

The CONTINUUM

Summer 2020 Exchange



Stay Connected



*Alone, we can do so little;
together, we can do so much*

-Hellen Keller



LETTER FROM THE PRESIDENT

DEAR FRIENDS AND COLLEAGUES,

It is difficult to adequately express how impressed and grateful I am to the courageous men and women on Continuum's staff who have worked tirelessly, fearlessly, diligently, and creatively to keep clients and staff safe. They've made tremendous sacrifices to ensure the wellbeing of their charges, their co-workers, and the organization. Like others in the healthcare, first responder, and behavioral health fields, so much has been willingly risked in order to keep others from harm. If any good has come out of this pandemic, it is in all the evidence of goodness, dedication, tenacity, and creativity that has been repeatedly displayed over these past few months.

The work performed at Continuum to support and help individuals rebuild their lives from a point of crisis, despair and often homelessness to a point of strength, stability, and community living is both challenging and deeply rewarding. I've always known the team is strong, but a national pandemic can put everything into a tailspin overnight. Conversely, it can also evoke superheroes who swiftly and adeptly rise to the challenge and answer the calls coming from a myriad of directions.

The journey is not over, as the pandemic remains a very real threat. But **these past few months have illuminated an intensely bright light on the dedication, capability, and amazing force we have in the Continuum Team.** I am fortunate to be part of this journey into the wilderness, with such a competent, committed, and compassionate crew. There are 800 Continuum employees working to keep 2,000 clients safe, secure, and sound. They are amazing, and I am forever grateful for all they have done, and continue to do each and every day.

With the support of all of you, Continuum will continue to keep our clients, our staff, and our organization safe and well. I am confident in Continuum's team as community leaders, helping individuals who might otherwise be returning to hospitals or living on the streets, unprotected, and unsupported.

WITH GRATEFUL THANKS,

Patti L. Walker, MSW
President & CEO



COPING WITH CORONAVIRUS

A COLLECTION OF RESOURCES

THESE UNPRECEDENTED TIMES have elevated everyone's fears over safety and the uncertainty of the future. We collected a broad range of Coronavirus Resources on our website to help you, your family, and friends stay informed, physically and emotionally healthy, socially engaged, and even entertained and continuously learning.

Visit www.ContinuumCT.org/coronavirus

Here's a sampling ...

Expert Health Advice



Keep yourself safe — read Harvard Health's article "How to Boost Your Immune System"

Community



Tap into 2-1-1 of Connecticut's extensive list of resources

Addiction Resources



Find support through SMART Recovery's variety of online recovery groups and forums

Mental Health



Try ACT's free mindfulness-based resources for coping with uncertainty

Stay Social



Connect with friends on apps like Houseparty and Zoom; Enjoy free, world-class performances

Stay Active



Work out with the legendary tennis player Venus Williams via her Instagram Live

Learn



Learn how to boost your happiness and build productive habits with Yale's Coursera course "The Science of Well-Being"

Families



Help build your kids' resilience skills with Pathways to Empowers' videos and activities

www.ContinuumCT.org/Coronavirus

Stay well

GET YOUR SPACE IN ORDER!



HIGH QUALITY SERVICE GUARANTEED

Call Today for a Free Estimate

Get your space in order and your mind stress-free with Continuum's **Custodial, Housecleaning, Moving and Landscaping Teams**. Prices are reasonable, we are fully insured, and we pride ourselves on giving individual attention to every customer.

Even better, hiring our team means you are supporting our **Employment Apprenticeship Program** that helps our clients gain independence and employable skills for entry to the workforce.

Contact Elsa Ward, MS (Director)

203.562.2264 x 250 | eward@continuumct.org

*Nominate a Hero
to receive Free
Lawn Care*

SUMMER DAYS OF GIVING FOR HEROES WORKING WITH COVID PATIENTS

Continuum's Landscaping Crew is Giving Back to our heroes working with COVID patients, by mowing and trimming their lawns, at no charge for the day.

