



Meet Our Treasurer

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When Cathy Braniecki joined the Cazenovia Recovery Board in 2004, she never thought that a family member would one day face the challenges of addiction.



Cathy Braniecki, treasurer

"If it were not for my involvement here, I would not have understood what he was going through nor would I have been able to help," she said, adding: "He is doing well."

Cathy is senior vice president of corporate responsibility at KeyBank, where she has been for 22 years. Among the areas she oversees are community development banking, work with not-for-profits offering affordable housing, outreach to low- and moderate-income neighborhoods, and the bank's compliance with the Community Reinvestment Act. "It's all about being a good corporate citizen and where the bank fits in within our community," she said.

With such important career responsibilities, further increased by the recent First Niagara merger, Cathy still finds time to serve as treasurer of the Cazenovia Recovery Board.

Her introduction to our agency came when she met Executive Director Sue Bissonette while they both served on an Erie County Commission on Homelessness task force. Since then, our Housing program has continued to expand and offer new ways for those in need to find housing. Cathy became involved with our agency, she said, "because I saw what Sue wanted to do." She was also instrumental in the creation of Amherst Station Apartments.

Cathy values the camaraderie among fellow Cazenovia board members, all dedicated to the organization's mission. In her opinion, among the agency's greatest strengths are the staff, its number and variety of programs, and its ability to deliver services while remaining current.



Amherst Station Apartments

"The staff inspire me with their dedication and everything they are trying to accomplish," she said. "Recovery Day has shown me that people can recover. As a board member, I appreciate the opportunity to stand behind Sue and say: 'Go ahead and do it. We're here for you.'"

Staffing Info

Let's Welcome:

Amy Pascall, Interim Personnel Manager at Admin

Mindy Clouser, Clinical Aide at Madonna House

Renee Detschner, Program Secretary at Somerset House

Sharon Bitting, Residence Monitor at Sundram Manor

Courtney Harper, Counselor Associate at Sundram Manor

Mark Welch, Residence Monitor at Sundram Manor

Barbara Callen, Counselor Associate at Unity House

Cierra Young, Senior Counselor at Unity House

Cazenovia Creators & Catchers:

Harry Lonnen

Jose Diaz

Doug Werth

Eileen Dietsch

Morgan King

Congratulations to Falonia LaMar for winning this quarter's gift card! Our next drawing will be in December.

WNY United Donation

WNY United recently donated furniture to both of our Intensive Residential Rehabilitation programs. Turning Point House, our program in Eden for men, and Madonna House, our program in Lockport for women and women with children, received hutches for resident computer stations. Turning Point House's has been set up while Madonna House will receive theirs soon. By having access to computers, our residents will be able to work on their vocational skills while they create resumes, look for jobs, and more.



Turning Point House's new computer hutch

Lose to Win

Staff members across the agency are engaged in the Wellness Committee's newest campaign, Lose to Win. It is a competitive weight loss contest that challenges teams to lose at least three percent of their combined weight. Participating staff members are encouraged to eat healthy foods while engaging in fitness activities. Employees have challenged each other by sending pictures of their healthy lunch choices and healthy activities. One employee even sent a picture of her taking her cat out for a walk. Twenty-nine employees are participating across six of the agency's sites. Lose to Win runs through November 11.



"Dangerous Curves," Admin's Lose to Win team

SOPHi Award Nomination

Cazenovia Recovery's transition to becoming a trauma-informed organization was nominated for the second annual Spotlight on Population Health (SOPHi) Awards. We received a nomination in the Substance Abuse category. This year's SOPHi Awards ceremony takes place on October 14 from 9AM - 12PM at Buffalo RiverWorks. The P² Collaborative of Western New York created the SOPHi Awards to bring attention to innovative health initiatives throughout the area.



Avoiding Retraumatization

One of the main goals of trauma-informed care is to avoid retraumatization. According to theannainstitute.org, "Retraumatization can occur when a situation, attitude, interaction, or environment replicates the events or dynamics of the original trauma and triggers the overwhelming feelings and reactions associated with it." What may be retraumatizing can be obvious, like being in a similar situation, or not so obvious, like the smell of a certain perfume or cologne. Individuals may not be aware of a trigger until it happens. While retraumatization is usually unintentional, it is always hurtful. Being aware of the high prevalence of trauma is one way to prevent retraumatization.

