



**GILEAD**  
COMMUNITY SERVICES, INC.  
Improving Lives, Building Futures

SUMMER 2022

# BALM OF GILEAD

## ROAD TO RECOVERY

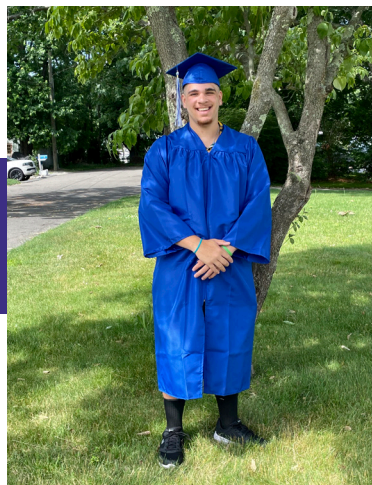
### ACADEMICS AT ANCHORAGE

**This graduation season, Anchorage Home had even more to celebrate.** On June 16th, two proud men from Anchorage Home walked in the first outdoor graduation ceremony at Old Saybrook High School since the pandemic! They worked hard to achieve this milestone and we are very proud of their accomplishments.

These two young men have post-high school plans already in place! One graduate is moving on to a Young Adult Services program in a community setting, where he plans to find local employment. The second graduate will attend the University of Connecticut at Avery Point, studying Exploratory Studies.

**Please join us in congratulating our outstanding Class of 2022!**

By Jessica Gallman, Residential Program Director,  
Anchorage Home



### JOYFUL JOB-SEEKER & STELLAR STAFF

**Gilead's GI Home received a wonderful surprise at the KUHN Summer Celebration.**

Andrew, a GI client and participant in KUHN services, received an award for being the Most Dedicated Job Seeker! Andrew has been applying to jobs since December 2021 and has persisted through a challenging job market. With the help of the KUHN team and support of Gilead staff, Andrew is on the path to successfully obtaining a job.



KUHN Employment Opportunities is a non-profit agency committed to helping individuals with developmental, intellectual and psychiatric disabilities find and retain employment.

Diane, GI's Clinical Director, also received an award for Community Provider of the Year! Diane has been with Gilead since 2011 and is the liaison between Gilead's clients and the KUHN team aiding clients in finding employment.

**Congratulations Andrew and Diane, you make us proud!**

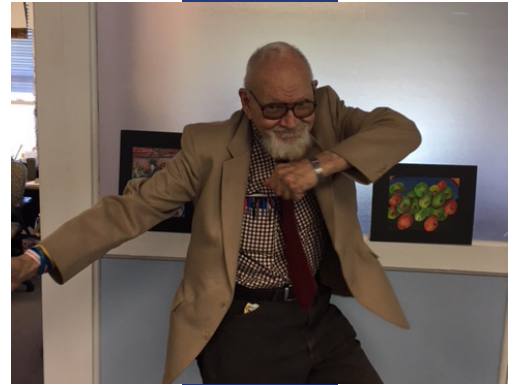
## REMEMBERING DAVE

Earlier this summer we lost a beloved member of the Gilead Family as David Dunklee passed peacefully on June 7<sup>th</sup>, just 11 days before his 87<sup>th</sup> birthday. For all who knew Dave, he was a uniquely joyous and caring individual who impacted others with his outgoing and engaging personality. Dave never failed to make a lasting impression on each person that he met through his consistent and memorable sense of humor, his intentionally coordinated three-piece suits, his excitement in all things, and his deep and consistent love for his Gilead Family!

In addition to all of that, Dave had a deep and profound compassion for other people. His thoughtfulness and intentional approach to relationships is something that I have learned from my friendship with Dave. If Dave met you once, he knew your name forever and he would be sure to call it out as loud as he could whenever he saw you (perhaps with a nickname attached). Those of us who knew him, know that he talked a lot about his faith and was not shy to share with everyone he came into contact with that he was praying for them. I am confident that if Dave ever met you, he was praying for you.

Dave had a giant heart and could often be found talking about all of his friends at Gilead to anyone who would listen. I am grateful for Dave and for the lasting impact that he has had on me and on his many friends at Gilead. Dave, you will be so greatly missed!