We will select **1 Person a Week**
Every week in June & July
Greater New Haven Residents Only

Contact Elsa Ward, MS

203.562.2264 x 250

eward@continuumct.org

FIND YOUR PATH FROM CRISIS TO RECOVERY



CONTINUUM RECOVERY SERVICES provides intensive clinical care and support for adults with mental health and co-occurring substance use challenges, in a safe and nurturing environment that inspires rebuilding life in recovery.

Contact Rista Luna for Admissions:

rluna@continuumct.org, 475.224.1864

Contact Shayla Collier for a Tour:

scollier@continuumct.org, 203.530.4496

www.ContinuumRecoveryServices.org

TURNING IDEAS INTO REALITY



“YOUR IDEAS AND YOUR STORIES GIVE PEOPLE HOPE that they can accomplish their goals, too. You motivate and inspire,” **Ivette Altieri** told the crowd at the recent **Consumer Initiative Grant luncheon**. The grant program administrator comes across hundreds of applications each year and the passion and excitement she encounters within each never gets old.

Each year, Continuum South Central Peer Services awards small grants to people in recovery from mental illness or co-occurring disorders. In turn, **they execute personal projects or have experiences that help them achieve life goals** and connect with the community.

After two decades and 1,100 grant recipients, the pride on every awardee’s face never fails to inspire as they present the project. Each story is compelling, no matter the scope of their projects, such as outings to New York City, retreats, plays, art, baking, fitness classes, and trainings, to name a few.

Take the self-care projects, for example. You didn’t have to be invested in manicures, makeovers or massages to feel the ladies’ deep gratitude over being served with such kindness in a world where they often feel overlooked. A salon even took a picture of **Maria Munoz’s** transformation, and it was clear they made her feel like a movie star as she showed off her new hairstyle at the podium. The renewed confidence and self-esteem was palpable across the room.

One lady was inspired by another awardee’s project – as Ivette envisioned – to take up pottery. Many used their

creative projects as meditative experiences.

Heather Page shared that coloring mandalas helped calm her brain. Everyone learned a lesson in tenacity from Juanita Plaza who said about her drawings, “I’m not perfect, but I’m trying.”

It was remarkable to see the tangible results from these projects. Continuum’s inaugural Holiday Bazaar featured **Samuel Aryee’s** beautiful coconut shell jewelry and keychains, as well **Al Serini’s** inventive baked goods (imagine root beer fudge!), candles and aromatherapy sprays. At the Grant luncheon, Al shared that he withdrew from the world when his wife died 10 years ago. Buying ingredients for his baking got him outside of the house and talking to people. Now, on every visit to Walmart, staff ask, “What are you making now, Al?”



Richard Youins, a Recovery Support Specialist with Continuum’s Crisis & Respite program, used his grant for ER training through the Connecticut Community for Addiction Recovery. In his 8th year of sobriety, he used to be a ‘frequent flyer’ at several Continuum programs, including Crisis, but he is now doing work to serve others in recovery. This training was yet another step towards more work opportunities in his field. (You can read his story here: www.ContinuumCT.org/Richard)



Richard closed out the event with a reminder of the grants’ impact. **“This program shows that, though we have challenges, we still rise, we still matter, we still get the job done. No matter how the world pigeonholes us.”**

THE POWER OF HUMAN CONNECTION

MARJORIE SPEAKS WITH WONDER, recalling a long-time Warm Line caller who suffered horrible abuse from her husband and her son for years. “She didn’t have the self-esteem or strength to stand up for herself, or leave. Two-and-a-half years later, though, she’s living in an apartment by herself.”

Since leaving her abusive environment, the woman has made consistent progress, going from relying on a variety of programs for help, to completely independent living.

“She’s doing really well, Marjorie says. “Sometimes things come up that she wants to talk about, or she calls just to check in, and that’s fine. She can do that as long as she wants.”

For over 13 years, Marjorie has been an operator (and Recovery Support Specialist) on the Safe Harbor Warm Line, an offering from Continuum’s South Central Peer Services. **Operating 365 days a year, the Warm Line is there for people who need a listening ear**, whether they have a diagnosed mental illness or not.

