

# The Continuum Exchange

Spring 2015

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## Breaking New Ground



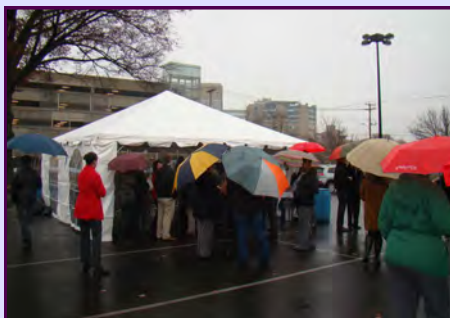
While we broke ground on our exciting new building in the dead of winter, spring is blossoming and so is Continuum! Make sure to drive by our future home soon to see how much progress is being made every day. The expected completion date for the new building is December of this year. We expect to move in January 2016. How perfect it will be to celebrate our **50<sup>th</sup> anniversary** in our new home!



Staff visiting the new administrative office will have **parking on site**, a new **donations center** will make it easier to find **great things** for our clients' homes, and there will be a **computer lab**. Most importantly, we will all be together, which we know is going to enhance communication and collaboration between all divisions.



Some programs will also be getting a much-needed face lift this spring. Monica and her crew are working to get our most essential projects done. I know this will be welcomed by staff and clients.



I hope everyone has a great spring. Thanks to all of you for the great work you do.

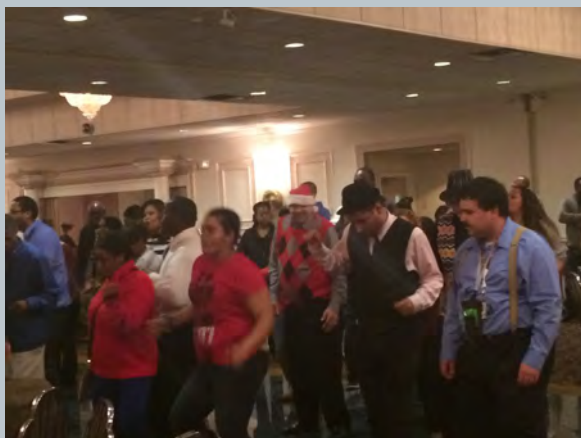
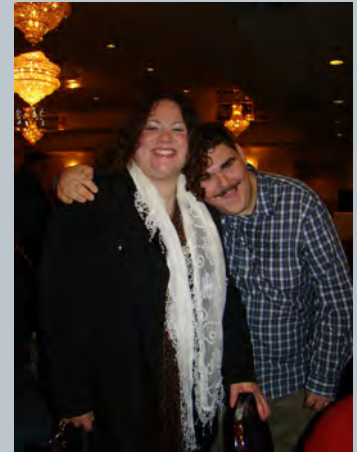
*—Patti Walker, President & CEO*

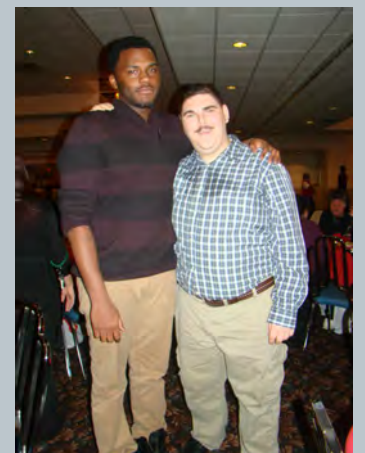
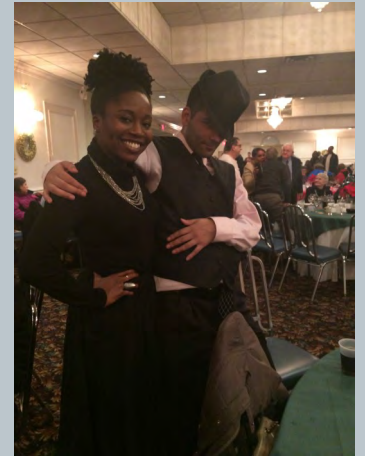


Clockwise, starting with bottom left: 1) Matthew Nemerson, city development chief; Tom Macy, Continuum of Care Board of Directors; Robert Landino, Centerplan Development; New Haven Mayor Toni Harp; Patti Walker, CEO, Continuum of Care; and Governor Dannel P. Malloy; 2) Patti Walker; 3) Gov. Dannel P. Malloy; 4) Svigals architect Jay Brotman, New Haven Mayor Toni Harp, Gov. Dannel P. Malloy, and Patti Walker; 5) New Haven Mayor Toni Harp

# Continuum Spreads Holiday Cheer

The festive spirit at Continuum's annual holiday gala was no doubt infectious for all who attended. From the sparkling Christmas trees to the groovy tunes spun by Continuum's own DJ Charlie Lewis, every detail of the party inspired holiday cheer. Thanks to Fantasia, every guest experienced wonderfully attentive service and ate delicious appetizers and meals of roast beef, linguine, or chicken. And when everyone finished breaking bread it was time to hit the dance floor. In fact, there were a few individuals who needed no prompting to get up and show off their moves — before and after dinner. The holiday gala was all-in-all an entertaining affair. See you there next year!





# How Animals *Enrich* Our Lives

The relationship between humans and pets goes back a long time and no doubt started out as a practical one. Cats kept homes rodent-free and dogs guarded and protected "their humans" in exchange for food, water, and shelter. We took care of them and they took care of us. It was a "hand-and-paw-shake-on-it" good deal for all concerned.

"There are two cats that come around the house and when I'm sad and depressed I pet these lovable animals. I feel better knowing I have something that loves me back like I love them. I'm not used to love like that. I feel it is beneficial to my treatment and recovery."  
-Dominick Carrera, A Common Bond

## Pets and Companionship



"Don't we just look like we enjoy being together? ... NOT! I was here first and I am NOT going to leave just because HE showed up!"  
-Ariel to Aladdin (pictured above)  
-Debra Sticht, Admin. Office

Whoever coined the saying "good friends are hard to find" probably didn't have a pet. Pets are loyal, nonjudgmental, and full of love. Who could ask for anything more? One of the more beautiful and unifying aspects of humanity is how we treasure our pets, because in many ways they remind us of what we wish to be. They are loyal without demanding the same and they find joy in the simplest, smallest things. They have no need for excess and go to sleep unworried about the future. Ask anybody about their relationship with their pets and they'll tell you that it isn't a one-way street. We benefit from our pets as much, or even more, than they benefit from us. The physical, social, and psychological advantages of animal companionship are myriad, and while the old cliché of man's best friend may be tired, it's also truer than we can imagine.



"Tico and Chloe provide unconditional love and snuggles!"  
-Monica O'Connor, Admin. Office

## Our Furry Pals Help Us Stay Healthy

Those of us with pets have been found to have lower cholesterol, heart rates, and stress levels than those without. It's not just your cat who finds serenity in a belly rub. Pet interaction naturally causes your brain to release oxytocin and serotonin, giving you a serenity of your own. Even watching your goldfish swim in and out of his little sunken castle for a few minutes can reduce cortisol, a hormone associated with

stress. And petting something furry is a proven immune boost. Pets make us smile and laugh with their amusing antics and lovable gestures, and joy and laughter trigger the release of chemicals in the brain that enhance our immune function.



"I really wish I was able to adopt Butch. I just love him so much."  
-Chris Marottoli, Sheldon Terrace

Dogs and some cats can be trained to detect all manner of health hazards, from low blood glucose and food allergens to seizures and several types of cancer. For those who need help getting back in the saddle, pets have proven invaluable in helping with physical therapy and rehab for patients by encouraging mobility and socialization. Many nursing homes have house cats whose very presence seems to bring peace to the patients. These furry, pawed members of the staff seem to instinctively know when they're needed. Therapy dogs have been known to reach people suffering from Alzheimer's. A beautiful collie named Jesse

-fering from this disease. She rarely spoke and never recognized anyone in her family. One day, when Jesse was brought over to the woman, he put his head in her lap. She looked at him, stroked his head and simply said, "Lassie." His presence had sparked a sweet, tiny memory for her.

