



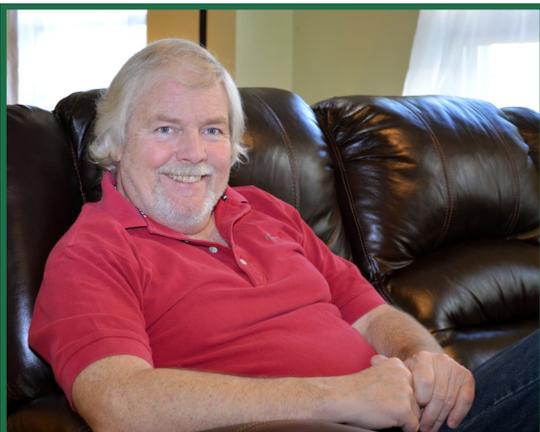
## Inspiration at New Beginnings

Twenty-two years after its founding, Cazenovia Recovery Systems' New Beginnings community residence continues to achieve success that surpasses its target goal.

Located on Buffalo's West Side, New Beginnings serves men who have substance use disorders. Working with 16 residents at a time, the facility's dedicated professional staff members have guided hundreds on the path to recovery.

The structured, supervised program reported that 100 percent of participants last year moved on to more independent living, surpassing the target goal of 83 percent.

Residents find unwavering support as they work on daily living skills and explore opportunities to further educational or employment goals. This environment strengthens individuals' efforts to achieve abstinence and leads them toward more independent living.



Dave, a New Beginnings resident



Debra Cannon, New Beginnings' site supervisor

Debra Cannon, who joined Cazenovia Recovery in the fall as New Beginnings' site supervisor, brings a wealth of experience as a detox unit clinical supervisor and as a counselor for substance abuse, trauma, and other issues.

"Our staff is incredibly welcoming and really open and ready to embrace change and new opportunities," she said. "We want to continue to improve the quality of care and to effectively deliver it."

Debra said that she feels valued as a Cazenovia Recovery team member and "trusted to bring out my strengths and ideals."

"We look to inspire residents and I find them inspirational, as well," Paulette Turner, case manager said. "It doesn't matter how addiction hits you, use the resources available to you and make something positive out of your life. Our residents are striving to make changes in their lives and we are here to help them reach their goals."

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## Staff Spotlight

### Let's Congratulate:

Kaitlin Lydo, CASAC-T, for passing her boards and officially becoming a Registered Nurse!

### Let's Welcome:

#### Housing:

Isaiah Mantooth-Jordan  
(Housing Specialist)

Andre Stokes  
(Housing Specialist)

### Cazenovia Creators & Catchers:

Our next drawing to win a gift card for being nominated as a Cazenovia Creator or Catcher will be held in March.

Send in your nominations to Ed Cichon to help reward your fellow staff members!

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Dave, at New Beginnings for six months, reports that the program has helped him “step back” to better understand himself and identify the causes of his addiction. He appreciates the facility’s urban setting as it is “extremely convenient to a huge number of self-help meetings and resources.” Dave’s plan is next to be in a supportive living residence and “to ease my way back to the work force.”

Law school is the long-term goal of John, a New Beginnings resident for four months, who is close to completing his MBA degree. “I thought I had all the answers, but this program has given me humility and shown me how to take suggestions,” he said. He pointed out how especially helpful it is to hear the stories about and recommendations from “those who have been through this before.”

## New Offices for Supportive Living and Vocational

By the end of February, our Supportive Living and Vocational programs will move to their new office at 605 Fillmore Avenue in Buffalo. Construction at the building has been underway since late fall and is nearing completion. Once Supportive Living moves to its new Fillmore office, our Housing program will move from its current location at our Administrative Office to the old Supportive Living office at 1430 Main Street. More information about this relocation will be available in an upcoming issue of the Cazenovia Compass.

## Recovery Day 2015: Save the Date

The fourth annual Recovery Day will take place on Saturday, September 12, 2015. As with previous years, we will celebrate recovery from substance abuse through music, speeches, artwork, health and fitness events, family-friendly activities, and more. All are welcome to attend the event, which will take place in McCarthy Park in Buffalo. Accomplishments of our residents and staff will be recognized, as well. As Recovery Day draws closer, more information will be released about additional activities and times.

## Dress Down Donations

Every Friday throughout 2014, our Administrative Office and Housing program employees donated a dollar to dress down. At the end of the year, the donations were pooled together and the office voted on organizations to receive donations. In the end, \$200 was given to both the Buffalo Animal Hospital and Children’s Hospital’s Neonatal Care Unit.



John, a resident at New Beginnings



Construction within 605 Fillmore



Recovery Day 2015: Saturday, September 12

## Residents of the Month

Cazenovia Recovery congratulates the following residents for their improvement in all life areas:

- Brenda M. – SHP
- James S. – YAH

Keep up the great work everyone! You can help recognize more hard-working residents by contacting Ed at [ecichon@cazenoviarecovery.org](mailto:ecichon@cazenoviarecovery.org).