grant funds allow us to offer free services for victims of traumatic events and for Veterans. A local grant from the Community Foundation of Middlesex County will allow the center to provide integrative medicine services and community outreach. These services are now available to our community and will be just a few of the endless resources and services we will connect individuals and families to through the Center.

In addition to new and expanded services, we're excited to welcome the Center's most important resource—the Service Navigator. Sheryl Traskos comes to Gilead with 21 years of experience as a case manager. She's worked with a variety of populations, including Veterans, those experiencing homelessness, children and adolescents,

those struggling with substance abuse, and those facing mental health challenges. Her approach to case management and service navigation centers on relationships—building rapport, extending invitations and meeting folks where they are.

As our new Service Navigator outlines the landscape of available resources and works on building a database of accessible information to prepare for fully launching service navigation services, the Resource Center itself has been bustling. With a larger capacity, it's already hosted a plethora of trainings and meetings, providing a more comfortable and efficient gathering space. Our Resource Center is launching into a year full of opportunity, and we can't wait to see how it continues to grow. We are so grateful for our community of support who is making this Resource Center possible.



Welcome Sheryl, Gilead's Service Navigator!

By Jennifer Bishop, Grants & Resources Development Specialist



GILEAD
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Middletown, CT

222 Main Street Extension
P.O. Box 1000
Middletown, CT 06457
(860) 343-5300
gileadcs@gileadcs.org
www.gileadcs.org



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UPCOMING EVENTS

LEGISLATIVE BREAKFAST: MARCH 6

RUN FOR EVERY 1 ROAD RACE: APRIL 5

MATCHING CAMPAIGN: MONTH OF MAY

MAJOR DONOR EVENT: MAY 31 (tentative)

CONGRATULATIONS TO TIFFANY CATHEY, GILEAD'S STAFF MEMBER OF THE YEAR!

Tiffany is a dedicated employee and advocate for the clients at the Shoreline Community Apartment Program (SCAP). She puts the needs of the clients first, often rescheduling her own time to do necessary tasks.

Tiffany's calm and upbeat demeanor is a major contributor to the overall morale of the *Chore and Menu Group* and as the facilitator, she challenges the clients to try new recipes including vegetarian meals. She genuinely cares about the clients in the SCAP program and goes out of her way to



JUSTIN SALVIO, COO, PRESENTED TIFFANY
HER AWARD AT THE CLIENT BANQUET

do little things to brighten their day, such as spontaneous baking groups or shopping trips to coordinating fun art projects! She possesses a natural non-superficial ability to connect to clients and her responses to them are helpful and non-judgmental. Tiffany is, many times, the go-to person for challenging conversations and she executes them with ease. SCAP is fortunate to have her on the team! **Thank you Tiffany for your hard work and dedication to the folks at SCAP. You are truly an inspiration to us all!**

WISH LIST

- Dry Erase Boards
- Radio
- Long white folding table
- Folding chairs (4)
- Picnic table
- Gently used laptops, ipads & ipods for clients
- Small pool table
- Karaoke machine
- Dish Sets (2)
- Shampoo & Body Soap for the Farrell Treatment 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.*

Gilead Community Services is funded in part by



Most of Gilead Community Service programs are CARF-accredited