And because there's no better way to improve your health than exercise, nothing really beats a simple walk with your dog – a low-impact exercise that benefits your heart and mind and provides you with your daily dose of sunshine/vitamin D. Even a languorous stretch with your cat will do some good.

A household pet could be just what the doctor ordered!



"I think I should change my kitten Sydney's name to Shadow because every time I turn around, there she is! I love that she enjoys my company as much as I adore hers."

-Janday Wilson, Admin. Office

## The Psychological and Social Benefits

Researchers from Miami University and Saint Louis University found "pet owners had greater self-esteem, were more physically fit, tended to be less lonely, were more conscientious, were more extroverted, tended to be less fearful and tended to be less preoccupied than non-owners." It's no wonder that pets have been prescribed to people suffering from depression, low self-esteem, and severe anxiety. Their calming presence and active demeanor encourages the same attitude in their owners. Taking care of a pet gets you out of your own head and provides you with a positive, affirming way to spend your time. Even taking them out for a walk gives you a different perspective on the world— it's hard to not reconsider your own priorities when you see your best friend is having the time of his life just sniffing his way down the street.



"I could never live without a dog, or two!" (pictured: Jewel & Thor)

-Patti Walker, President & CEO

A bad day can instantly dissolve when you get home after a long day at work and are greeted with wet, slobbery kisses. For many people, interacting with a pet is the ultimate antidote to a stressful day. In fact, in one study, when people were presented with stressful tasks in four different situations – alone, with their spouse, with their pet, or with both their spouse and their pet – they experienced the lowest stress response and the quickest recovery in the situation where they were only with their pet!

## No Pet? Don't Fret!

Many shelters allow people to volunteer, working with the animals and walking the dogs. You can also offer to pet-sit for friends or turn pet-sitting into a side gig and make a few extra bucks along the way. If you are trying to decide if a pet is right for you, be mindful that pets do add to your daily responsibilities.

For many, the benefits more than make up for the added costs and extra duties, but decide carefully for yourself because being a pet guardian is a long-term commitment, albeit one with long-term rewards!

There is an inexplicable tug of our hearts towards the creatures with whom we share our lives, a primal need to interact with them and to love them. What they give to us is something that is precious and rare. They love us without reservation, they trust us implicitly, and they accept us as we are. What a perfect definition of unconditional love!

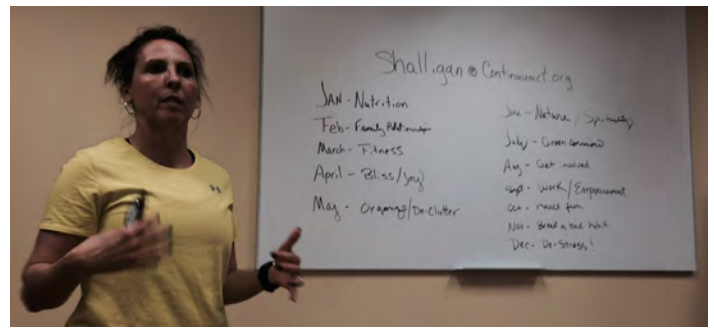
"The cats here at Sheldon Terrace are part of life here. I help the cats the way help was given to me. I have been given a chance to have a better life. I know they appreciate the care that has been given to them, just as I am grateful for the care that has been shown to me. I am thankful for the opportunity to engage with them and to have them here. I love the cats."

-Sheldon Terrace Resident

"Dottie [Jack Russell Terrier mix] has been my best friend for a little over a month now. She's helped me cope with stress and the fear of being alone in my apartment. She's also kept my anxiety to a minimum. When she's laying next to me...I don't seem to think about the pain that's flowing through my body, and for that I'm thankful for her in every way possible."

-Dyshelle Lucas, formerly with McQueeney

On March 19, 2015 **Shelley Halligan**, Continuum's Director of Health and Wellness Education, presented an in-service for South Central Peer Services' (SCPS) Recovery Support Specialists (RSS) and interns on Continuum of Care's **new agency-wide health and wellness initiative**.



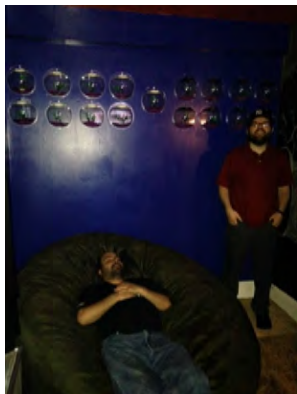
The initiative will focus on a new topic each month regarding health and wellness and RSSs will educate Continuum's residents on the topics through a variety of ways, such as in-services, groups, engaging one-on-one, flyers, and decorating bulletin boards.

**April's topic is *BLISS: Beautiful Living is Super Simple* !**

The focus of BLISS is on starting with a clean slate and clearing mental clutter. Relaxation through meditation, yoga, and exercise are a few ways to build BLISS.



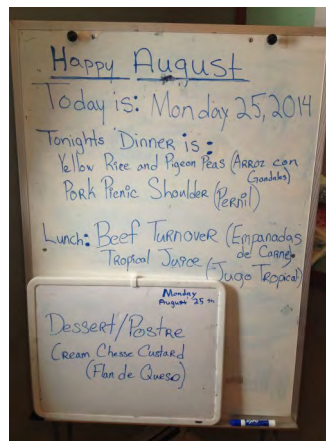
Shelley taught the group "laughing yoga," (pictured above) in which great fun was had by all. It's always a blast when Shelley's around!



**The Sylvan Avenue Program has a new sensory room.** Staff helped design the room after researching sensory spaces and residents picked out the color and assisted with painting. Though the room is still being upgraded, residents are enjoying using the newly re-modeled space.

**Continuum Happenings**

In August 2014, the **New Haven Halfway House initiated a monthly multi-cultural day** event to celebrate and increase awareness of the many races, cultures, and religions of the diverse individuals who call NHHH home for a period of their lives. The all-day multi-cultural events have an array of activities, including music, authentic cuisine, literature, games, videos, and more. To date, they have celebrated the culture and traditions of Puerto Rico, Mexico, Cameroon, Hawaii, Black history, New Orleans, Christmas, and Hanukkah. The music and dancing is fun, the food is delicious, the company is great, and the knowledge gained is priceless.



**Michael Street Program** staff took Dom, Travis, John and Gerald to see **Monster Jam Trucks** at the XL Center in Hartford.

# Continuum of Care is At It Again!

## Helping Those Most in Need

Before I started working with Bobby, he was just a name on a paper telling me he was homeless for seven years and not connected to services. I searched for him but the shelters did not know who he was as he didn't sleep in them. So I reached out to Ron Dunhill, my favorite Hill Health Center Outreach and Engagement case-worker, to help me in my quest to find Bobby. We found him after three months. He had been in the hospital and was getting released that day. We made plans to connect the next day.

It was fall when I first met Bobby. He was walking towards me, pushing his shopping carriage filled with his worldly possessions ... and cans. Lots of cans!

We discussed the 62+ Pilot Program – a collaboration between five Greater New Haven human and elderly services agencies that assists chronically homeless individuals ages 62 and older – and that it involves me being in his life until a case manager takes over as well as services for his aging needs, which he claimed he didn't have. I assured him that though he may not need aging services now, he very well may need them in the future, so he agreed to be a part of this project.

When his housing voucher came through he looked at three apartments before choosing one. He found just what he was looking for: a clean, one-bedroom apartment, close to friends, but quiet. His main focus was on living in a quiet location. Furniture came next. South Central Peer Services was awarded a grant through Yale Medical School, so we were able to purchase an awesome bed for him as well as furniture and other household necessities.

