



GILEAD
 COMMUNITY SERVICES, INC
 Improving Lives, Building Futures

BALM OF GILEAD

Winter 2010

ROAD TO RECOVERY

Stories of Clients and their Progress

Ray Bannon

by GAP Staff

Ray Bannon, a Gilead Apartment Program (GAP) resident just reached his one year of sobriety! He did this by remaining active in Alcoholics Anonymous and Narcotics Anonymous and by maintaining positive and ongoing relationships in his program and the community. Ray recently began taking adult education classes to get his GED. In addition to concentrating on his sobriety and prioritizing his education, Ray has also done a successful job managing his mental health condition, staying out of the hospital setting for at least a year.

Ray came to Gilead a broken man literally. He had been in a locked unit at Wintonbury Care Facility. Ray had just fallen off the roof of the rest home where he was residing. On discharge from Wintonbury, Ray was offered the chance to come to Gilead's Apartment Program (GAP) in Middletown.

When Ray came to GAP he continued to self medicate and to feel undervalued. With the help of Ray's family and the GAP program staff, not to mention-of course the sweat equity that Ray put in himself, he has found a path to recovery. He currently has an apartment he likes, friendships in the community and a comforting daily routine. This has not been an easy journey for Ray but he agrees that it was one definitely worth taking.



Ray at Lake Compounce

Inside This Issue:

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Road To Recovery

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Good Neighbors

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Program Highlights

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Wish List

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Step'n Up

Volunteers from Citigroup help give the Social Rehabilitation Center's lawn furniture a new coat of varnish in November.



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ROAD TO RECOVERY

(CONTINUED)

Danny Stockman

By GII Residents & Staff

Danny Stockman was a person of the highest character who unfortunately passed away in December of 2009. Genuine, humorous and kind-hearted, Danny had a gentle spirit that was loved and respected by all that knew him. Danny was the "heart" of Gilead II. Ever present, Danny was an integral part of the Gilead II family. It was apparent that Danny experienced so much joy in life; despite his personal struggles he could light up a room with his smile. Danny was extraordinarily charming and used that charm to his full advantage! Although he was quiet, by no means was he meek. When he spoke, he was heard by all loud and clear. While away from the house, he enjoyed spending much of his time at his "home away from home" - Dunkin' Donuts. Danny was compassionate and loyal and always willing to help a friend in need, housemate or staff. Danny's ability to make people smile, and to make others feel good was rare. He was one of a kind, and everyone that knew him feels honored and lucky to have had him in their life. Danny was a fun-loving guy and he will hold a special place in our hearts forever.

Iris Girls

By Tanya Williams

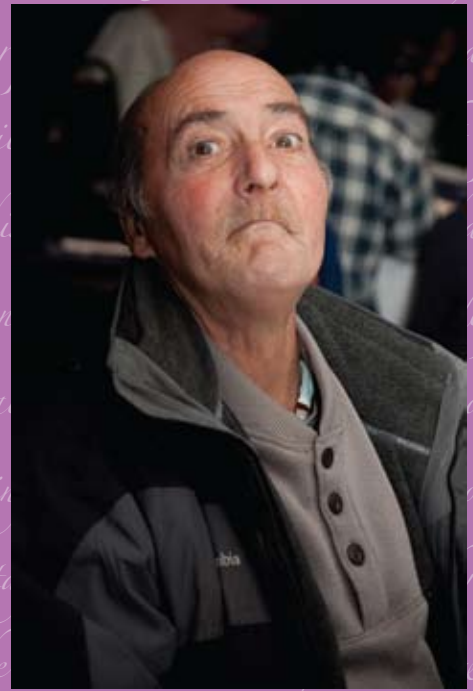
Serina Coles and Stephanie Joaquin received High Honors this marking period. The Iris staff has been supporting their education by having quiet time after school so they can concentrate and excel in their homework assignments. Iris Case Management Staff has attended all Planning and Placement Team meetings and parent teacher conferences for additional support. Serina's future goals are to go to college out of state and to major in Business Management. She has been filling out college applications. In addition she received an 1100 on her SAT's. Stephanie would like to pursue a career in hairdressing. She has researched different hairdressing schools in and out of state. Stephanie and Serina are dreaming about the possibilities the future will bring and the Iris Home has helped to make these dreams a reality.