By Dan Osborne, Chief Executive Officer



*Board Member, Fran Ludwig, presents Dan Osborne with the Ripples of Change award.*



*New members of the Legacy Society, Cathy & Bob Boone, create ripples in our "pond" to symbolize the ripples of change their gifts will create.*

## HONORING YOUR GENEROSITY

On June 4<sup>th</sup>, Gilead Community Services hosted a picnic dinner at the beautiful Gastler Farm to honor the generosity of major donors and volunteers. After two years without an in-person celebration, we rejoiced at the chance to gather safely once again.

The stunning backdrop for this event provided the perfect scenery to honor members of the Gilead community for their dedication to our mission. Gilead's CEO, Dan Osborne, was honored with the Ripples of Change award for his work in the community and at the state legislature advocating for mental health services and nonprofit funding, respectively. New members of Gilead's Legacy Society were also honored for their commitment to long-term giving through estate planning.

We are grateful to this community for their generosity and their impact at Gilead, in Middlesex county, and throughout Connecticut!

By Marcella Micillo, Development Coordinator



# PROGRAM HIGHLIGHTS

## GRANTS

Gilead is committed to providing the most comprehensive and effective services to those that need mental health support.

This year, Gilead has been fortunate to receive the **City of Middletown - American Rescue Plan Act (ARPA) grant for \$299,826!** This funding will support the expansion of the Mental Health Resource Center (MHRC) Service Navigation to Middletown residents over two years. **This resource will help connect individuals to appropriate and accessible mental health services and education.** Thank you to the City of Middletown for supporting mental health awareness and resources!

**Thank you all for your continued investment in Gilead's valuable resources!**

By Emma Russell,  
Manager of Grants and Community Engagement



Dan Osborne meets with Mayor Florsheim, Congressman Larson and Congresswoman DeLauro to accept the City of Middletown's ARPA funding.



SCAP celebrates pride month with a handmade rainbow fish made by Gateway's talented Social Rehabilitation Counselor, Deb Carpenter.

## ADDITIONAL GRANTS AT A GLANCE...

- \$75,000** from **Connecticut Health & Educational Facilities Authority** to reroof the Farrell Treatment Center
- \$5,000** from **Community Foundation of Middlesex County** to support *Therapeutic Crisis Intervention training*
- \$5,000** from **Swindells Charitable Foundation** to subsidize individual therapy sessions in Middletown
- \$5,000** from **Atkins Memorial Fund** to subsidize individual therapy sessions in Middletown
- \$2,000** from **Essex Community Fund** to subsidize individual therapy sessions to Essex, Ivoryton, and Centerbrook residents
- \$650** from **Frontier** for CO2 monitors and emergency lighting in our group homes

## SUCCESS AT SCAP

**L.F. is achieving her goals just months after arriving at SCAP!**

L.F. started her journey at Shoreline Community Apartment Program (SCAP) in February and has been extremely proactive in her recovery. She has set goals that are already in motion after just a few months! In L.F.'s short time at SCAP, she obtained a job, learned to use public transportation independently, and started becoming more active in house programs. Her goals are to lose weight, move to her own apartment, and repair relationships with her family. So far, she's lost ten pounds on Weight Watchers and is on her way to achieving more of these goals. When she's home, she enjoys meal prepping and baking for herself and her housemates. L.F. lives each day with an attitude of self-improvement and gratitude. We can't wait to see her accomplish her other goals!

# PROGRAM HIGHLIGHTS

## SUMMER IN FULL SWING!

There's always something going on at Gilead, but summertime is especially packed with activities and events! Check out what our programs have been up to this year.