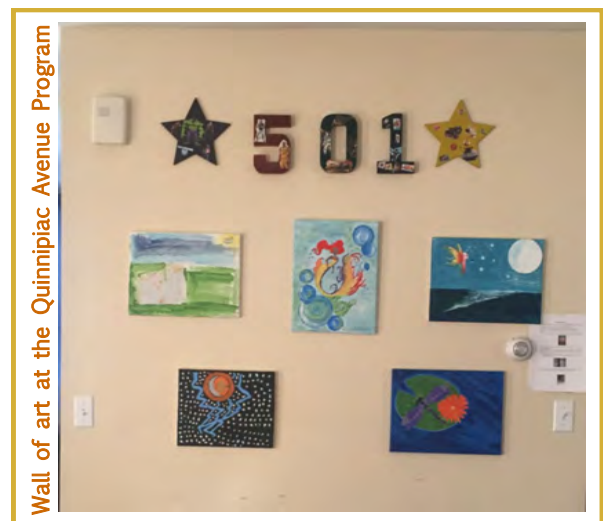
The Housing Authority was unable to inspect his apartment until January 2015, but the landlord allowed him to move in the day before Christmas, so that was Bobby's Christmas present! Bobby finally has a HOME!

I found out a lot about Bobby during my time spent with him. He was once a world renowned boxer who travelled the world for most of his adult life. He also taught boxing in New Haven for a few years in between his travels. A series of unfortunate events sent him to the streets where he lived for 15 years, sleeping in places like the Burger King on Whalley Avenue, in doorways, and around Yale's campus – using cardboard and newspapers to keep himself warm. He's even suffered from frostbite on his feet.

Now, at age 65, he spends his days hanging out with his friends and enjoying his apartment. He is happy to have a permanent roof over his head and is grateful to all those who helped him get where he is now.



-Elsa Ward, Assistant Director, South Central Peer Services



**"There is no man living who isn't capable of doing more than he thinks he can do."** –Henry Ford

# Wellness: Health Benefits of Houseplants

When you decorate your home with indoor plants, you're not only adding beauty, you're also improving indoor air quality and your overall health. Some of the most popular indoor plants for this include aloe, English ivy, peace lily, snake plant, spider plant, and philodendron. Here are a few ways houseplants can benefit your health:

- The presence of house plants is a natural stress reliever and can improve your wellbeing, making you feel calm and optimistic.
- Plants release moisture vapor, which increases humidity levels and decreases dust, reducing common colds, respiratory issues, and dry coughs by at least 30 percent. In addition, increased humidity raises the moisture level in your home, helping to prevent dry skin.
- Plants absorb carbon dioxide from the air, which can alleviate drowsiness.
- Plants increase oxygen levels, which can help alleviate headaches and improve sleep.
- Plants such as eucalyptus can be inhaled to relieve congestion (however, beware that eucalyptus is very toxic if eaten).
- Plants help purify and remove toxins from the air.



Patti Walker's office garden

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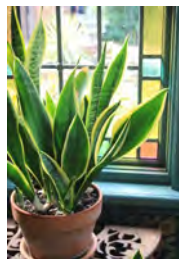
## FOR THE NOVICE Houseplants You Can't Kill



**Jade Plant** (*Crassula ovata*)  
It gets more beautiful with age. Tolerates room temperatures year-round. A succulent foliage plant, it's happy with indirect sun and little water. *Pictured top left*



**Ponytail Palm** (*Beaucarnea recurvata*)  
This plant's swollen base stores water, so occasional lack of water will do no harm. It is slow-growing so buy one that is already the size you want. *Pictured bottom left*



**Snake Plant** (*Sansevieria*)  
Sansevieria thrives in full sun or partial shade and prefers dry air and soil. It rarely needs repotting and resists insects. *Pictured top right*

**ZZ Plant** (*Zamioculcas zamiifolia*)  
This plant practically thrives on neglect. It is forgiving if you forget to water, tolerates low light, and rarely needs fertilizer. *Pictured right*



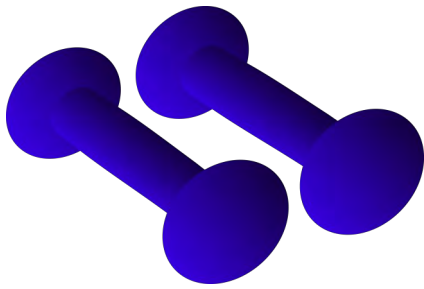
**Spider Plant** (*Chlorophytum comosum*)  
This is an impressive, dependable plant for beginners. It prefers bright, indirect light and produces stems that can be potted to produce new plants. *Pictured on the short wicker stand in Patti's office garden*

**Heartleaf Philodendron** (*Philodendron scandens*)  
This is the most popular of the philodendrons because it stays small and is so easygoing. It's drought-tolerant, but don't let it go too long without a drink though it will recover nicely. *Pictured bottom right*



**Dragon Tree** (*Dracaena marginata*)  
This tolerates dry indoor air and low light levels and handles changing temperatures and humidity levels well. Just don't overwater. It will not tolerate soggy soil, which can cause root rot. *Pictured left*





# Positive Changes at Collindale Drive



**Positive and healthy changes are taking place at Collindale Drive**, Continuum’s CLA (Community Living Arrangement) program in Meriden. In the last year, all of the men at Collindale Drive have made a positive commitment to working on becoming healthier. **One of their major accomplishments so far is that two long-time smokers (one smoked for 25+years) have quit. At this time, there are no cigarette smokers at Collindale.** The former smokers quit by cutting back from smoking a cigarette every hour to every two hours, then skipping cigarettes altogether. They also made the decision to not bring cigarettes with them on community outings. Eventually, after cutting back and skipping cigarettes, they both stopped smoking. Both residents are really enjoying the extra money they can spend on the items they need and want. They feel better, breath better, and are very happy with themselves.

All of the residents at Collindale Drive have made a commitment to eating healthier. Residents are trying to not eat junk food; they have cut fast foods out of their diet and limit soda intake. All of their meals include a salad and a vegetable. The men only eat 100-calorie snacks or a piece of fruit between meals. Three of the residents have started to take an interest in cooking; they take turns preparing healthy foods with the help of the staff. Residents have also become more active — they take walks around the neighborhood and look forward to riding bikes this spring. Two of the residents have joined the local gym and make every effort to go there twice a week. Now that the weather is getting warmer, residents also enjoy playing basketball in the yard. They have even signed up to participate in the Special Olympics in the coming months. **The residents have all lost weight, and continue to do so, with a combined total of over 80 pounds lost to date.**

One benefit of all this weight loss is that all of the residents at Collindale Drive need new spring and summer clothes. The clothes from last year just do not fit any longer. They all look great!

-Joan Murray, Director, Collindale Drive & Heathridge Road Programs



**Joseph Higgins**

Permanent Enrichment Program

*Untitled*

Color print from enamel on ceramic

*Note from the artist:* “These paintings are [created] using a technique I invented in 1993. They are made on the surface of black 4”x4” ceramic tile. Once finished, they are photographed at close range or scanned, then printed with an Epson Pro 10000 format printer. You may want to use a magnifying glass for fun.”



Meet Continuum's Clients' Rights Officers David Ostrom and Dianha Gleason.



# Continuum Happenings

Reggie Bok, Jacquelyn Morrone, and Jessica Plakias (DDS) represented Continuum at the ninth annual **CT Nonprofits Week** at the State Capitol.

On February 12-13<sup>th</sup> I took an overnight ski trip with Brian, Donovan, and another resident to Okemo Mountain in Vermont. A few changes had been made since I was last there in 1994 when I was a senior in high school.