Brian is a Role Model

By Jen Eck

Since coming to Gilead's Shoreline Community Apartment Program (SCAP) in April of 2009, Brian has made huge strides in his recovery. From the first time that staff met Brian, he had a plan. This plan consisted of things he knew he needed to do and more importantly, the things he knew he shouldn't. He had goals and was motivated to achieve these goals. Brian is a pleasure to work with. He is intelligent, personable, driven, and of course funny. He always keeps a positive attitude, and this coupled with great self-

advocacy skills is what has made him able to accomplish all he has thus far. In the mere 9 months in the program, Brian has attained and maintained stable housing, has remained substance and alcohol free, has been fortunate enough to regain shared custody of his 14-year-old son, and has petitioned for and been granted restoration of independence from his conservator of person. In discussions about his future, Brian plans to and has begun the steps necessary to retrain as a certified nurses assistant (CNA). He is a role model in the SCAP community and is always willing to help others in their road to recovery. SCAP staff "gives it up" for Brian and all his accomplishments!!!!



Gilead II resident, Danny Stockman will hold a special place in our hearts forever.



Iris Home girls Serina and Stephanie are reaching for their dreams.

Good Neighbors



Gilead Billing Specialist, Stacey Owens and Mukesh Chhaya of Citizen's Bank

Citizen's Bank

By Stacey Owens

Every Monday, for the past several years, Gilead staff has gone to the Citizen's Bank on South Main Street in Middletown. Every time they go in, the Citizen's Bank Employees greet them with a smile and ask how they can help. More importantly they have always been very accommodating when Gilead staff calls with a problem. These calls to Citizens Bank range from questions related to proper identification, insufficient funds, and general account information. With one call from Gilead's Administrative Staff a solution is found. Gilead Community Services truly appreciates the customer service we receive from the Citizen's Bank Employees on South Main Street in Middletown!

Future Generations' Hearts are Bigger Than Ever Bringing Unity To Our Community

By Karalee Kolpak

For most, the holiday season is filled with warm wishes, family gatherings, and the exchange of gifts with the hope that the New Year will bring people closer to a sense of peace.

Yet, for many folks served by Gilead, the holidays can be lonely and sometimes depressing. Treatment providers are, regrettably, incomplete substitutes for family. Still, because Gilead is the only sense of family for some, each year we work with the local community to attempt to duplicate the family-like tradition of gift giving.

One breath of fresh air has been seen among the students of the Chester Elementary school. Their charity, kindness and hope, mark them as future leaders of our world who will embrace and nurture the community in which they live.

To right: Betsy Gerich compliments Chester Elementary school students for collecting much needed supplies for Gilead clients again this year.

Despite the hectic holiday season, this wonderful ensemble of students and their families take the time to scurry around to find the perfect gifts for our folks. Much needed gloves, hats, scarves, toothpaste, brushes, shampoo, art supplies and even cozy slipper socks are among generous gifts.

One parent was nice enough to personally stop by Gateway last year to give a donation, because her son missed the deadline and he was so enthusiastic about giving a gift to someone who might not otherwise get one.

The reflected warmth of this unselfish giving provides an added joy to the holiday, as we gather and share stories of season with our own families.

One couldn't think of a better story to symbolize a season of giving – students who understand that a simple gift can go a long way to brighten the lives of individuals whose lives are enriched by acts of thoughtfulness.



Gilead Community Services is funded in part by:



Various programs accredited by CARF



Program Highlights

Employee of the Year

Kathy Puckett's commitment to Gilead clients is always present. This can be seen in her time served at both the Gilead Apartment Program (GAP) and Gilead's adolescent programs. Kathy brings her compassion, care and diligence for advocating for client care to work every day.