Kirk, Kevin, Jeff, Natalie, and Emma attend Tried & True: The 38th Annual Pig Roast



Deb and Kasto listen to Chip play the guitar at Gateway

*I may not hear your voice but I hear  
you in the rustle of a gentle breeze, in  
the sweet song of a bird.*

*I may not see your face but see you  
in the clouds as they quietly glide  
through the bright sky, in the beauty  
of the ever changing seasons.*

*I may not know you but then again I  
do know who you are by the gentle  
smile on someone's face, on the soft  
touch of a loved one.*

*I do know you for your name is love,  
beauty, and kindness.*

*You are the great  
I am!*

A poem by E.K.  
Gateway client

## THANK YOU, BETSY!

On a beautiful afternoon on June 15<sup>th</sup>, we gathered in Chester at the Gateway program to celebrate Betsy Gerich. After 22 years at Gilead, Betsy is taking an early retirement and moving south. This was a bittersweet transition for many of us in the Gilead community.

Betsy started at the Shoreline Community Apartment Program (SCAP) in 2003 as a Program Manager coming to Gilead after many years of working at River Valley Services. She has been a part of this mental health community serving clients and developing collegial relationships since 1987. Not only is she an employee of Gilead, but she is a supporter in spirit, having given of herself in so many ways to

support those we serve in their recovery and this agency in its mission. In her time at Gilead, Betsy directed SCAP, Gateway, and ACT before she moved into her Department Director role.

Betsy has gone above and beyond to connect with clients to make sure they are provided for in their rights, dignity, safety, general wellbeing, and fulfillment. In case it is not clear, Betsy is passionate about the work Gilead does and about her support for others.

**We wish Betsy all the best in her next endeavors and hope she finds rest, fun, joy, and contentment!**

By Justin Salvio,  
Chief Operating Officer



Joanne Tan and Betsy Gerich having fun at Gateway



# ROAD TO RECOVERY

## ROAD RACE RETURNS!

After a two-year hiatus, we were excited to partner with the Hartford Marathon Foundation and participate in the Middletown 10K/5K Run or Walk event on Sunday, April 10th.

The response we received from participants, sponsors, volunteers, and fundraisers was amazing! Three hundred runners, walkers and volunteers showed up in support of mental health, wearing our bright "Who Will You Move For?" t-shirts. Before the race, we were treated to a song led by Rani Arbo; we cheered each other on at the finish line; and ended with a delicious lasagna lunch at our home base, First Church. It was a true joy to be in the community once again for this special annual event!

But we didn't stop there! We continued the fun with a weeklong virtual movement challenge. One hundred participants virtually moved with us - sharing photos or videos gardening, hiking and biking, as well as sharing their personal mental health stories, including Liz's story, "...I move to show myself and others that we can make it through anything, one step at a time."

The goal of this year's hybrid model was to increase access to those who were not able or comfortable participating in the in-person event. We used this opportunity to create an inclusive team with access to all - whether we ran a 5K or practiced chair yoga.

**Thanks to Team Gilead members, the combined events raised \$70,000.**

By Denise Gable,  
Director of Development



*The annual Run for Every 1 group photo!*



*Staff member, Jess Gallman, and her family move for mental health together!*



*Rani Arbo shares her sign before leading a choir in song to start the race.*



*Staff at Farrell Treatment Center wear their matching "Who Will You Move For?" t-shirts for the virtual Run for Every 1 event.*

## WE'RE HIRING!

This could be you!  
We are currently seeking case managers, recovery assistants and more to join our team.

View current job openings at  
[www.gileadcs.org/careers](http://www.gileadcs.org/careers)



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## UPCOMING EVENTS

**16th Annual  
Quizine for a Cause!  
Nov. 6th**

## WE DID IT!

Gilead's 2022 Matching Campaign EXCEEDED  
its goal of \$55,000.

**That's right - we raised \$63,000!**

Your donations can help make an impact on  
the individuals we serve, from supporting  
healthy recovery goals, to ensuring that clients  
can afford housing costs while receiving  
treatment.

# Thank You!

## WISH LIST

Basketball hoop  
Stop & Shop gift cards  
Yoga mats  
Resistance bands  
Light weights (2-5lbs.)  
Xbox Series X and controllers  
Toothbrushes & Toothpaste  
New socks  
Soap

*\*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.*

Gilead Community Services is funded in part by



Most of Gilead Community  
Service programs are  
CARF-accredited

