

THE CAZENOVIA *Compass*

building futures



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JULY 2014

CAZENOVIA RECOVERY SYSTEMS
Recovery
day!

Help us celebrate recovery from addiction! Recovery Day will take place on **Saturday, September 13, 2014** at McCarthy Park in Buffalo. It will feature a 3K walk/run, cookout, speaker jam, an art show, family-friendly activities, and much more. We hope to see you there!

Supportive Living: A Step Toward Independence

Cazenovia Recovery's Supportive Living staff members are committed to helping clients have the positive experiences that lead to successful transition into independent living.

Program Director Todd Winship oversees Cazenovia Recovery's temporary apartments for 105 men and women recovering from substance abuse. The average stay is 6–12 months. Participants are at the point in recovery where they choose to be in this structured program that emphasizes relapse prevention as well as vocational development.

"Our program guides residents toward independence and assuming personal responsibility for their ongoing abstinence and life goals," Todd explained. "Through this period, we provide needed support and community linkages." He said that many of the apartments are near the agency's community residences in the South Buffalo area and Lackawanna, enabling access to those additional resources. Apartments also are located in West Seneca, Eden, and other Buffalo suburbs.

According to Todd, Supportive Living can be "one of the most challenging steps" in transitioning to independent living. Prior to this level of care, residents who completed



Supportive Living Staff

treatment programs -- such as detox, inpatient, and community residences -- were involved with twenty-four-seven staff members who assisted the residents in decision making and direction. The staff of the Supportive Living program is extremely involved in assisting the clients to develop positive coping skills that address addictive behaviors that can lead to relapse.

In January, when Cazenovia Recovery took over programs from another agency, Supportive Living's capacity nearly doubled. Todd said that completing the transition was a "daunting task," but that it went very well due in large part to the dedicated work of the staff. He believes his staff members are "unbelievable" and that "teamwork plays a huge part in our success."

Gary is an example of someone doing well in the program. He has been an apartment resident since October, rates his counselor as "very effective and helpful," and is working in shipping and receiving for Goodwill Industries. In Gary's opinion, the key to his success and that of his fellow program participants is simple, but powerful. "You have to want to get sober," he said.

Todd's sincere wish is that Gary and others achieve lasting success. "Long-term, I want them not to need us anymore," Todd said.



A Supportive Living apartment

Staff Spotlight

Let's Congratulate:

Paul Shelton for being featured
in the Buffalo News and
Business First!

Let's Welcome:

Admin: Robert Schwartz
(Management Consultant)

Cazenovia Manor: Bryan Lucca
(Residence Monitor)

Housing: Kathy Pietrobon
(Housing Specialist)

Maintenance: Joseph Saj
(Custodial Assistant)

Turning Point House:
Matthew Rachwal
(Residence Monitor)

Cazenovia Creators:

Jeff Pries, for creating a training
video using his iPod.

Cazenovia Catchers:

Venus Williams, for helping us
discover a new way to handle
emergency services.

Sue Bissonette, for helping to re-
brand Recovery Day.

A Delicious Ice Cream Social Hosted by Housing

On Friday, July 11, the Housing Department turned the Administrative Office's Training Room into an ice cream social for their residents and staff. Turnout was fantastic and residents were able to meet new friends and catch up with old companions while they listened to music and enjoyed different kinds of snacks. Attendees primarily had their choice of ice cream, and a delectable range of toppings was available. Staff and residents both reported that it was a wonderful, safe, and tasty way to mingle.



Cierra Smalls, Housing's Job Developer

New Beginnings, New Furniture

After carefully planning for the purchase within the program budget, New Beginnings received brand new furniture at the end of June. The classic, brown leather pieces consist of a sofa, loveseat, and recliner. All of the handsome new furniture is currently located in the living room where it provides residents with a chance to relax in comfort as they continue on their path to recovery. Other programs throughout the agency are also in the process of selecting new furniture.



New furniture in New Beginnings' living room

The Many Mascots of Cazenovia Manor

Rachel White, Cazenovia Manor's Facility Assistant, has two Chihuahuas named RC and Daisy. Much to the joy of Rachel, Daisy recently had five puppies. Rachel often brings her whole canine family to visit Cazenovia Manor. Residents and staff are always happy to see the dogs when they stop by outside the residence. The dogs have always had "a positive effect" on the residents, according to Rachel, who has brought her dogs for visits since they were born.



Rachel White (center), her Chihuahuas, and Cazenovia Manor residents

Turning Point House Promotes Wellness

Turning Point House (TPH) recently hosted Health Day, which promoted healthy living throughout the program. A healthy lunch was served and residents were able to test their knowledge with quizzes. Community Supports were also available and included: Lake Shore Behavioral Health Counselors; Rite Aid employees, who answered questions related to medication; Seneca Nation representatives, who discussed their available services; and Dr. Abiola MD DABAM, the agency's Addiction Medical Consultant, who was available for consultation and questions. Ten residents from Visions Place also attended, and TPH is hoping for even more agency involvement next year.

Family & Friends Fun Day

Our agency's Events Committee will host its "Family & Friends Fun Day" on Friday, August 1 from 10AM—3PM at Como Park in Cheektowaga. The event is open to all agency residents and their family members. The picnic's theme is "Hawaiian Luau" and will feature food, gift baskets, piñatas, crafts, volleyball, softball, children's games, karaoke, other games, and more. Remember to register for the "Family & Friends Fun Day" by contacting program staff.

Residents of the Month

Cazenovia Recovery congratulates the following residents for their improvement in all life areas:

- Willie S. – SL3
- Andrea T. - PSH
- Robert G. – HOPE
- Jerome G. – SL2

Keep up the great work everyone! You can help recognize more hard-working residents by emailing Ed at ecichon@cazenoviarecovery.org.