

## Mothers in Recovery

Volume 2, Issue 5

May 2015

Mother's Day highlights mothers one day each year, but at Cazenovia Recovery Systems, mothers who are among our residents receive special attention each day.

Cazenovia Recovery's dedicated staff work with women across programs spanning community residences, temporary supportive living apartments, and permanent independent housing.

Recovering from diagnoses of chemical dependency, mental health disorders, and homelessness, individuals, including those who have not been successful in previous recovery attempts, find safe and welcoming environments here. Treatment focuses on daily living skills, vocational and educational pursuits, and relapse prevention strategies.

Our agency cares about what residents have to say about the treatment areas and programs that are advancing their recovery.



Olga and her youngest son

Olga, a Housing resident for six years, points out that her experience benefits her children

as well as herself. "Being a mom is a lot easier now that I'm clean," she said. Olga values being able to tap into the resources that the staff presents. "I can go to anyone for anything," she said. "If one of my kids is going through a hard time, they will come and help out."



Rachel has a six-month old son

A new mother of a baby son, Rachel has been a Housing resident for almost a year. Her experience as a mother, she said, has profoundly changed her life. "My life revolves around my son and I am trying to change everything for him," she stated. Rachel appreciates this opportunity to provide a stable home for her child.

The most important lesson she says she has learned is: "There's no reason in the world to use."

After six months at Casa Di Vita, Charlene moved to Supportive Living. Both she and her son are in recovery. "We're proud of each other," Charlene said. "We're each

## Staff Spotlight

### Let's Congratulate:

Dominique Johnson is now a Counselor Associate at Liberty Hall

Lisa Johnston is now the Site Supervisor of Casa Di Vita

We will announce more transfers related to the transitions with Unity House this summer

### Let's Welcome:

Carmen Sims, Case Manager at Turning Point House

Wayne Hurt, Maintenance Assistant, at Admin.

### Cazenovia Creators & Catchers:

Sue Bissonette nominated Matt Rzepka for creating the Flag Dedication Ceremony at TPH

Angela Angora nominated Andie Loranty for creating a "How To" Intake Manual

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)

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other's support." Her positive message is: "Don't beat yourself up focusing on what you've done. Focus on where you are now."

Debra has been a Housing resident for two years. "Every little thing I did affected my children," she said. "I stopped using because of my children – so they could have a better life." Cazenovia Recovery has helped her secure basic needs for her five children.

"We're closer now because of everything that has happened," Debra's 15-year-old daughter said. "Being part of Cazenovia Recovery Housing doesn't feel like a program any more," she noted. "It feels like family."

When asked about the best part of being part of her mother's recovery journey, she replied: "Watching her change."



Debra and her daughter enjoy sharing family time together

## Wellness Committee Arranges Cruise

Briana Petersdorf, Program Director, recently started a Wellness Committee that will focus on healthy living. A free exclusive cruise on the Miss Buffalo II will be the committee's first event. All employees are invited to attend on Thursday, June 18. After meeting at the Erie Basin Marina by 1:00PM, the cruise will set off at 1:30PM and will last until 3:30PM. Lunch will be served and there will be a band aboard the cruise. Please RSVP by June 1 to Briana. Interested employees should check with their supervisors to ensure proper coverage throughout the programs before submitting their RSVP.



Our Miss Buffalo II Cruise is on June 18

## Liberty Hall and the VA2K

Liberty Hall participated in the VA2K, a walk hosted by the Department of Veterans Affairs that encourages fitness while supporting homeless veterans. Both residents and staff were incredibly excited to participate. During the week, they generously assembled grab bags of toiletries that will be given to homeless veterans. Barbara Bowman, Counselor, stated that she "supports homeless Veterans completely." Matt, a Veteran and resident of Liberty Hall since January, previously volunteered to serve homeless Veterans. He was motivated to participate in the VA2K because he knows "that there's a need there."



Liberty Hall residents and staff at the VA2K

## Memorial Day Flag Dedication at TPH

Turning Point House (TPH) hosted its first annual Flag Dedication in honor of Memorial Day. Matt Rzepka, Van Driver, coordinated the event to "honor our past and present Veterans." He invited members of the Newell-Faulkner American Legion Post 880 in Eden, NY to help in the dedication. Matt raised the flag with two TPH residents, which was followed by a 21-gun salute and Taps. For some residents, this was their first sober Memorial Day, and having an event to remind them about the meaning behind the holiday was very moving.



Matt Rzepka and TPH residents raise the flag