



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

WINTER 2026

# BALM OF GILEAD

## ROAD TO RECOVERY

### RECOVERY. TRANSFORMATION. POSITIVITY.

**P.R. embodies what Gilead is all about.**

From many challenges and regular visits to the emergency room, to staying sober and building healthy habits, P.R. has been on a transformative journey.

Her greatest transformation has been her commitment to staying clean and sober. Programs at Gilead like Intensive Outpatient (IOP) groups and individual therapy have been critical to her recovery. Her therapist has “absolutely been helpful” in her journey, and P.R. has been consistently attending her groups and appointments to stay on track.

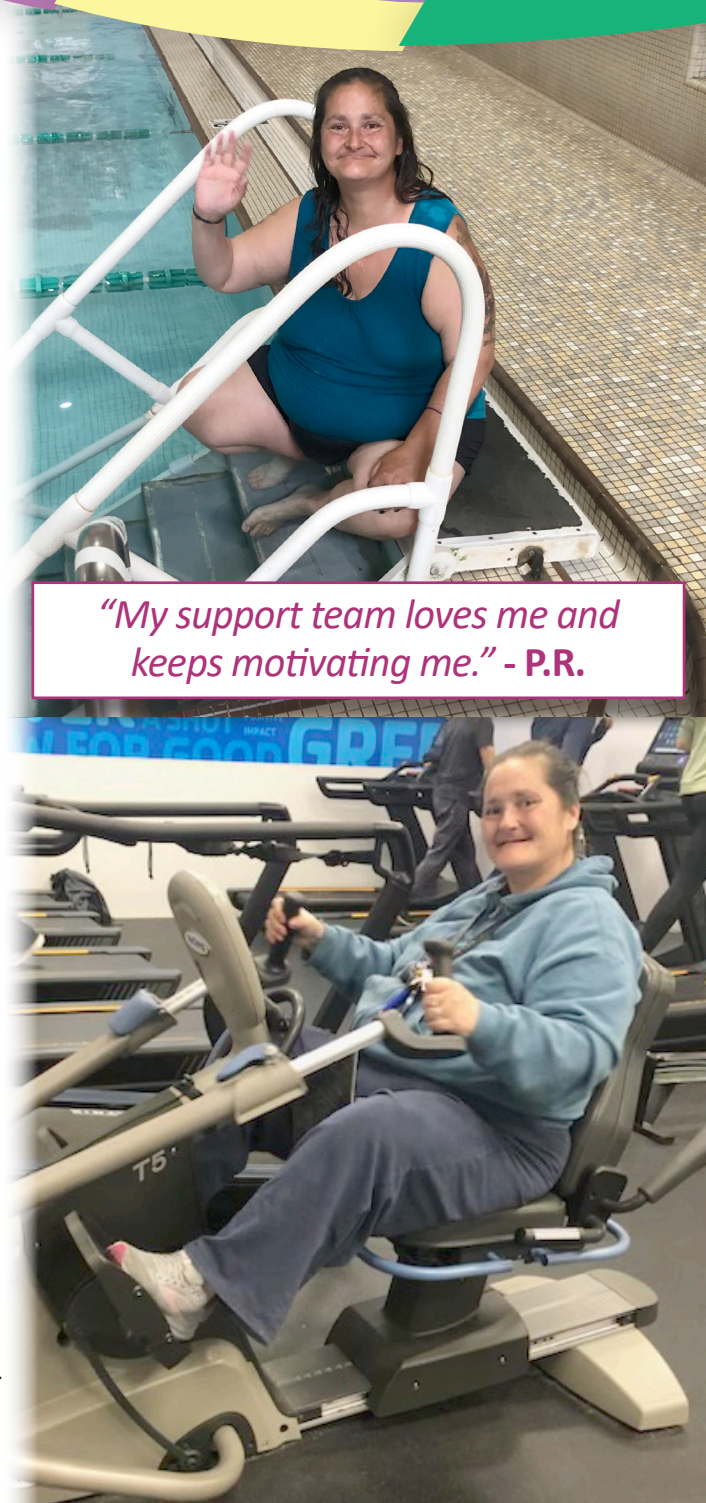
Recently, P.R. has started going to the YMCA to swim and use the exercise bikes and treadmills. “I lost a few pounds now,” said P.R. “I’m feeling pretty good!”