While a case manager at Gilead's Apartment Program (GAP), Kathy went back to school to get a Masters Degree. After receiving her degree she was promoted to Program Manager of Gilead's two adult group homes in Middletown. Kathy has a keen sense of the complex needs of the clients she works for as witnessed in her numerous dealings with clients in crisis as well as her ability to smoothly manage the day to day challenges she faces at the programs. Through all of her hard work, Kathy has always shown amazing dedication to the clients' wellbeing.

Kathy is not only extremely competent but also a pleasure to have around. Congratulations Kathy for being chosen Gilead's 2009 Employee of the Year.



Kathy Puckett is Gilead's 2009 Employee of the Year.

understands that it directly affects the clients care and wellbeing. With recent movement/transitions of clients

Barry Simon Receives CCPA Award

Gilead's Board of Directors would like to congratulate Barry Simon, Gilead's Executive Director for his Government Relations Award presented to him by the Connecticut Community Providers Association (CCPA) at their 40th Annual Meeting. This award highlights Barry's commitment to CCPA's legislative message and his efforts to advance the legislative agenda of community providers. This award also demonstrates Barry's leadership and participation in CCPA's grassroots legislative efforts and sustained commitment and significant contribution to the human service field and the consumers it serves.



Barry Simon receives the CCPA award for his efforts to advance the legislative agenda of Connecticut Community Providers.

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PROGRAM HIGHLIGHTS (Continued)



Guests at this year's Quizine for a Cause had a great time and raised \$53,000 for Gilead.



WISH LIST

- Wii Gaming System
- Working cable ready television sets 27"-32".



Artwork by
Herman Smith



Movers from Olympic Associates bring Linda's piano up to the third floor.

Linda's New Piano

by Kathy Puckett

Linda began piano lessons at age 9 and continued taking lessons for 8 years. She truly loves playing the piano. Linda has been saving her money for many years and finally was able to purchase the piano of her dreams. After piano movers said it could not be done, Richard Cruz came to the house and said, "no problem, this is what I do for a living" and he and his crew of two, carried the piano up three flights of stairs. When Linda was able to sit at her new piano for the first time and play for me she said, "This ties everything in my life together . . . music is therapy for me" Linda called this the "best moment ever, my piano is my best friend"



Linda plays a tune on her new piano.



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STEP'N UP Tamika

Employed for less than a year, Tamika Jack (case manager at the Baldwin Home) has stepped up in so many ways. Tamika is reliable, detail oriented, a quick learner and supportive to clients and staff.

Tamika's exceptional performance consistently and significantly exceeds her job requirements. She responds effectively to changing priorities and circumstances, is open to new ideas, and maintains effectiveness with different tasks, responsibilities and people. She is accountable for personal actions and adheres to policies and procedures. Tamika is a team player. She treats co-workers with courtesy and respect, is responsive to requests, responds appropriately to supervisory input and behaves in a professional manner when faced with stressful/challenging situations.



For three months, Tamika worked without a senior case manager on first shift. During this time, she stepped up and took on a leadership role. Tamika would brief staff during shift changes in addition to leaving detailed notes. She took on the

responsibilities of the food bank (scheduling and shopping), and organized the cleaning and chore lists (checked rooms, cleaned bathrooms, and cooked meals).

Tamika worked directly with an outside agency to organize and schedule Lesbian, Gay, Bisexual, Transgender and Queer (LGBTQ) activities for one of the Baldwin Home residents. Within the first two months of working at Baldwin she realized the clients would benefit from having a sex education class outside of the currently scheduled groups. Tamika worked with the Department of Children and Families and Planned Parenthood to schedule four days of instruction and education. The clients came away with a better knowledge of Sexually Transmitted Diseases and the human reproductive system.

It is a great opportunity to recognize Tamika Jack as a Gilead employee that has "stepped up".

- Felicia Britt, Director of Gilead's Baldwin Home