Callers can talk to Warm Line operators twice a night, and calls are timed for up to 10 min, then another 5 minutes for their second call. “It doesn’t sound like a lot of time, but you would be amazed at what you can accomplish,” Marjorie shares.

The value in the Warm Line lies in the highly trained operators who are in recovery and on their own mental health journeys. **Callers know they are speaking to someone who “gets it.”** All of Marjorie’s life, people always seemed to find it easy to share their problems with her. She was inspired to study psychology and sociology in undergrad, and eventually received her Master’s in counseling. She worked as a psychiatric social worker in a state hospital.

“My degrees really don’t matter in the role,” she’s quick to say. Working through her own childhood trauma, and managing her depression and anxiety, has given Marjorie the empathy, patience, tolerance, and stamina to listen to people dealing with a wide range of issues;

qualities she insists are necessary for a Warm Line operator. “You have to really care about people,” she says. “You have to put your values or ideas aside at times to support callers appropriately.”



Some people just need to vent, others need to bare their deepest, darkest trauma. In severe cases, Marjorie has spoken to people suffering through hallucinations or other instances of extreme mental or emotional distress. But if the call takes a suicidal or homicidal turn, she redirects them to a Crisis Line or the appropriate authorities. The Warm Line isn’t equipped for those kinds of phone calls, but they will follow up to make sure the person in danger is okay.

Many of the phone calls come from people just needing a simple human connection. “There are times when people are so ill, they don’t have any friends or don’t know how to make friends. They don’t understand why people turn away from them,” Marjorie says. “We’re there, not as friends, but as support — friendly voices and a friendly contact who won’t judge them.” One such person, after years of calls, finally feels comfortable enough to work outside the home, and pursue more social connections. That may seem small to some, but “little” breakthroughs like this from callers are what Marjorie’s work is all about.

“It’s got to come from them. That’s the base for everything. It has to start within.”

Five hours of intentional listening to people’s issues, twice a week, can be wearying. For self-care, Marjorie plays with her pets, listens to audiobooks, watches TV, and has coffee dates with a close friend. As healing as these activities are, it’s working the Warm Line that helps Marjorie every day. *Continued on the next page*

“It’s wonderful to feel that your life has value. I’m 77 years old now, and disabled. There’s not much I can do. If you just sit around for a while, you ask, ‘What am I contributing?’ Now I am able to contribute. I am able to give to people, and that is very, very important to me.”

Marjorie advises people, “Be patient with yourself. And if you think you need help, don’t be afraid to ask.”

Mental health is universal. We can all use help at some point in our lives, and if you’re in this space now, the Warm Line is always there.

Confidentially contact the Safe Harbor Warm Line (for free) 365 days a year, from 5:00 to 10:00 pm at (800) 258-1528.

Connect to Cope with COVID

Social distancing and the fear of the unknown has terrible effects on us all — especially those already dealing with mental health issues.

“Try to keep in touch with people by phone, or however you can. Keep up with your support system,” Marjorie shares. “Just connecting, even to simply talk about the weather, is enough to bring me up.”

THE JOY OF NEW EXPERIENCES

ENDURING MENTAL HEALTH PROBLEMS TEND TO CHIP AWAY at the bits of you that make you feel like yourself. Getting out and doing rewarding activities are what make Nikki – and the other people we serve – feel whole.

Nikki, a resident of one of Continuum’s Developmental Disabilities Services programs, has PTSD, major depression, and other tough diagnoses. Various programs she tried lacked the compassionate care vital to her well-being.

After years of searching, her mother found Continuum.

“Since coming to Continuum, my life has become better,” Nikki shares. “Staff care about me.” From easing her burdens by helping her with laundry and grocery shopping to providing transportation, her staff is her trusted support system. They make sure she stays engaged in activities that bring her joy, like reading, going to museums and movies, spending time in nature, and travel. They are always willing to go the extra mile.

Last year, **Nikki’s staff Theresa and Lisa went about 1,000 extra miles** – on a Carnival Cruise trip to the Bahamas! The highlights of their trip were the Broadway shows, dancing, trying incredible new foods, a boating excursion, and swimming and relaxing on the beach. Nikki had so much fun, she can’t wait to go on her next trip.