The staff at Women’s Home have been her own personal cheerleaders. “They got my back and I respect that. They go out of their way to make sure I can go to the YMCA.”

She is happy to have such supportive staff members by her side. Because of her commitment to her health and support from the staff, she has not been to the hospital in three years!

P.R. is on a roll with her recovery – with still more to come! Her children and her husband motivate her to continue on this positive path every day. Her goals for the next year include getting a job to support her family, working on herself, and reducing her anxiety so it does not limit her.

By Marcella Micillo,  
Development Coordinator



*“My support team loves me and keeps motivating me.” - P.R.*

## FILLED WITH GRATITUDE

**Thanksgiving at Gilead was extra special this year, thanks to community collaboration and connection.**

Back in September, Gilead board member Ray Bourrett introduced us to his godson, Don Snyder, owner of Snyder Civil Engineering. Ray wanted Don to see why Gilead means so much to him—especially since Don’s office is right around the corner!

Don visited our Juniper Home and learned a lot about Gilead – he talked to staff and residents and learned about the facilities, funding challenges, and a shared love of good food. That visit got Don thinking.

For many years, Snyder Civil Engineering has partnered with The Hometown Foundation’s HungerLESS Holidays program, which provides Thanksgiving turkeys and food to local communities, including Portland and Middletown. Don reached out and asked if Gilead would want to be a recipient this year. The answer was a joyful *yes!*

On the Tuesday before Thanksgiving, board member Mike Monahan joined Ray, his son, and staff from Suburban Stationers to load nearly 100 turkeys into a box truck. Those turkeys—and all the Thanksgiving “fixings”—were delivered to 14 Gilead programs with help from our amazing staff.

The impact was felt right away. At Magnolia Home, residents were excited to cook Thanksgiving dinner for staff for the very first time. At the Women’s Home, residents enjoyed a home-cooked meal instead of their usual takeout.

We are deeply grateful to Snyder Civil Engineering, The Hometown Foundation, Adams Market, our board members, staff, and everyone who helped make this Thanksgiving extra special for our Gilead community.

- Denise Gable,  
Director of Development

*“Thank you so much beyond words for the turkeys and fixings to feed our clients on Thanksgiving. I promise these turkeys will be cooked with extra love, care, compassion, and thankfulness!”*

**- Dale Chasse, Chef at Farrell Treatment Center**



# PROGRAM HIGHLIGHTS

## CARFÉ DIEM!

Great news - many of Gilead's programs are once again CARF Accredited! Every three years, Gilead has the opportunity to renew its CARF accreditation, a stamp of approval from an international accreditor of health and human services. Thank you to Rob Snyder, Director of Quality Assurance, and his entire team for preparing the agency for this review.

Here's what CARF surveyors had to say about Gilead:

*"We were so impressed with the caring attitude of all of the team members!"*

*"We can't say enough about Gilead's excellent treatment plans."*

*"There is a warm and honest attitude at Gilead."*

*"The clients at Gilead see staff as their champions!"*



## GRANTS AT A GLANCE...

**\$600 from Frontier Community Fund for new benches at the Middletown Social Rehabilitation Center**

**\$2,000 from the Town of Westbrook to subsidize outpatient services at the Middletown Outpatient Clinic**

**\$3,000 from Farmington Greater Together Community Fund to support the Mental Health Resource Center access clinics on-site in the community**

**\$4,047 from the Westbrook Foundation to subsidize outpatient services at the Middletown Outpatient Clinic**

**\$5,000 from the Thomas J. Atkins Memorial Trust to subsidize outpatient services at the Middletown Outpatient Clinic**

# PROGRAM HIGHLIGHTS

## GOING ABOVE & BEYOND

Supporting someone through cancer treatment is not something we face every day. So when an individual at one of our programs was diagnosed with stage 4 colon cancer, our staff did what they always do when something hard comes their way — they stepped up.

