



Wellness at Casa Di Vita

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Lunchtime is much more than just the old routine at Casa Di Vita, Cazenovia Recovery Systems' residence for women with substance use disorders.

residents joined in the agency-wide "Five and Fit" challenge that promoted eating more fruit and vegetables, along with exercising five times a week.



Casa Di Vita

Its daily wellness lunch menu is chock full of fresh vegetables and fruit and often features recipes selected and prepared by residents. There is always a pitcher of freshly made fruit-infused water. Staff members join the residents for healthy meals and shared conversation.

Lisa Johnston is site supervisor for the 19-resident facility on Buffalo's West Side. "Feeling physically healthy helps you feel better about yourself and will help emotionally," Lisa said. The agency's Wellness Committee encourages healthy living through numerous activities and seminars for staff. Residents are invited to participate and become better educated about nutrition and exercise. Casa Di Vita

Offering choice is fundamental to Lisa Johnston's approach to assisting her residents in their recovery. In addition to the Healthy You group, residents may choose to participate in others on topics including healthy sober living, life skills, grief and loss, and relationships. The process group is a place where concerns and feelings are openly discussed.



Brie in Casa Di Vita's kitchen

Brie, a resident since September, appreciates the "good amount of independence" in the person-centered program that focuses on her health and recovery. "I was a drug and alcohol counselor who was also suffering from addiction," Brie said. She completed detox and inpatient programs before arriving at Casa Di Vita.

Staffing Info

Let's Congratulate:

Joe Lidge is now a maintenance assistant at Admin in addition to being the custodial assistant

Let's Welcome:

Janet Hausrath, human resources manager at Admin

Lance Tlustos, counselor associate at Liberty Hall

Geraldine Talley, program secretary at Supportive Living

Cazenovia Creators & Catchers:

Clarke Reed and the entire maintenance team

Rick Wright

Georgette Andersen

Debra Cannon and the entire Cazenovia Manor team

Remember to nominate your fellow coworkers before our next drawing in December!

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Brie commented: “Being able to go to outside meetings and getting outside resources and help is great. It’s not only about self-help. It’s about putting good people and hobbies in place. Casa gives us just enough leeway to figure things out for ourselves.”

She spoke of the components she foresees in shaping her personal well-balanced life – school, internship, work, a 12-step program, sober friends. Meditation and mindfulness therapy are beneficial in helping her get there, as well. For now, she enjoys being at Casa Di Vita, taking frequent turns in the kitchen and being at daily lunch. “I get to cook a lot. I love feeding people. My favorite dish to make is mac and cheese,” she said.



Casa staff and residents

“Greatbags” at Housing

An anonymous donor recently began providing Housing with dozens of bags filled with helpful items. Scotty Burt, senior relapse prevention specialist, has called them “Greatbags.” Items include toothpaste, toothbrushes, fruit snacks, deodorant, and more. “She just wanted to help out,” Scotty said. “She wanted to do something positive instead of focusing on all the negative things happening.” The donor invites her friends for dinner and they pack the bags together. The agency and our Housing residents are deeply grateful to the donor for her generosity.



Some Greatbags our Housing residents receive

Stories of Recovery

Thanks to our collaboration with StoryGrowing WNY, our agency is excited to tell new and captivating stories about the recovery process in Western New York. We are now featuring monthly spotlights on our residents. These accounts will give a first-hand view of what life in recovery is like. We hope that these stories motivate others to share their experiences to help break down recovery’s stigma. Whitney, a resident of Somerset House, is featured this month. At only nineteen years old, her story is very inspiring, and it’s available right now on our website.



You can read Whitney’s story on our website

Corrective Interventions at Turning Point

Turning Point House has changed the way it administers corrective interventions, which are useful tools for clinicians that help residents with treatment goals. They are also helpful for encouraging positive behavior change. Ensuring that the intervention matches the desired treatment outcome is very important. This ensures both accountability and consistency. It also builds trust among residents and staff. For instance, if a resident is late coming back from a weekend pass and misses curfew, the corrective intervention may involve a shorter pass the following week.

