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“What’s cooking?” At Unity House, the answer is much more than delicious meals.

As part of our efforts to boost the independent living skills of residents, Cazenovia Recovery Systems presents opportunities to learn about nutrition and meal preparation. Recently, Unity House featured a nutritionist from the Food Bank of WNY who provided program residents with a presentation. It featured a cooking demonstration and budgeting tips for food shopping.

This is an example of the agency’s trauma-informed care approach that seeks to empower residents and focus on their strengths.



Ron, Unity House resident

Ron, who has been a Unity House resident for five months, has had an interest in cooking since childhood. While he admits to having been “nervous” about cooking for fellow residents, he soon became the go-

to man in the kitchen of Antonio Person, facility assistant at Unity House.



Antonio Person, facility assistant

In addition to cooking, Antonio ensures that Unity House meets facility standards. He also drives residents to various appointments and takes some along when he shops for program needs.

Antonio believes that shared kitchen experiences help individuals in recovery. “Some of these guys have never made a meal in their lives,” he explained. “Now, they cook, clean up the kitchen, pitch in and are very supportive of each other. This gives them more independence and lowers their dependency on others.”

Ron has developed greater confidence in his cooking skills and ability to cook for others. “I like to cook comfort food,” he said, noting that Polish pierogi and golumpki are among his favorites, as is chicken parmesan. He can make different styles of spaghetti sauce –

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Staffing Info

Let’s Congratulate:

Bonnie Goodrich for becoming the senior counselor at Somerset House!

Ronald Corpening for passing his CASAC exam!

Let’s Welcome:

Kelly Rydzynski, residence monitor at Casa Di Vita

Mary Bofah, case manager at Sundram Manor

Robert Fisher, van driver at Turning Point House (TPH)

Jacquelyn Vallone, residence monitor at TPH

Cazenovia Creators & Catchers:

Lisa Kauffman

Scotty Burt

Felicia Scott

Paul Swanson

The Supportive Living Team

Dominique Johnson

Pamela Harper

Our next quarterly gift card drawing will be in December.

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tomato-basil or a sweeter Sicilian. While most of his 24 fellow residents crave his take on Philly cheesesteak, Ron also pays attention to menu requests from vegetarians.

“I might be able to start a catering business,” Ron said, looking ahead positively. “I’ve always wanted to. It is great to see people smiling while at a table. I love being in the kitchen.”

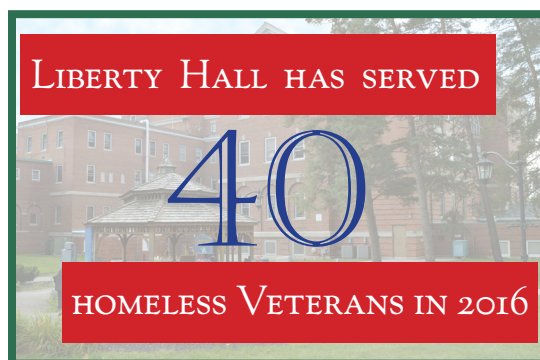
“Recently, Ron prepared a meatloaf that wasn’t even on the menu,” Antonio said. “After he cooked dinner, he stepped in to help prepare breakfast for the next day. He’s always there when I need him. I call him ‘Mr. Reliable’.”



Unity House residents after the presentation from the Food Bank of WNY

Ending Veteran Homelessness in WNY

The Mayors Challenge, announced by First Lady Michelle Obama in 2014, called for mayors nationwide to end Veteran homelessness. On Thursday, October 20, Dale Zuchlewski, executive director of the Homeless Alliance of WNY, announced that Western New York had become one of only 30 communities nationwide to bring Veteran homelessness to a “functional zero.” Cazenovia Recovery’s Liberty Hall is an important part of this regional continuum of care. The program serves homeless Veterans with substance use disorders.



Trail Signs at Turning Point

Turning Point House in Eden has a collection of nature trails located within its four acres of property. Among the trails are signs for each of the twelve steps set forth by Alcoholics Anonymous. Jose, a resident of four months, gave the signs a new coat of paint. He also painted other items around the facility. Jose sees his experience at Turning Point House as a “new beginning” for himself. “I wanted to do something not only for me but for the other people here,” he said.



Jose painted trail signs at Turning Point

Collaboration at Unity House

The staff at Unity House (UH) are great collaborators. They communicate well, work together as a team, and foster an environment of continued learning. Over the past month, they have used this strength to create additional opportunities for collaboration between staff and residents. During their weekly meetings, UH staff have reviewed program guidelines to ensure that they are trauma-informed. Through this process, the staff at UH have created new guidelines for the toxicology procedure, contracts, community time, and even TV time. These new guidelines provide new opportunities for choice and collaboration with the residents.