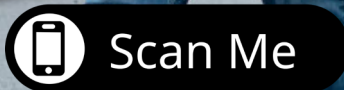
The staff at Women's Home learned quickly. They received training. They checked in with each other and shared what they were learning. It was true teamwork.

They made sure she got to every appointment, whether it was in Middletown or New Haven. They advocated for her and made sure her needs were met. On the toughest days, they made sure she was clean, comfortable, and well fed. They paid attention to the small details that matter most. The team also understood that care is about more than medicine. When chemotherapy caused hair loss, staff helped cut and style her hair and provided new extensions so she could feel confident.

Through this experience, our staff have shown that Gilead is truly here to support our clients and help them live fully, even during life's hardest moments. They did not step up because they had to. They did it from the heart. This is what going above and beyond looks like. Thank you to the staff at Women's Home!



# WHO WILL YOU MOVE FOR?



**Join Team Gilead on Sunday, April 12<sup>th</sup> for the annual Move for Every 1 Road Race.**

**Scan the QR code to register.  
Let's move for mental health!**



# ROAD TO RECOVERY

## CELEBRATING RESILIENCE

**A community uplifts and celebrates the journey and strength of one of our own.**

T.K. has endured a challenging life, and yet continues to share his story. He was incarcerated for a lengthy amount of time before moving through various programs and eventually coming to Gilead's Shoreline Community Apartment Program (SCAP).

In December, T.K. attended a holiday celebration with his legal team who are still involved in his recovery. This event marked a milestone in T.K.'s journey. He had the opportunity to share his story with peers in reentry court, a biweekly focus group that helps parolees reacquaint to life after incarceration.

At the moment, T.K. is working with the staff at SCAP to focus on real-world skills that prepare him for independent living. "It's extremely difficult for someone who has been incarcerated for almost three decades," said Xavier Vega, a Case Manager at SCAP. Together, T.K. and the team at SCAP are working on building his confidence to live a successful life out of incarceration, in his current group home setting, and hopefully onto the next phase of his journey.

## A NEW TUNE

**Our community lends their skills and generosity in perfect harmony.**

The Gilead development team often receives generous in-kind donations. When Ginny Houghtaling reached out about a piano she wanted to donate, we paused. *How are we going to transport a piano? Which program could use this?*

This generous offer struck a chord. Gateway Community Treatment in Chester eagerly accepted the donation - *music to our ears!* Volunteer, Becky Bohy, has wanted to start teaching piano lessons as a creative outlet for people who attend the social club. Ginny arranged for movers to deliver the piano, and another Gilead supporter and volunteer, Curtis Weybright, offered to tune the piano.

Now, individuals at Gateway Community Treatment can learn new skills and express themselves through music. Thank you to our community for making this possible!



*"I have been blessed to attend these events with T.K. It takes an incredible amount of resilience for him to return to these places and share his story. He deserves to be recognized for the work he has put in to get to this point."*  
**- Xavier Vega, Case Manager**





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

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



“Like” us on Facebook

Non-Profit Org.  
U.S. Postage Paid  
Permit #543  
Middletown, CT

## UPCOMING EVENTS

**Legislative Breakfast**  
March 24, 2026

**Move for Every 1 Road Race**  
April 12, 2026

**Gratitude Gathering**  
May 15, 2026

**21<sup>st</sup> Annual Quizine for a Cause**  
November 1, 2026

## WISH LIST

Napkin Holders  
Cutting boards  
Knife set  
Non-stick pots and pans  
Bookends  
8 slot toaster  
16oz coffee mugs  
Tea Kettle

*Please note that according to Gilead policy, we cannot accept used clothing, upholstered furniture, bedding, or mattresses. Thank you for understanding!*

*\*Please contact Marcella Micillo at 475-321-2735 or mmicillo@gileadcs.org if you wish to donate an item from the wish list.*

Gilead Community Services is funded in part by



Most of Gilead Community  
Service programs are  
CARF-accredited

