



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

# BALM OF GILEAD SUMMER 2011

## ROAD TO RECOVERY

### HERMAN "AN UPSTANDING HOUSE CITIZEN"

by Rachel Epstein, Clinical Case Manager

Herman is an outspoken, proud individual with a strong personality, who loves to sing. Since 2007, Herman has been living at Gilead II, one of our adult group homes. Herman has been through many hardships in life but continues to persevere. His number one goal is independence. Resilience and a strong will ensure that he reaches this goal.

In the past, Herman has had difficulty maintaining and organizing his living space. Herman has gained many skills to help him in this area and he continues to make steps toward improving these abilities. Herman regularly completes extra chores around the group home and has developed a routine involving making his bed every day and doing his laundry once a week.

About 6 months ago, Herman began working through Gilead's Facilities Assistance Crew. Since starting, he has not missed a day. He completes custodial tasks around the group home and receives feedback on his work from staff. He has strong work ethics and he states that he feels he is "a role model." Herman has learned to fill out his time sheet and does so with minor assistance from staff. Also, Herman has been working on learning to budget and save his work money. Recently, Herman purchased a beautiful ring with the money he saved from work and looks at this ring everyday because he says it reminds him of how he has worked to achieve his goals.



*Herman at Lake Compounce*

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*Gilead client, Patrick, throws the first pitch at a recent Rock Cats game!*

# ROAD TO RECOVERY (CONT.)

## A Role Model for Achieving Individual Goals

By Bridgett Shampang-Adams  
Clinical Case Manager

Since joining Gilead II group home ten months ago, Michael has made incredible strides in his recovery. Michael is a quiet man who is intelligent, well mannered, extremely polite, humorous, and has a great smile. He has great self-advocacy skills and gets along with all of his housemates. Additionally, Michael is one who prefers to be alone and has managed to find balance between personal space and residential living. Michael is motivated; he exercises regularly, he is a great cook (clients rave about his cooking, which is often from scratch) and he continues to develop his household management skills. Michael has also done well managing his mental health symptoms often triggered by everyday situations.

When Michael arrived at Gilead II, his plan consisted of things he knew he should do and most importantly, the things he knew he should not do. Given Michael's extensive history of residing in state facilities, unsteady housing, substance abuse and not taking medications as prescribed, his recent success is remarkable. Michael says "I am willing to listen to the direction of the Gilead II team because I know the suggestions they have are good ones and they are helping me with my recovery." He states, "I'm very proud of how I am being cared for" and working with his case management team has given him the support that he needs to continue to be successful. Michael is a pleasure to work with and the team will continually support Michael in consciously choosing and practicing certain recovery lifestyle habits. This is an important aspect of treatment as he prepares for a future move from the group home.

## Joan's Recent Accomplishments

By Cynthia Biedacha  
Senior Case Manager

Joan from the Gilead I group home has been doing very well over the past two months. She has started working consistently on her goals of living independently in the community and it has greatly improved her mood stability, her relationships with staff and clients, and her daily living skills. Her mood has changed from irritable and argumentative to friendly and pleasant. This has helped her with her relationships with staff and other clients. She has also been more receptive to receiving help and support from staff. With encouragement from staff, she showers more independently, does her laundry twice a week and changes her clothes independently. The changes in Joan are remarkable. Congratulations Joan on your recent accomplishments.



Michael is a role model at Gilead II.



Ed enjoying Gilead's Memorial Day picnic



Gilead's Annual Client Dinner



Gilead II visits Lake Compounce



Joan at Gilead I

## WISH LIST

- Wii
- 2 Gazebos
- 1 Gas Grill
- A wooden or metal grape arbor
- Tulip bulbs any variety
- Large plant tubs for container gardening

# STEP'N UP

## Rebecca Johnson and Rosalie Panioto

It is with great privilege that I recommend the seniors of the Baldwin Home, Rebecca Johnson and Rosalie Panioto for this years Step' N Up candidates. I have been their direct supervisor for four years. I have found these women to be hard working, motivated, goal oriented, and never afraid to take on a challenging task. They are significant participants in the success of the Baldwin Home and two of our most dedicated staff.

The Baldwin Home has been without a program manager for nearly eleven months and these women have taken on the attitude that they will do what is necessary to keep the program functioning at its best. They have facilitated groups and in services, trained staff, completed projects, worked additional shifts to ensure proper coverage and worked well with each other. The list goes on and on because they really made it manageable for the director to function so long without a clinician/manager.

These senior case managers are independent, self directed and are able to communicate effectively and meet even the most demanding challenges (me). During these four years, Rosalie has set an unprecedented record of growth both professionally earning her Masters in Marriage and Family Counseling and programmatically by leading and managing. Rebecca continues her job performance as nothing less than stellar, always thinking two steps ahead by teaching, educating and developing prospects for clients and staff.