“I’m going on a cruise again, but I have to make more money this time for shopping,” she says. Most of Nikki’s new goals consist of traveling. She told her staff that she’s determined to work hard, save and plan. *Continued on page 18*

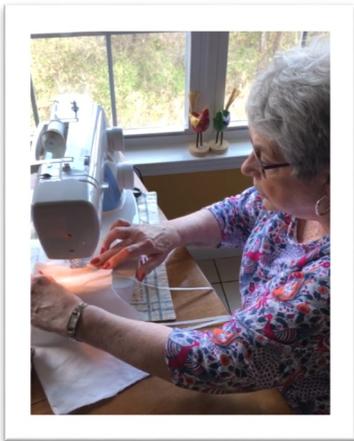


...THEN ALONG CAME COVID



Together we do good

When COVID struck, threatening the well-being of our vulnerable clients and courageous staff and exponentially increasing expenses — our community really showed up for us. Organizations and individuals alike have donated PPEs and sanitation, and food supplies. Many dear people (We appreciate our new friends!) have made hundreds of masks and donated all manner of goods to keep our people emotionally, physically and mentally healthy.



Working with angels

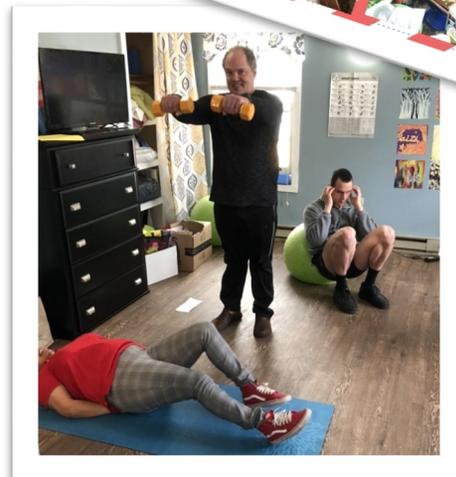
At Continuum, everyone has been involved with efforts to keep one another safe and loved. Clients are making masks, cleaning and cooking. Our amazing Cleaning Crew has been meticulously cleaning the Administrative Offices throughout the day. Grassroots Deli was repurposed and provides 1,300 meals per week to 26 of our group homes across the State. There are daily Zoom meetings to stay on top of the ever changing COVID news, so we can anticipate and act quickly.



Follow us on Facebook for more pictures & video: www.Facebook.com/ContinuumConnecticut

Keeping our spirits up!

Staff ensure that clients safely venture out to enjoy the natural beauty of our community and stay physically active. And we cannot believe the bounty of arts and crafts and games that our awesome donors have supplied. So, we're having fun and celebrating in new virtual ways — one program has weekly themed Zoom parties — expressing ourselves creatively, and making art to honor the dedicated workers ensuring our safety.



Staff engage clients with therapeutic activities like pet therapy and skill building exercises. Our therapists also provide support with telehealth services. The strain of worrying about their own safety, as well as the health of clients and their own family members, has led staff to step up to provide comfort for one another with care packages and Zoom get-togethers.

EMPLOYEE ANNIVERSARIES

Congratulations to all of this year's honorees. How exciting it is to see more and more 10-, 15- and 20-year veterans at Continuum! We are so grateful for your years of service and how they have helped to shape and grow Continuum in a most remarkable way. Thank you for holding fast to our mission by braving the COVID-19 pandemic for these past several months and counting. Because of the examples you have all set, we are keeping all of our clients and staff safe during this remarkable time.

I am so sorry that we are unable to celebrate with our traditional party which is always a huge success. I can't wait until we can all come together again.