They recently opened up a six-person bubble lift with heated seats for the 2014-2015 ski season. The first time we took the bubble lift to the summit, it was funny. We took the wrong trail which happened to be an intermediate trail, but we thought it was a beginner or novice trail. It was also funny that I was sliding halfway down [the trail] on my bottom. After skiing, we drove to the hotel. We stayed in Rutland and had a nice dinner at a restaurant that is across the street from the hotel. After getting up early the next morning, we drove



back to Okemo to do a little more skiing before heading home. We stopped at Burger King to get lunch to go and ate our lunch as we traveled back home since we had to be back by a certain time. Then we turned our skis in before heading back to the house.

—Jason DeFrance, Burban Drive

On Friday, October 31<sup>st</sup> the newly-established North Colony Program held our first Halloween Party. The other Long-Term Services programs – Sylvan, Adla, and Burban – also attended the costume party.

Among the festivities were Halloween music, costume and pumpkin painting contests, bingo, and, of course, some Halloween-themed food: mummy hot dogs, ghost soup, spider peanut butter and jelly sandwiches, and ghost pizza.



Those who were still hungry after all that food were able to compete for candy in the bingo contest – there were winners from Burban and Sylvan. The biggest prizes of all came from the Halloween costume and pumpkin painting contests. A resident from Sylvan won first place and received a gift certificate to Walmart. He was able to take the crown with a spooky and creative costume that impressed the judges from each house.



Second and third place went to residents dressed as Captain America and Indiana Jones. North Colony sure didn't have to worry about crime that day.

A Burban resident also won a gift certificate for winning the pumpkin painting contest.

Most of the residents and staff members seemed to enjoy the festivities. "It was good," a resident from North Colony said, "The costume contest was fun!"

It seems like all of the festivities didn't wear this resident out too much. "We'll have to do it again [during] Christmas. Everyone will dress up," he added.



—David Billings and Matt Puzycki, North Colony

**Brownell's** Forensic Case Manager Raven and Brownell resident Jurkuch, a Sudanese refugee, ran a 5K in February to support IRIS (Integrated Refugee and Immigrant Services). They both completed the 5K in full and with gusto. The turnout for the **8<sup>th</sup> Annual IRIS Run for Refugees** was great and the race was an awesome success.





I wake up grateful every day for the opportunity to work with fellow veterans. On an average night in America, there are roughly 49,933 homeless veterans, many of whom suffer from mental illness and other disorders. These veterans served our country and performed a selfless duty, so it is wonderful to see a Crisis program working closely with the Veterans Administration to help them. Being a combat veteran and a supervisor at the V.A. Crisis program are both truly remarkable experiences and seeing the great work that the staff does here for the clients fills me up with pride.

Seeing how relieved our clients are when they come here and how much they have improved when they leave us is an indescribable feeling. Many of our clients have wonderful things to say when they leave. Just a few of the things they have to say include:

*"I feel as though this program is very beneficial to anyone who is serious about recovery."* -J.A.

*"I received many good tools for my recovery. I was treated very kindly and professionally."* -O.B.

*"This program was very supportive and went beyond their scope in order to help me reach my goals. Kudos to the staff and manager."* -E.H.

# CRISIS, V.A.: CARING FOR OUR VETERANS



*"I will be eternally grateful for the assistance and support given to me while at Continuum of Care. The staff is exemplary."* -T.D.

*"My experience here was very pleasant. I am very grateful that the Veterans Respite program is here to help us. Staff were great in their experience and dedication."* -G.B.

*"This is my second time in a program...This time was more relaxed. Not being in a hospital setting was more beneficial. I was able to concentrate more on the program. I highly recommend this Continuum program."* -M.B.



My personal experiences with the military and PTSD help me better serve my clients and their needs. The best part of my day is sitting down and talking to them about our past and current experiences. Every veteran has a story to tell, and it's a lot easier to talk to a fellow veteran about some of the rough times experienced overseas. It is my hope that the V.A. continues to work with Continuum and other organizations to expand, enabling more veterans to seek help.

-Anthony Moyer, 2nd Shift Supervisor, Crisis Services, V.A.

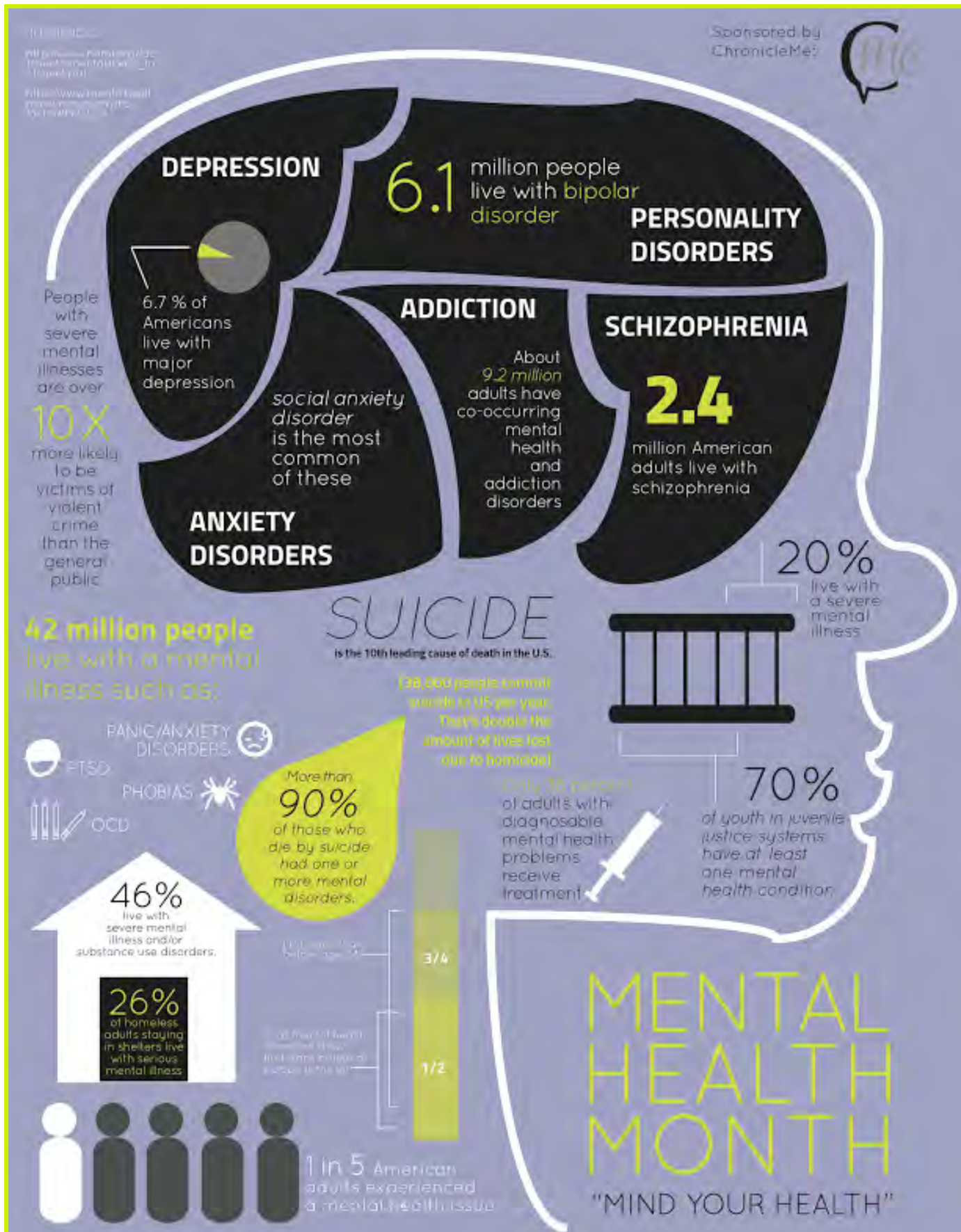


Our clients took part in a small flag ceremony outside the V.A. Crisis program house. This particular flag was flown during Operation Enduring Freedom at COP (Command Observation Post) Shurandam, Kandahar, Afghanistan. Every military installation takes part in numerous flag ceremonies, which include the raising and lowering of the flag and the passing of the flag as the National Anthem is played. These photos demonstrate that no matter how long you have been out of the military, you will never forget the discipline learned.



