



The Cazenovia Compass

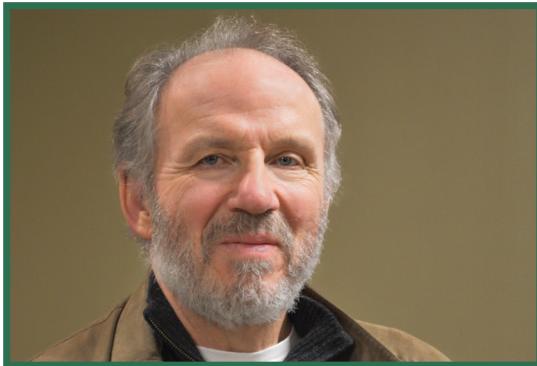


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Attorney David H. Nelson, marking seven years as a member of the Cazenovia Recovery Board of Directors, enjoys talking about the organization's growth.

"It's a real tribute to the agency that we're seen as the rescue agency for troubled programs," he said. An example is Cazenovia Recovery's acquisition in early 2016 of the programs of Fellowship House in Niagara County.



Board Vice President Dave Nelson

Such transactions and future growth call for "careful consideration," he said. "We don't want to overextend ourselves." His vision for the agency is "to remain on the cutting edge of providing services to the community we serve."

Dave has high praise for the administration and staff. The agency's biggest strength, he said, is, "our employees, who are dedicated, committed, caring people. We do very inspiring work."

Dave's law firm, Dadd, Nelson, Wilkinson & Wujcik, PLLC, is in Attica, NY. His practice area concentrates in workers

compensation. He also handles Social Security disability cases, and has extensive civil and criminal jury trial experience in a wide variety of matters.

Dave joined the Cazenovia Recovery Board at the invitation of his friend and former Board member, the late Roy Turner. Dave enjoys serving beside fellow Board members, whom he describes as "interested, very committed and active."

"It's a very rewarding experience," he said. "I thoroughly enjoy it."

Dave participates in agency activities, including Recovery Day. A runner and fan of marathons, he ran in the 2015 Recovery Day race at McCarthy Park under dark skies and heavy rain. "Recovery Day hasn't had the best luck with weather the past couple of years," he noted. He'd like to see the event moved to an indoor site, which he believes also would boost attendance.



Dave (left) running the Recovery Day race

Cazenovia Recovery's mission of hope and help resonates strongly with Dave, who has been in recovery for 27 years. "It's very important to me, personally," he said.

Staff Spotlight

Let's Congratulate:

Karleata Jones is now the Accounts Payable Clerk

Joshua Kellick is now a Senior Housing Specialist

Let's Welcome:

Kathleen Lewis, Accounts Receivable Coordinator at Admin

Nicolle Barlow, Residence Monitor at Casa Di Vita

Maurice Fears, Housing Specialist at Housing

Ariana Cianciulli, Case Manager at Liberty Hall

Cazenovia Creators & Catchers:

Angela Angora nominated Dominique Johnson for taking the initiative to cook for Liberty Hall's holiday lunch party.

Angela Angora also nominated Bonnie Marrocco for her hard work collecting donations for Liberty Hall's Veterans.

Claudia Rejman nominated the entire Financial Department for staying positive and stepping up to help the department through its restructuring.

Congratulations to Alison Whou for winning this quarter's drawing and a \$25 gift card!

Housing Holiday Party

Our Housing program hosted a holiday party for its residents a week before Christmas. It was held during the Relapse Prevention group that Scotty Burt, Relapse Prevention Specialist, holds weekly. Donations for gifts were obtained from throughout the community. There were raffle prizes, along with generous servings of food. Santa Claus even showed up for a picture or two. The party also served as a farewell gathering for residents of Housing programs whose programs are being transferred to other local agencies in the new year.



Holiday decorations

Holiday Door Decorations

Throughout the month of December, Cazenovia Recovery held a holiday door decorations contest. Residents from all of our programs were encouraged to participate. Those that did had doors that were festive and fun. One particularly whimsical door was decorated by one of our Housing residents. In fact, the entire hallway around her door was decorated and the door itself was dressed up like Santa. Meanwhile, in our group residential programs, residents were very resourceful in the decorating materials they used. Casa Di Vita's resident doors were adorned with glamorous ornaments. A door at Cazenovia Manor had lights, stockings, and snowmen. Two residents at Turning Point House worked together to decorate doors throughout the residence and their "Reindeer Stable" won for the best group residential door. For pictures of holiday decorations throughout the agency, visit our Facebook page at www.facebook.com/CazenoviaRecovery.



The winning Housing resident's door



The winning Group Residential door

The Importance of Empowerment

Trauma-informed (TI) organizations understand that experiences of trauma may be a unifying factor for those who work at the organization and those who utilize their services. Therefore, TI organizations foster empowerment for both staff and clients. Mental illness and substance abuse can be disempowering, as clients may feel as though they have lost control over their daily lives, while feelings of powerlessness are common among trauma survivors (SAMHSA, 2014). According to SAMHSA (pg.124, 2014), "Empowerment means helping individuals feel greater power and control over their lives, as long as such control is within safe and healthy boundaries." Empowerment is about recognizing and building upon the strengths and experiences that individuals have in order to promote recovery from trauma, and resilience. Empowerment is doing something meaningful for yourself because you have the power to do so, and that in itself is quite powerful.

Trauma-Informed Care Corner

Safety • Trust • Choice
Collaboration • Empowerment