We pride ourselves at the Baldwin Home on the mission statement, and recovery core principles, and in these areas these ladies truly shine. They have great character, attitude, and relationships with peers. In addition they are reliable and are team players. They have personal integrity and honesty, and have demonstrated competence and ambition. Thank you Rosalie and Rebecca!



*Rebecca Johnson and Rosalie Panioto*

# GOOD NEIGHBORS

## Sandi Delano of Total Indulgence Spa

By Shane Heckstall, Clinical Case Manager

Sandi Delano, Owner of Total Indulgence Spa, is a "Good Neighbor" who is very kind-hearted, hard-working and motherly with a great sense of humor. Sandi has assisted in the recovery process of an Iris Home client by providing her services at no charge! The importance of Sandi's contributions is that: at times when this client struggles to feel like a "normal teenager", she can go get her nails/feet pampered like a lot of women, which consequently makes her feel "extraordinary"! Sandi's help is tremendously appreciated and should not go overlooked. Thank you very much, Sandi! [www.totalindulgence.net](http://www.totalindulgence.net)



## Julie Turner of Jewel Photo

By Shane Heckstall, Clinical Case Manager

*A big thanks to Sandi Delano!* Julie Turner, Owner of Jewel Photo, provided her professional service of photography to compliment the festivities of an Iris client's birthday party earlier this year. Julie worked diligently to schedule the time to attend the client's birthday party and volunteered to take photos. Additionally, Julie provided a digital version of all the pictures on a compact disc. Julie is an outstanding, warm, personable and generous person who extended herself in an effort to simply help out. Julie contributed to building a positive memory and strengthening the self-esteem of this young female client at the Iris Home. Julie's generosity went beyond the birthday photos, she also gave the client a gift certificate for a personal photo shoot. Julie's contributions and resources have done wonders with assisting this client's sense of self, motivation, inspiration and belief in recovery. Thank you very much Julie! [www.jewelphoto.comz](http://www.jewelphoto.comz)



*The girls at the Iris Home are very grateful to Julie Turner of Jewel Photo for her generosity.*

## Old Saybrook Youth and Family Services

By Erin Norman, Clinical Case Manager

Old Saybrook Youth and Family Services have been very kind to the Anchorage Home clients, offering discounted prices to the town's park and recreation activities for the summer and recently giving our clients an opportunity to display some of their artwork at the arts and crafts fair on the Old Saybrook town green this past weekend. Thank you!

# PROGRAM HIGHLIGHTS

## John's Garden

By Timothy Mack, Clinical Case Manager

John has created a Garden of Eden at the Shoreline Community Apartment Program (SCAP). Watching him work so diligently on the garden was inspiring to not only staff, but to the clients as well. Furthermore, his facial expression when John saw his first tomato growing was priceless. I asked John what he is going to do with all those wonderful vegetables that are growing and he said, "I'm going to eat them honey."

Peppers, cucumbers, lettuce, cabbage are just a few of the vegetables that are growing. It makes us so proud here at SCAP that John has the determination and the willingness to learn. John is setting a wonderful example for our other clients and we are pleased to say that we cannot wait to have a delicious salad made with all the fixings from the John's Garden at our community dinner.



## What's coming in the future at the Gilead Social Rehabilitation Center?

By Peter Owen, Social Rehabilitation Counselor

In August the club will again start weekly sailing trips into Long Island Sound through the Sail Connecticut Organization. These trips leave Friday morning from the club to travel down to the dock in Westbrook. Sailors go out into the sound for an hour or more on the boat, depending on conditions. Trips are free for members with transportation and lunch provided. The Captain gives some lessons on sailing as well as some background and local history. Coming in September is the Labor Day holiday celebration at the club and the annual camping trip to Harkness State Park in New London. Members are treated to the calmness of the shoreline and comraderie of fellow campers. Accommodations include cabins with beds and bathrooms, running water; campfires, as well as three meals a day. It's a beautiful place to play games, take part in activities, relax, fish, and of course swim in the ocean. By then the water will have warmed up. In October, some trips to pick apples at Lyman's Orchards and witness the change in season's fall foliage is a must. November brings the annual Thanksgiving meal at the club where all are welcome to feast for free! The club will also have the pleasure of live musical entertainment at all special events and or Holiday celebrations. If you have a craft or any art you would like to display or sell, come on down to the club and help plan the next show. The future at the club is open!

*Shots from John's Garden*

## Autism Walk

By The Iris Home

Our experience at the May 1st Autism Walk was amazing!!! We were able to show that we care about others and felt moved with all of the supporters that came out for the great cause. It made the clients and staff feel a sense of accomplishment to help in the community. It helped raise our self esteem to give back to others and we were very motivated as a team by the people cheering for us on the sidewalks. There were so many activities to participate in and the food and music were great. We can't wait to participate in next year's walk!!!



