



Meet Our Board Secretary



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Board Secretary Neldria Staton believes that Cazenovia Recovery's success will benefit from building more public and private community relationships to "put a face" on the agency as a provider of vital services to individuals in recovery.

"Details mean everything to me," she stated. "The details of a bridge hold it together. If you don't establish a solid foundation, what you are building won't be sustainable. Sustainability is the key to engineering and that is transferable to any industry, any effort."



Neldria Staton, Board Secretary

Cazenovia Recovery is grateful that Neldria has shared her talents on the Board of Directors since 2011 and that she is an advocate for and a dedicated "face" of the agency among her professional contacts.

A U.S. Army Veteran and a civil engineering graduate of the University at Buffalo, she is the owner of Essential Solutions, which offers construction management, safety analysis, and professional development. She enjoys designing and building projects that span the civil engineering divisions – construction, transportation, hydraulics, environmental, and structural. "I'm never bored," she said.

Thinking as an engineer, she focuses on details in her work and in her Board service.

Neldria came to Cazenovia Recovery's attention through Board member Andrea Mujahid-Moore, her longtime friend. Serving on our Board appealed to Neldria because she knew her perspective of "liking the nuts and bolts of things" would be welcome.

She recalled her first Board meeting: "It was on short notice and I came dressed in orange gear and all muddy. Everyone could tell I work in construction."



Our Board Quality Assurance Committee

She soon became an active Board member. Signing on to the Quality Assurance Committee, she visits various sites, meets supervisors and hears feedback from residents. "I love the agency; I love

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Staffing Info

Let's Congratulate:

Morgan King is now an intake coordinator at Admin

Let's Welcome:

George Brimmer, counselor associate at Turning Point House

Erin DeWolfe, site supervisor at Somerset House

Regina Green, residence monitor at Casa Di Vita

Jesse Stines, mental health counselor associate at Cazenovia Manor

Jeffrey Tweed, facility assistant coordinator at our Niagara County Clinical Office

Linda Werth, counselor associate at Somerset House

Shirley Yates, case manager at Sundram Manor

Cazenovia Creators & Catchers:

Tina McCarty-Neveu

The staff at TPH

Regina Chambers

Barbara Bowman

The staff at Cazenovia Manor

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

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Recovery Day; I really respect Executive Director Sue Bissonette and her leadership,” she said. “This is a very interactive, caring, and compassionate Board.”

Neldria is eager to help recruit new Board members and acclimate them to participate fully in the agency’s mission and vision.

Cazenovia Recovery’s programs and services are necessary, she said. “We are breaking cycles, patterns, and behaviors. Our Trauma-Informed Care takes a positive perspective to moving forward. I really believe in Cazenovia’s creative management. I want to see it thrive and succeed.”



Rosemary Duran (left), Board member; Sue Bissonette (middle); and Susan Green (right), Board member; at Recovery Day

Foundations: Our 2016 Annual Report

Last year served as a pivotal point in Cazenovia Recovery’s history. By expanding into Niagara County and preparing for other decisive improvements, we set important foundations for the agency’s future growth and development. Our 2016 Annual Report summarizes our accomplishments throughout the year while focusing on the essential and skillful work of our programs. As always, our residents serve as our guiding foundation. Their smiles throughout the report capture the possibilities of recovery. It is now downloadable from our website.



Our 2016 Annual Report is available now

Agency Staff Event

In celebration of the accomplishments of the previous year, our Events Committee coordinated a get-together for our employees on Friday, February 24. The theme was “Black and White” and it was held at Classics V in Amherst. Staff members celebrated their collaborative achievements by dancing and socializing. Employees from programs and departments across the agency donated gift baskets, as well. Events like these are wonderful ways for our staff members to meet fellow employees from our programs in Erie, Niagara, and Genesee counties.



Venus Wiggins won a salad bowl.

The Importance of Self-Care

Self-care is an essential component of Trauma-Informed Care, and it refers to the necessary steps we take each day to restore balance to our busy lives. Self-care includes physical, psychological, emotional, social, relationship, spiritual, and workplace components of an individual’s well-being. Since there are numerous ways to achieve self-care, individual activities may vary from one person to the next. It is important to note that self-care is not just an add-on activity or taking a vacation. It can be something as simple as taking your lunch break, getting good sleep, and being aware of what you need that day.

