



Growing Well-Being

Volume 3, Issue 7

July 2016

Cazenovia Recovery welcomes our residents' interest in gardening as an activity that promotes their well-being. Our gardens also show what great neighbors our programs can be.

Falonia LaMar is site supervisor at Sundram Manor in Niagara Falls, which has a beautiful flower garden. All residents of the facility were invited to participate in its creation and maintenance. "Our residents did everything," Falonia said, "They did planting, mulching, edging, painting and transferring of plants."

Sundram residents Greg, Mark, Manuel, Christopher, Toby, and Dan were especially helpful, along with our maintenance team and Bryan Sullivan, facility assistant. Results were on display on July 23, when the City of Niagara Falls held a garden walk.



Toby, Falonia, and Dan of Sundram Manor

Some of the residents greeted people as the public visited their garden. They explained

the mission of Sundram Manor, gave tours, and shared the fact that they are in recovery. The residence is now an active member of the Memorial Parkway Block Club. "The Block Club was really, really impressed to see so many people working hard outside of Sundram Manor," Falonia said.



Carlos and the Freedom Garden

The value of such participation during recovery is great, she said. "It allowed our residents to learn about leadership, responsibility and conflict resolution. They held frequent meetings to work out plans together."

At Liberty Hall located on the Veterans Administration campus in Batavia, there is a flourishing vegetable garden. Shared with the PTSD Center for Hope, both organizations are responsible for watering.

Carlos, who grew up on a vegetable farm, and two other Liberty Hall residents are active participants. "We call it the Freedom

Staffing Info

Let's Welcome:

David Hoke, IT Coordaintor
at Admin

Janelle Fenzel, Case Manager
at Somerset House

Cazenovia Creators & Catchers:

Scotty Burt nominated Kathy
Pietrobon for being a great
cook and helper during a recent
Housing event.

Bonnie Goodrich nominated
Bob Davis for always lending a
helping hand and ensuring that
Supportive Living residents
receive the best educational and
employment opportunities.

Ed Cichon nominated Falonia
LaMar for doing a great job
integrating Sundram Manor
into its nearby block club.

Remember to nominate your
fellow coworkers before our
next quarterly drawing in
September.

continued from page 1

Garden,” he said, reporting that they planted tomatoes, peppers, squash, onions, beans and collard greens. Carlos, a resident of two months, was a chef for 13 years. Passionate about fresh ingredients and healthy eating, he is eager for the harvest, which will continue in the weeks ahead. He already cooked collard greens. Cherry tomatoes are nearly ready to be picked. “I make a really good squash medley,” he noted.

Most important to him is that the vegetable garden helps in his recovery. “It takes the stress off and clears my mind a bit,” he said. “And it makes me thankful for what I do have.”

Recovery Day

Recovery Day is right around the corner. This year’s event will be held on Friday, August 26 from 11AM – 3PM. It will take place at the Main-Transit Fire Department’s Pavilion at 6777 Main St., Williamsville, NY 14221. New this year is an assembly of area providers offering recovery services and treatment. This will showcase a wide range of examples on what recovery can be. We will also feature outdoor activities, food, speakers, and fun activities for families. Recovery Day will kick off Recovery Month, which takes place in September and is celebrated nationwide. We hope to see you there.

Hydration Challenge

During these hot summer days, our agency is encouraging employees to drink more water. With the support of Blue Cross Blue Shield of Western New York, Cazenovia Recovery’s Wellness Committee is currently holding its second annual Hydration Challenge. The campaign promotes drinking 64 ounces of water a day. Delicious and healthy recipes for infused water have been shared, along with additional tips on sunscreen safety. Next month, our Wellness Committee is sponsoring a cruise on the Miss Buffalo.

Empowerment at Casa Di Vita

Rebecca, a recent graduate of Casa Di Vita, is a resilient young woman who has persevered despite the many obstacles that have come her way. When Rebecca arrived at Casa Di Vita, she was determined to complete the program, and the staff were just as determined to help her succeed. It was easy for her to adjust to Casa. The program had just the right amount of structure and freedom she needed to prepare her for independent living. Rebecca believes that she was set for success at Casa due to its environment, the helpful, caring staff, and her motivation to succeed for her kids.



Peppers in the Freedom Garden



Recovery Day takes place on August 26



The Hydration Challenge lasts through August 7.



Rebecca, a resident of Casa Di Vita