*The ladies at the Iris Home walked to raise money and awareness for Autism on May 1st.*

# RECOGNITIONS

## Advocate of the Year Award

To recognize his exemplary leadership on behalf of people with mental health and substance use disorders, the National Council for Community Behavioral Healthcare (National Council) honored Gilead's Executive Director, Barry Simon, with its inaugural Advocate of the Year Award. Barry's consistent and vocal support for mental health and addictions treatment services has a tremendous effect on public policy. It is the voices of people like Mr. Simon that have the power to truly impact public policy for the better – policies that affect the work Gilead does on a day-to-day basis in our community. Barry's advocacy efforts focused on these three legislative priorities:

- **Medicaid:** Opposing cuts to Medicaid, the primary funding source for safety net mental health and addictions services.
- **Behavioral Health Information Technology Act of 2011:** Urging legislators to cosponsor this bill to expand federal incentive payments for the adoption of health information to behavioral and mental health professionals, psychiatric hospitals, mental health treatment facilities and substance abuse treatment facilities
- **Federally Qualified Behavioral Health Centers:** Seeking support to create these centers to enable community behavioral health organizations to receive cost-based reimbursement for the essential services they provide to children and adults with mental health and substance use disorders.



*Barry Simon receives the Advocate of the Year Award*

As the winner of the Advocate of the Year award, Barry was honored at the National Council's Annual Public Policy Institute and Hill Day in Washington, DC on July 19-20. Congratulations Barry! To find out ways you can help Barry in advocating for these important issues please email him at [bsimon@gileadcs.org](mailto:bsimon@gileadcs.org).

## Baldwin Case Manager Receives Scholarship

**By Felicia Britt, Program Director (Information from first paragraph taken from Mercy Mosaic, Spring 2011)**

Tamika Jack-Henderson was one of the earliest recipients of the Catharine McAuley Scholarship which is funded by the Sisters of Mercy. These scholarships provide assistance to students attending St. Catharine Academy in the Bronx helping many well-deserving, young women receive nurturing, high-quality educations.

Tamika excelled at St. Catharine's- and not just academically. She also was the manager for the varsity basketball team and President of the African-American Alliance Club. She says her St. Catharine's education provided more than a diversified curriculum. It provided a nurturing environment that eventually led her to a career in social services. Tamika said, "Being at St. Catharine Academy showed me how to care for and be helpful to others."

Tamika went on to receive a Sociology Degree in 2006 from the University of Connecticut. We are thrilled to have Tamika as a Clinical Case Manager at the Baldwin Home for the past three years. Tamika is often relied on to step up in the absence of seniors as well as put together creative ideas for the clients. She describes and outlines an artistic approach to any project assigned her by researching illustrations and photographic reference materials to sway the audience towards her vision. Her creativity, resourcefulness, and ability to see a project through really made her efforts distinctive and successful.

When it was suggested in her evaluation to explore her talents throughout the agency she dove to the challenge and joined the wellness committee. Tamika was able to observe and participate in every step of the process, sitting in on meetings, working with people in all levels of the agency and recruiting resources within the community. From the moment she was given the challenge she has set in motion the professionalism and dedication that we see from her here at Baldwin.

Tamika's attitude, sensitivity, diligence, energy and sense of humor make her an asset to any team and working with her a joy.



*Tamika is a Mercy Scholar*



*Gilead clients enjoying the Memorial Day picnic*



*Barry Simon (Gilead's Executive Director) and Joanne Hine (Gilead Board Member) at the John P. Hine, Jr. Memorial Golf Tournament*



**GILEAD**  
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# LEAVE A LEGACY



Artwork by Allison Birdsey

Members of Gilead's Legacy Society commit to remember Gilead Community Services through their estate planning which can include annuities, transferring of life insurance policies, outright bequests, and retirement benefits payable upon the death of the member.

There is no end to the good you can do.

Each year, 72 percent of Americans give to charities. But only 5.7 percent leave a charitable bequest in their wills, keeping their charitable gifts alive once they've passed away. The number one reason people gave for failing to leave a charitable bequest is that they were never asked.

## The top seven things you can do today

1. Prepare or update your will
2. Set aside a gift in your will for your favorite charity or religious organization that has made a difference in your life.
3. Name your favorite charity as the beneficiary of an existing life insurance policy, or purchase a new policy and name the charity as the beneficiary.
4. Remember your loved ones with a charitable bequest-in their honor.
5. Name a charity as the beneficiary of your pension plan or IRA.
6. Discuss with your advisors or your favorite charities the tax advantages you can enjoy now by leaving a gift to a charity.
7. Spread the word. Let family, friends and advisors know that you've taken responsibility for your legacy and for the well being of a cause you care about.

Please consider including Gilead Community Services, Inc. when you are preparing your will.

To find out more please call Lucy McMillan, Development Director at (860) 343-0604 ext. 10.



**LEAVE A LEGACY<sup>®</sup>**  
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*Include charities in your estate planning  
 and make a difference in the lives that follow.*