

Dear Supporter,

This has been another year filled with unknowns and uncertainty, but one that has also brought joy and triumph. While many aspects of our lives have felt up in the air, we have been firmly anchored by the community that supports us with full and generous hearts. After watching Disney Pixar's UP at this year's 16th annual Quizine for a Cause, we were struck by the powerful message of the movie: **Difficulties may weigh us down, but it's relationships that lift us up and out of pain and isolation, and carry us on our shared journey.** How true this message is for our own clients' lives.

When Norman came to Gilead in 2019 he had been in and out of the hospital, disengaged with treatment, experiencing homelessness, and struggling with the isolation and hardship brought by his mental illness. He came to Gilead with minimal life skills, never having had a job, and never before engaged with treatment. But he did come with one thing: a desire to change. "I'm a warrior and have been since I was 5," he says.

But Norman hadn't been able to access the resources he needed, and had never felt a genuine care and concern for his recovery. Gilead staff met him where he was. They listened, offered support, and made him the center of his own treatment and recovery. For the first time, Norman was surrounded by a support system filled with trust and acceptance. Very quickly he engaged with individual counseling, set concrete goals for his life, opened a bank account to learn how to budget, moved from a group home to a supported apartment, and got a job.

"Norman has a fantastic attitude! He is driven, independent and a self-starter who not only found his own job but has also taken charge of his health. Norman joined a gym and has lost over 70 pounds! We're very proud of him," Jennifer Velez, Program Director.

What has been the key to Norman's recovery? Relationships. "I was that quiet nobody, and having people take interest in me makes me happy," Norman says. "I'm thankful for the Gilead crew."



Norman is participating in No-Shave November, a campaign to educate about cancer prevention.

Norman's story of hope and recovery wouldn't be possible without you. Your compassion, commitment, and generosity lifts our spirits and fills us with awe and gratitude.

Norman is just one of the 1600 clients whose lives are transformed each year by Gilead's services. You can help them continue to soar with your donation to Gilead's 2021 Annual Appeal! Please use the enclosed envelope, or make a secure donation on our website at www.gileadcs.org.

With an outpouring of gratitude for the sky-high kindness that keeps us going,



Dan Osborne, CEO
Gilead Community Services