Edward Mathison and Brian Sheck folds the American flag while James Paolino and Bruce Gilleski stand at the position of attention.

May is...



**Resources:**

- [Connecticut Network of Care for Behavioral Health](#) – an online information portal that provides access to behavioral health care information.
- [Department of Mental Health and Addiction Services](#) – promotes and administers recovery-oriented services in the areas of mental health treatment and substance abuse prevention and treatment throughout Connecticut.
- [National Institute of Mental Health](#) – provides comprehensive mental health information and resources.
- [National Alliance on Mental Illness](#) – national advocacy and awareness agency for mental health.
- [Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#) – national advocacy agency aimed at reducing the impact of substance abuse and mental illness.

June is...

**Caribbean-American Heritage Month** recognizes the significant role Caribbean people and their descendants have played in the culture and history of the United States. Now in its tenth year, it was spearheaded by Dr. Claire Nelson, founder and president of the Institute of Caribbean Studies, who hails from Jamaica. Caribbean immigrants have been active participants in the shaping of this country since the first Caribbean immigrants arrived in Jamestown, VA in 1619. Crispus Attucks, the first person to give his life for the cause of America's independence, came from Barbados. Alexander Hamilton, the first Secretary of the Treasury and founder of the First Bank of the United States, was from the Caribbean island of Nevis. Other notable people of Caribbean descent include former Secretary of State Colin Powell (Jamaica), actress Cicely Tyson (Nevis), civil rights activist W.E.B Dubois (Bahamas/Haiti), civil rights activist James Weldon Johnson (Bahamas), singer/actor Harry Belafonte (Martinique/Jamaica), politician Shirley Chisholm (Guyana), *Today Show* anchor Al Roker (Jamaica/Bahamas), and actor Sidney Poitier (Bahamas), to name a few.



There are thousands of islands that belong to the island countries of the Caribbean region. Caribbean countries include Anguilla, Antigua & Barbuda, Aruba, Bahamas, Barbados, Bermuda (associate member of the Caribbean Community), British Virgin Islands, Cayman Islands, Cuba (the largest), Curaçao, Dominica, Dominican Republic, Grenada, Guadeloupe, Haiti, Jamaica, Martinique, Montserrat, Netherlands Antilles, Puerto Rico, St. Kitts and Nevis, St. Lucia, St. Martin, St. Vincent & the Grenadines, Suriname, Trinidad & Tobago, Turks and Caicos Islands, and the U.S. Virgin Islands. Some continental countries also have islands in the Caribbean, including Colombia (which has 10 islands in the Caribbean Sea known as San Andrés-and-Providencia), Mexico (4 islands), Nicaragua (4), Venezuela (15), Belize, Guatemala, Honduras, Costa Rica, and Panama. The United States also claims several small Caribbean islands, including Alto Velo (15 miles south of the Dominican Republic).



This year is the 30<sup>th</sup> anniversary of **National Park and Recreation Month** which recognizes the enduring importance of parks and recreation for the world. From the start, parks were created to serve the people – to give us a place to enjoy nature, develop an appreciation for the environment, exercise, socialize, and improve our mental health and reduce stress. Many public parks have free programming such as swimming, dance classes, Zumba, picnic opportunities, music concerts, cookouts, and more. Visit [www.npra.com/july-events/](http://www.npra.com/july-events/) to find some fun events near you and make sure to use the official hashtag **#JulyPRM30** to fill the National Recreation and Park Association (which is celebrating it's 50<sup>th</sup> anniversary) in on the cool activities you will be doing during the month of July.

July is...

August 15<sup>th</sup> is...

**National Relaxation Day** was first celebrated as **National Slacker Day** in Britain in 2001 and has since caught on in the United States over the past several years to promote leisure and wellness activities. This quasi-holiday serves as our reminder to slow down and breathe, do something good for ourselves, learn better habits that enrich our lives, and just plain give ourselves a break. So take some time this day (and every day) to consider what you can do to unplug and recharge.

**Read a Book Day** is a great day for book lovers and non-book lovers alike to find a quiet and relaxing spot to sit and read for a while. Reading is very good for improving memory and concentration as well as for reducing stress. Those who read books experience a slower rate of cognitive decline in their old age. Reading is also a great way to “visit” other places, learn about other cultures, and travel back in time. And reading is an affordable means of entertainment too. So take some time out of your day to enjoy this incredibly rewarding lifetime hobby.

September 6<sup>th</sup> is...

**Save the Date: Walk Now for Autism Speaks**

Continuum will be participating once again in **Walk Now for Autism Speaks** at Rentschler Field in East Hartford on **Sunday, June 7<sup>th</sup>**. Please join us in our efforts to raise public awareness about autism and funds for autism research. Visit [www.walknowforautismspeaks.org](http://www.walknowforautismspeaks.org) for more information.

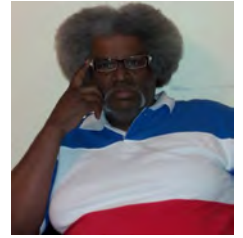


**Adla Drive** had a blast going apple picking, bowling, and dining out at restaurants like TGI Friday's.



### Assurance

Does it seem good to you that you should oppress? That you should despise the word of your hands and smile on the counsel of the wicked? Do not speak in the hearing of a fool, for he will despise the wisdom of your word. Death and life are in the power of the tongue, And those who love it will eat its fruit.



*Proverbs 18:21 as interpreted by Rick L. Best, The People's Poet*

## Continuum Happenings



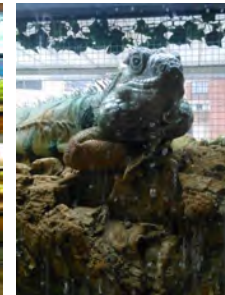
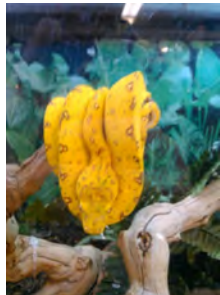
This past February **Reggie Bok**, Vice President of Developmental Disability Services, was invited to attend a two-day event "**Connecticut at the Capitol**" in Washington, D.C. hosted by Senators Chris Murphy and Richard Blumenthal. There were 100 other invitees who came from all areas of the state and with varied areas of interest. A few of the other members of Congress who participated and presented at this conference were Senator Charles Schumer of New York, Senator Barbara Boxer of California, former Senator Barney Frank, and others. The agenda for the two days comprised the following topics:

- *The 114th Congress: What to Expect*
- *Health Care: Next Chapter and Consequences of the Upcoming Supreme Court Case*
- *Behind the Scenes Dodd Frank*
- *Immigration Reform from 1986-2014: What will it take to pass new reforms?*
- *Transportation and Infrastructure*



I always believed that art therapy was a great way to learn some healthy coping mechanisms and develop a hobby as well. The groups I run are held once a week and the art activity changes each week as well. Some weeks we have learned how to crochet, other weeks we have done drawings, and other days painting. I also try to keep different forms of art and crafts available at all times in case a client would like to draw, paint, or even make bracelets [during] their own free time in order to cope with stress. I also let them know that they can utilize the craft cabinet during a crisis situation [when] they want to do a more hands-on and healthy activity. Sometimes, if I find a concept is too difficult [for] certain clients, I will show them other forms of arts and crafts that we have to offer so that everyone has a chance to express themselves through arts and crafts. In the photos from my art therapy session (pictured on the left), we worked on beaded bracelets and basic crocheting techniques.

-Lauren Szentmiklosi, **Crisis, New Haven's** Masters level intern



The **Quinnipiac Avenue Program** took a trip to the pet store to hang out with the reptiles.

