



Volume 2, Issue 4

April 2015

The small, close-knit environment of Cazenovia Recovery Systems' Ivy House provides residents with a family-like setting that supports their recovery.

Cazenovia Recovery assumed operation of two community residences – Ivy House and Casa Di Vita – and a Supportive Living Program from another agency in 2014, bringing its stability and proven experience to these programs.



Paul Shelton, Ivy House's Site Supervisor

Ivy House, on Buffalo's East Side, serves 17 men in recovery. Paul Shelton, Site Supervisor, stresses the facility's commitment to provide "quality care while assisting residents reintroduce basic daily living skills into their lives."

Kevin Patterson, Facility Assistant, is there to help residents make such adjustments. He believes that the house's size leads to formation of "a common bond" shared by residents and staff, whose joint efforts "promote recovery as a goal."

As residents work through their recovery plans, Paul keeps the focus on what is expected of them in the process. "It's all about accepting responsibility for themselves and their recovery," he said. Paul explains how the "balanced structure" of the program helps residents learn how to apply Ivy House experiences to their benefit as they move along the road to recovery. Kevin points out that the professional staff's desire is to see each resident achieve "lasting longevity of recovery."

Tim and Peter have been Ivy House residents for two months. Each plans to move on to Cazenovia Recovery's Supportive Living program as the next step.



Tim hopes to become a personal trainer

Tim finds that eating healthy and exercising are "positive distractions" for him. He's considering going back to school to become a certified personal trainer and dietician or reentering the workforce. He says that the most important part of his recovery to date is "learning how to be open while

## Staff Spotlight

### Promotions:

Paul Shelton is also the Interim Program Director at Supportive Living

Karleata Jones is now the Administrative Clerk at the Administrative Office

### Let's Welcome:

Stacey Enser, Resident Monitor at New Beginnings

Anita Jenison, Counselor at New Beginnings and Visions Place

### Cazenovia Creators & Catchers:

Briana Petersdorf for starting our agency's Wellness Program

Angela Angora and Mary Beth McCormick for training and assisting the programs on electronic records

Mary Reid from Casa Di Vita for all of her hard work and dedication while working with the focus team

The next quarterly drawing for a gift card for Cazenovia Creators & Catchers nominees will be held in June. Submit your nominations to Ed Cichon at [ecichon@cazenoviarecovery.org](mailto:ecichon@cazenoviarecovery.org)

*Continued from page 1*

remembering where I was.”

Peter hopes to go to school to become a barber. He says that collecting key tags that mark milestones in his recovery help keep him focused. He appreciates attending various group meetings and that transportation is made available to do so. Tim and Peter like the structured environment. “We all take recovery very seriously, but we can joke about it, too,” Tim said. “Having some fun in recovery is very important.”

Later this year, Ivy House residents and program operations will transition to Cazenovia Recovery’s new community residence – Unity House on Sycamore Street.



Peter is interested in attending barber school

## Announcing Unity House

“Unity House” is the name of our new Community Residence that will open at 923 Sycamore Street once Visions Place closes this summer. Cazenovia Recovery held a contest to name our new program and Unity House was declared the winner by our board of directors. The name was created by Ron Corpening, Counselor Associate at Cazenovia Manor, and wonderfully represents the program’s mission to unite people on the road to recovery. Unity House will be licensed by the New York State Office of Alcoholism and Substance Abuse Services and will serve 24 homeless men in recovery.



Unity House will open at 923 Sycamore Street this summer

## New Beginnings’ Easter Dinner

On Easter Sunday, Falonia LaMar, Counselor Associate at New Beginnings, organized a holiday dinner for residents at her site. Ham, collard greens, corn bread, chicken, potatoes, pies, and much more were prepared and served by residents. Falonia explained that these dinners “give residents another skill they can use to help rebuild their homes after they’re done with treatment.” Residents expressed their gratitude throughout the meal and Falonia felt that “the enjoyment on their faces when cooking dinner as a unit was amazing.”



Kenneth makes batter for fried chicken with his “secret seasoning” on Easter Sunday

## New Exercise Equipment at TPH

On April 7, Turning Point House (TPH) received a new weight bench, treadmill, punching bag, and other equipment for residents to use for fitness. The idea for new equipment came from a resident who thought that the old equipment was underutilized but wanted to focus on getting healthy in his recovery. Now that the new equipment has been installed, TPH residents use the weight room much more frequently, proving that fitness and better self-care are vital parts to recovery.



The weight bench and treadmill at TPH