*"If you want to go fast, go alone. If you want to go far, go together."* -African Proverb

# Spring Fever Quiz



1. What is the name of the astronomical event that marks the start of spring?

- A. Apogee Equinox
- B. Orionids Meteor Shower
- C. Vernal Equinox
- D. Spring Solstice

2. Which of the following is not true about the vernal equinox?

- A. Day and night are almost equal in length.
- B. At the exact moment of the equinox on the equator, no shadow will be cast.
- C. It always occurs on the same day in March.



Primrose flowers bloom in early spring.

3. Easter gets its name from:

- A. Eostre, the Anglo goddess of spring.
- B. Eastorus, the star that appears in the spring.
- C. Easton, the name of the cave where Christ was buried.

4. According to Greek mythology, what causes the onset of spring?

- A. Zeus, lord of the universe, was fed up with the cold weather.
- B. Aphrodite, the beautiful goddess of love, needed an excuse to wear her new spring frock.
- C. Persephone, queen of the underworld, returns to her mother Demeter, the goddess of the harvest.

5. What famous poet wrote the well-quoted line: "In the spring, a young man's fancy turns to thoughts of love"?

- A. William Shakespeare
- B. Walt Whitman
- C. Alfred Lord Tennyson

6. In which children's film does the classical music piece "Rite of Spring" appear?

- A. Sleeping Beauty
- B. Fantasia
- C. Snow White

7. When is the official first day of spring?

- A. March 20
- B. March 21
- C. Either March 20 or 21, depending on the year
- D. April 1

8. What is the rainiest city in the United States?

- A. Mobile, Alabama
- B. Seattle, Washington
- C. Portland, Oregon
- D. Honolulu, Hawaii

9. What is the term for a period of unseasonably cold weather during spring?

- A. Indian Winter
- B. Dogwood Winter
- C. Blackberry Winter
- D. Both B and C

10. Why do migrating birds prefer northern latitudes during the spring and summer?

- A. Less competition for food
- B. Increased foraging time because the days are longer
- C. Fewer predators
- D. All of the above



Sandro Botticelli  
c. 1492  
*La Primavera*

This famous painting of spring is related to question 4.

Answers are located on the back page.

## July

Regina Bok, 19 years  
James Farrales, 16 years  
Catherine Marie Cook, 13 years  
Shyntel McCarter-Knox, 13 years  
David Timmons, 13 years  
April Bowman, 12 years  
Desiree Taylor, 12 years  
Myron Benton, 11 years  
Colleen Marotta, 10 years  
Myra Greene, 9 years  
Desmond Cooper, 8 years  
Sarah Mount, 8 years  
Jeremy Kokoszka, 7 years  
Marlene Bittle, 6 years  
Charles Bellino, 5 years  
George Black, 4 years  
Marquis Morgan, 4 years  
Latoya Antunes, 3 years  
Nyckcol Brantley, 3 years  
Angela Dease, 3 years  
Kevin Downing, 3 years  
Bobbie Maebrly, 3 years  
David Mc Nerney, 3 years  
Melissa Rivera, 3 years  
Sakina Ibn Yusif, 3 years  
Angela Avery, 2 years  
Monica Brown, 2 years  
Helen Burgess, 2 years  
Clinteshia Crockett, 2 years  
Beverly Felder, 2 years  
Jamarr Hailey, 2 years  
Sunhee Malinowski, 2 years  
Lea Thames, 2 years  
Juan Calzada Colon, 1 year  
Wesley Forbes Sr., 1 year  
Cristal Hawthorne, 1 year  
Aisha Jones, 1 year  
Kevin McLaughlin, 1 year  
Jonathan Paredes, 1 year  
Julia Phillips, 1 year  
Milagros Romero, 1 year  
Courtney Sutherland, 1 year  
Jamie Walsh, 1 year  
Eric Wilks, 1 year  
Johnesha Young, 1 year

## August

Georgianna Bradley, 17 years  
Heidi Spaman, 14 years  
Lynda Stannard, 13 years  
Nina Wallace, 11 years  
Jeffrey Anderson, 10 years  
Saundra Carr, 9 years  
Charlie Lewis, 9 years  
Mark Serafin, 9 years  
Andre Wilson, 9 years  
Keisha Collins, 8 years  
Darren Middleton, 7 years  
Latonia Tyson, 6 years  
Kim Wynkoop, 6 years  
Debra Sticht, 5 years  
Sonya David, 4 years  
Ashlei Garrett, 4 years  
Claude Greene, 4 years  
Stewart Remele, 4 years  
Kandis Cannon, 3 years  
Jacqueline Moffatt, 3 years  
Raymond Paige III, 3 years

Takima Saunders, 3 years  
Alexx Arnold, 2 years  
Peter Baylock, 2 years  
Immanuel Golett, 2 years  
Desiree Knox, 2 years  
Simon Minor, 2 years  
Dennis Suggs, 2 years  
Carla Wiggins, 2 years  
Jamila Bello, 1 year  
Mark Costa, 1 year  
Raheem Duncan, 1 year  
Sajayda Farmer, 1 year  
Krystal Harris-Williams, 1 year  
Erika Henley, 1 year  
Lisa Samuel, 1 year  
Leah Marie Saunders, 1 year  
Cindy Young, 1 year

## September

Edward Mattison, 16 years  
Dennis Tinney, 16 years  
Lauren Goldberg, 11 years  
Cecilio Sealey, 10 years  
Reginald Slade, 10 years  
Shawn Elder, 9 years  
A'Isha Frank, 9 years  
Kimberly Herrick, 9 years  
Myra Lewis, 8 years  
Jennifer Boyd, 7 years  
Tylyse Bethea, 6 years  
Sergio Izzo, 6 years  
Rachel Registe, 6 years  
Cinque Troutman, 6 years  
Shanel Wynkoop, 6 years  
Lesli Antaneda-Brown, 5 years  
Michelle Caffé, 5 years  
Shumra Chambers, 5 years  
Estelle Dent, 5 years  
Latandra Echols, 5 years  
Deborah Jackson, 5 years  
Luis Rodriguez, 5 years  
Janielle Saddler, 5 years  
Jennifer Gleason, 4 years  
Amy Griffin, 4 years  
Tiffinie Jones, 4 years  
Yamilette Perez, 4 years  
Lorraine Stokley, 4 years  
Timothy Charles, 3 years  
Tawayne Gibbs, 3 years  
Cristina Iannaccone, 3 years  
Daniel Mathieu, 3 years  
Shawn McKinney, 3 years  
Jennifer Santiago, 3 years  
Christine Solecki, 3 years  
Shannon Brown, 2 years  
Corey Cotton, 2 years  
Isabel Hernandez, 2 years  
Sarah Kennedy, 2 years  
Nicholas Mensah, 2 years  
Nicholas Rossetti, 2 years  
Charles Bellanfante, 1 year  
Latanya Chen, 1 year  
Janique Clayton, 1 year  
Savanna Duarte, 1 year  
Tiant Ellison, 1 year  
Sharon Fitzmorris, 1 year  
Kathleen Hernandez, 1 year  
Margie Hodge, 1 year  
Sheila Jeffress, 1 year

June Prince, 1 year  
Camille Roach, 1 year  
Gina Suggs, 1 year  
Adessa Williams, 1 year

## October

Patti Walker, 32 years  
Dominique Coleman, 17 years  
Donell Green, 14 years  
Melody Mensah, 10 years  
Ernest Odom, 10 years  
Eric Alvey, 9 years  
Jeffrey Green, 9 years  
Judith Wynosky, 8 years  
Patricia Brown, 7 years  
Cara Barone, 6 years  
Elizabeth Lobotsky, 6 years  
Edna Bowman, 5 years  
Jewel Chestnut, 5 years  
Anthony Cooper, 5 years  
Cheryl Davis, 5 years  
Gwen Duggan, 5 years  
Brenda Shields, 5 years  
William Antrum Jr., 4 years  
William Bailey, 4 years  
Tashima Baker, 3 years  
Brian DeLauro, 3 years  
Selastine Doward, 3 years  
Catherine Hammie, 3 years  
Elsie London, 3 years  
Anne Mandler, 3 years  
Alicia Taylor, 3 years  
Simona Williams, 3 years  
Tatiana Cardona, 2 years  
Renee Chambers, 2 years  
Kimberley DeMayo, 2 years  
Jessica Myers, 2 years  
Nicholas Oliver, 2 years  
Melanie Santos, 2 years  
Patricia Smith, 2 years  
Keenan Armstrong, 1 year  
Nadraka Carruthers, 1 year  
Devin Davis, 1 year  
Lamont Dixon, 1 year  
Samuel Erskine, 1 year  
Dominique Hayden, 1 year  
Shaneka Ratchford, 1 year  
Robert Ruzinsky, 1 year

## December

Gretchen Elder, 13 years  
Eric Albizu, 9 years  
Mary Hall, 9 years  
Jalita Manning, 9 years  
Vivian Concepcion, 7 years  
Brian Johnson, 6 years  
Christopher Reddick, 6 years  
Joseph Goldman, 5 years  
Sharon Mitchell, 5 years  
Hector Ramirez Jr., 5 years  
Shpresa Bungu, 3 years  
Athelda Burns, 3 years  
Christina McMillan, 3 years  
Fredina Mendez, 3 years  
Robert Mumford, 3 years  
Shawn Smith, 3 years  
Elizabeth Acevedo, 2 years  
Robert Bulls, 2 years  
Wendy Hoyle, 2 years  
Justin Malik, 2 years  
Deija Sanders, 2 years  
Corey Woodson, 2 years  
Alexander Faiella, 1 year  
Tyrone Freeman, 1 year  
Tomiko Grant, 1 year  
Quashea Hanna, 1 year  
Karlanda Jones, 1 year  
Kamiya Knox, 1 year  
Ashley Long, 1 year  
Kevin Moreland, 1 year  
Shannon Robinson, 1 year  
Scott Sullivan, 1 year

## November

Timothy Bennett, 11 years  
Gary Lloyd, 10 years  
Keith Belford, 9 years  
Marjorie Powers, 9 years  
David Russo, 9 years  
Lakeshia Caster, 8 years  
Erika McLean-Nixon, 8 years  
Shawn Wood, 8 years  
Ed Smith Jr., 6 years  
Deion Cooper, 5 years  
Michael James, 5 years  
Chante Franklin, 4 years  
Samantha Arnold, 3 years  
Matthew Lyga, 3 years  
Karen Ortiz, 3 years  
Raquel Overstreet, 3 years  
Theresa Sanders, 3 years  
Philip Thomas, 3 years  
Jessica Tirado, 3 years



## July

Vida Ampofo, 6 years  
Edna Sowah, 6 years  
Sheila Gay, 3 years  
Sandra Ntreh, 3 years  
Erica Toro, 3 years  
Rosa Carbon, 1 year  
Amy Griffin, 1 year  
Karen Harris, 1 year  
Jennifer Negron, 1 year  
Shawnee O'Donnell, 1 year  
Vitealya Vereen, 1 year

## August

Mary Anne Bernardo, 10 years  
Sabrina Moncrease, 7 years  
Prentiss Carl Tomlin, 5 years  
Jeffery Ward, 5 years  
Kerri Sweetman, 4 years  
Ashley Mitchell, 3 years

Nkechi Asoh, 1 year  
Yekaterina Bazileva, 1 year  
Taheera Tavares, 1 year

## September

Patricia Yashenko, 10 years  
Eileen Tweed, 9 years  
Maria Reiter, 7 years  
Alexis Hines, 4 years  
Jennifer Harrington, 2 years  
Jeffrey Dela Cruz, 1 year  
Jacqueline Foster, 1 year  
Gabriela Madureira, 1 year  
Annie Owen, 1 year

## October

Kathleen Perrotti, 11 years  
Sarah Gomez, 8 years  
Vickie Gray, 7 years  
Nichole Dill, 6 years

Dora Gomez, 6 years  
Helene Mierzejewski, 6 years  
Donna Tomlin, 5 years  
Carol Sabo, 4 years  
Anita Benton, 2 years  
Angela Asamoah, 1 year  
James Barakos, 1 year  
Tiffany Elder-Moore, 1 year  
Demisha Wilson, 1 year

## November

Lauretta Young, 10 years  
Michael Dekpor, 9 years  
Ishmael Masoperh, 8 years  
Daniel Barnes III, 6 years  
Kathleen Rice, 6 years  
Tania Diaz, 4 years  
Claudine Lee, 4 years  
Tonya Holmes-Pickett, 3 years  
Chaina Graves, 2 years

Tyquasha Harvey, 2 years  
Natasha Pearsall, 1 year

## December

Carmen Rivera, 9 years  
Natasha Spearman, 5 years  
Ernesha Gatling, 2 years  
Tia Rose Means-Murray, 2 years  
Janet Manchester, 1 year  
Donald Morriar III, 1 year  
Joann Staiano, 1 year



## CONTINUUM STAFF DEVELOPMENT 2015 TRAINING CALENDAR



### May 28, 2015: A Day in a Life of a Voice Hearer

This training will be facilitated by a Claire Bien who will speak to her own experience and recovery as a Voice Hearer as well as her experience working in this field. She will speak to sensitivity of working and engaging with voice hearers and ways staff can begin to think about working with Voice Hearers. The trainer has been a speaker with NAMI and has over 26 years of experience and recovery. She has a wealth of knowledge to provide.

Trainer: Claire Bien, M.Ed., Voice Hearers Network of Connecticut

Location: United Way of Greater New Haven, 370 James Street suite 403

Time: 1:30p-3:30p

### June 25, 2015: Hearing Voices

Hearing Voices That Are Distressing is a simulation training program designed to provide a glimpse into living with the condition known as Schizophrenia and other Mental Illnesses. Participants will experience being "symptomatic" i.e. hearing voices that are distressing while participating in several activities.

Trainer: Jim Farrales, LCSW, ACSW and David Ostrom, LCSW

Location: 67 Trumbull St, New Haven CT 06510

Time: 11:00 - 2:00 pm

\*\*\*Please note this training is limited to 15 staff. Lunch will be provided.

### July 23, 2015: Charting

Charting items including Monthly Progress Notes, Community Support Plans, Encounter Notes, TCM's, Medication Log, and Incident Reports will be reviewed. Review of Charting Guidelines and how charts should appear. Examples with handouts will be provided. Staff are encouraged to bring examples of their work to be reviewed in the training. NOTE: This training is not a Caseworthy training, only a skill building training.

Trainer: Dianna Gleason, MS, Quality Assurance Coordinator

Location: 24 Sheldon Terr, New Haven, CT 06511

Time: 2:00p-4:00p

**Staff members are encouraged to arrive 5-10 minutes early to trainings in an effort to begin trainings on time and courtesy to our trainers. Any staff arriving more than 10 min late will not be accepted into the training.**

**Staff are reminded to not use phones during trainings!**

Please contact Dianna Gleason, Quality Assurance Coordinator, at (203) 498-4160 x3 or via email at [dgleason@continuumct.org](mailto:dgleason@continuumct.org) to register.

"Instead of wondering when your next vacation is, you ought to set up a life you don't need to escape from."

-Seth Godin

# Continuum Flashback 1984

## Care organization views addition of residential plan

By Joyce Mariani  
Staff Reporter

Strapped for funds just a year ago, Continuum of Care is poised to expand.

The organization, which runs the New Haven Halfway House on Howard Avenue, has a new executive director, a bigger budget, and hopes of buying a building so it can start a new supervised residential living program this fall.

Patti Walker is the third executive director Continuum of Care has had in less than two years.

Edwin Hayden, who had served as executive director for nearly six years, resigned in August of 1982, after the organization lost an \$11,000 contract with the state Department of Corrections and the state Department of Mental Health failed to make up the difference.

George Doyle, who replaced Hayden, resigned in June, after Continuum of Care severed ties with the 11-bed Bridgeway halfway house it was operating in Torrington.

When Walker assumed the executive director's position in October, the agency was operating the 11-bed New Haven Halfway House with a skeletal staff, no work-study students or student interns to fill the gap, and a budget of \$98,059 for the fiscal year ending June 30, 1984.

Walker was able to increase the budget to \$115,000 before the end of the fiscal year. She

said the budget for the 1984-85 fiscal year will be "at least \$144,000."

"We added two beds to the halfway house, so we have 13 now. The state Department of Income Maintenance has increased its payment rate from \$282.27 per person per month to \$365 per person per month for halfway house residents that are on welfare. The United Way increased its allocation to us from \$20,117 to \$28,232. We were getting \$39,000 from the state Department of Mental Health, but we're getting \$50,766 from them now. Things have changed a great deal," Walker said.

She said the agency applied for, and got, a \$35,000 DMH grant that will allow it to replace windows, add a family room and an office, redo flooring, renovate the kitchen, and paint the interior of its 599 Howard Ave. headquarters.

The agency also has added an assistant executive director to its staff and revived its student work-study and student intern program.

This fall, Walker said the agency hopes to begin its first supervised apartment program.

"We've put a deposit on the three-family apartment building at 322 Howard Ave., and we're working on securing a mortgage and program funding now. The closing is scheduled for Sept. 30," she said.

Staffed 24 hours a day, the New Haven Halfway House is a transitional residence for people



Staff photo by Lorenzo Evans  
Patti Walker is the third executive director Continuum of Care has had in less than two years.

with psychosocial problems. The goal of the program is to help people readjust to community life.

Walker said supervised apartments would benefit clients who need only minimal support services to make it on their own.

A graduate of Fordham University in New York with a master's degree in social work administration, Walker completed an administrative internship at Family Counseling of Greater New Haven. Prior to that, she worked for six years as a vocational program designer and manager for the Shoreline Asso-

ciation for the Retarded and Handicapped.

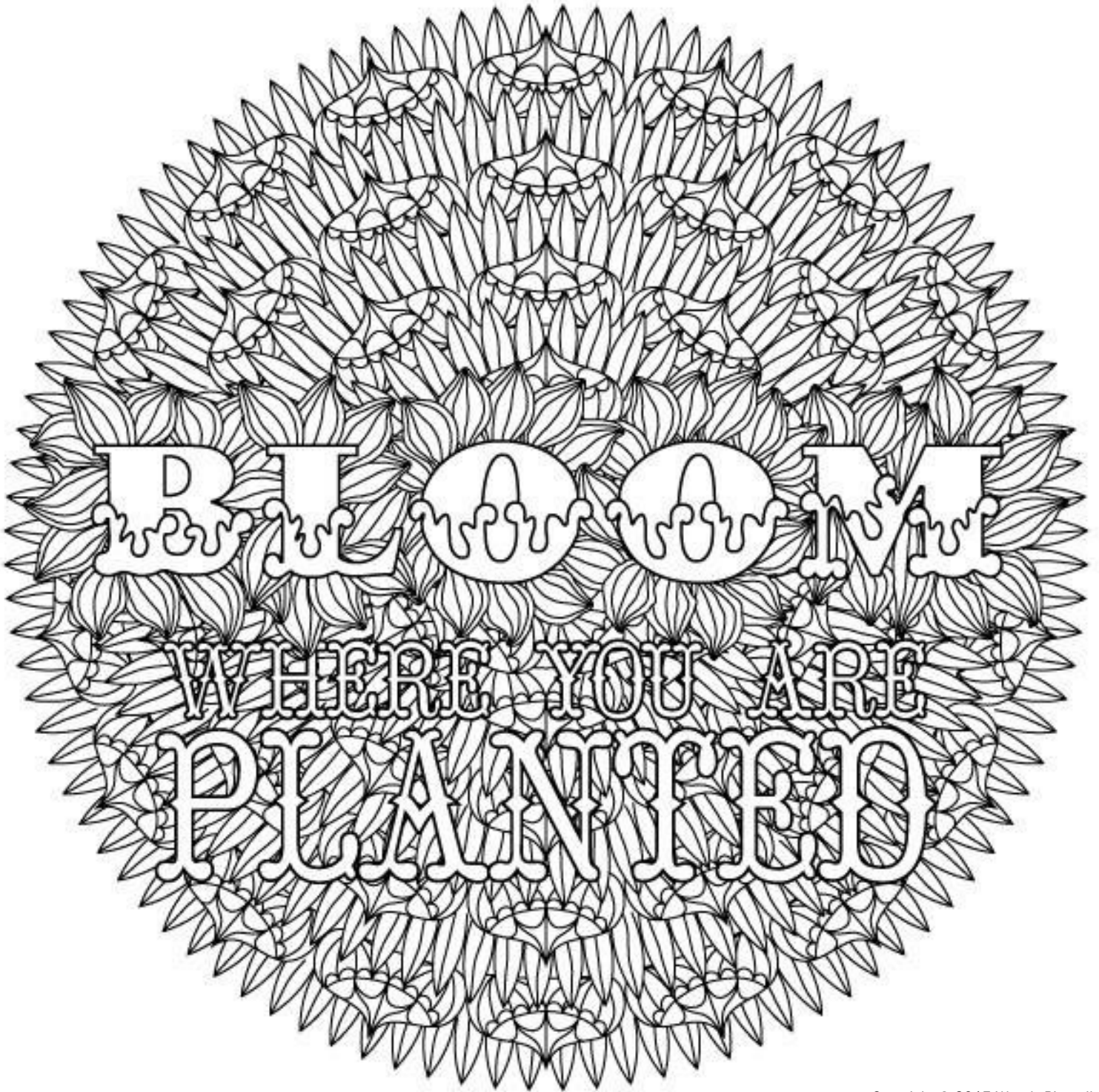
She said she accepted the position of executive director of Continuum of Care because she "wanted a job with a challenge."

"Obviously, this job presented a challenge, but the potential of the house was also obvious. There's a real commitment on the part of the people who work here. That impressed me. I saw more positive things to take off with than negative things to be bogged down with. I see real potential for growth here. What's exciting," Walker said, "is to see it happening already."

**GUESS WHO**



**Hint:** They are both clinical directors.



Copyright © 2015 Wendy Piersall

The image above is a **mandala** drawn by artist Wendy Piersall. Mandalas, which originate in India, are images that feature circular designs with concentric shapes — nests of squares and circles that represent the cosmos. It is a sacred symbol in Hinduism and Buddhism: "For Buddhist practitioners, mandalas are not just images to view, but worlds to enter — after recreating the image in their mind's eye, meditators imaginatively enter its realm," according to San Francisco's Asian Art Museum. However, you don't have to be a Buddhist to enjoy the zen magic of the mandala pictured — coloring it will definitely bring you back to the nostalgic bliss of your childhood coloring book. But coloring is not only for kids — it is also beneficial for adults because of its de-stressing power. **Coloring generates wellness, quietness and also stimulates brain areas related to motor skills, the senses, and creativity.**

When coloring this image, make sure to stick to crayons or colored pencils and avoid pen markers with alcohol that will go through the paper.

Continuum of Care, Inc.  
67 Trumbull Street  
New Haven, CT 06510

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Kathryn Laird  
52 Jerimoth Dr.  
Branford CT 06405-2226



### **Newsletter Committee**

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*If you have any ideas for future newsletters, or if you would like to join the Newsletter Committee, please contact one of the people listed above. All comments and suggestions are welcome.*

### **Contributors:**

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### **Spring Fever Quiz Answer Key:**

1. C 2. C 3. A 4. B 5. C 6. B 7. C 8. A 9. D 10. D