-Patti L. Walker

20 Years

James Farrales
Executive Vice President



Dennis Tinney
Batter Terrace, DDS



Jeanine Ann Avitabile
Cleaning Crew, Admin Office
Mental Health Waiver, MHS



Desmond Cooper
Mt. Vernon, DDS



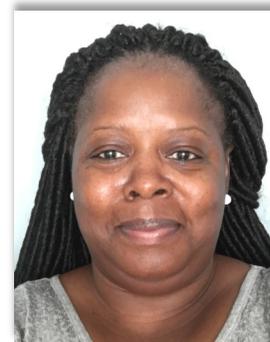
Lauren Goldberg
Clinical Director, DDS



Jacqueline Greene
A Common Bond, MHS



Nina Wallace
Housing Resource Coordination, MHS



15 Years

10 Years

Tanyce Gambrell

Batter Terrace, DDS



Cheryl Grady

Mental Health Waiver, MHS



Sergio Izzo

Facilities



Brian Johnson

North Colony Program, MHS



Jessica Muolo

Director of Permanent Supportive
Housing Services & Community
Support Program, MHS



Latonia Tyson

Community Integration
Program, DDS



Kim Wynkoop

Collindale, DDS



5 Years

Raheem Ahmed (MHS)

Dana Ashby (MHS)

Theresa Barber (MHS)

James Bissette (MHS)

Hannah Buckley (MHS)

Juan Calzada Colon (MHS)

Montaya Cheeks (MHS)

Latanya Chen (DDS)

Deborah Cox (Development)

Sharon Cunha (MHS)

Brianna Curtis (MHS)

Lauren DalSanto (DDS)

Kyia Delvalle (DDS)

Sophia Dixon (MHS)

Lamont Dixon (MHS)

Jeremy Donnelly (MHS)

Joseph Foran (IT)

Amanda Geiger (DDS)

Rodney Harris (DDS)

Krystal Harris-Williams (MHS)

Sheila Jeffress (MHS)

David Johnson (DDS)

Aisha Jones (MHS)

Tiasha Jones (DDS)

Charrise Lee-Pigatt (MHS)

Warren Lowery (MHS)

Lorraine Martin (DDS)

Monique Maxwell (DDS)

Lynnell Melendez (MHS)

Kevin Moreland (MHS)

Qadir Muhammad (MHS)

Maria Rivera (MHS)

Hiram Rodriguez (MHS)

Milagros Romero (MHS)

Rosa Rossi Thomas (Quality)

Wiley Rutledge (MHS)

Shaakir Solomon (MHS)

Britney Vaughn (DDS)

Moises Vazquez (MHS)

Trishena Waters (DDS)

Adessa Williams (DDS)

Marquis Young (MHS)

BOOST YOUR IMMUNE SYSTEM *& Sniff Away Your Stress*

OUR COLLECTIVE ANXIETY OVER OUR PHYSICAL HEALTH, AND THAT OF OUR LOVED ONES, during this COVID pandemic has taken a toll on our mental health. It's a vicious cycle as chronic stress weakens the immune system. Many of us are countering the stress of constant updates on the threats to our safety by investing heavily in self-care.

Try **essential oils as a supplement to protect** yourself physically and emotionally.

Essential oils are condensed extracts from plants; named 'essential' because it was thought that they represent the essence of odor and flavor of the plants from which they're derived. Oils have been used for centuries around the world to cure ailments, relieve small aches and pains, and improve emotional, mental and spiritual well-being.

Essential oils are **notable for their effect on brain chemistry**. Inhaling essential oils activates your brain's limbic system which governs emotions, memories and arousal. The amygdala (within the limbic system) plays a pivotal role in processing emotions, particularly those related to fear and survival.

But did you know essential oils **can also contribute to a healthy immune system**? According to immunologist Heather Moday, M.D. (qtd in *MindBodyGreen*), there's no fast-acting solution to boosting immunity as "our immune system is made up of so many moving parts," but it's more about staying balanced in preparation for exposure to disease-causing pathogens. A variety of healthy lifestyle practices — stress management, sleep, diet, and physical activity — help you maintain a healthy microbiome.

A Few Oils for Stress Relief & Immune System Health

Lavender Calms you, and helps you sleep better — necessary for your body's rejuvenation

Lemon Helps remove harmful toxins from the body, stimulates serotonin and dopamine production

Eucalyptus Clears your congestion and helps relieve airways if you have the cold and flu

Oregano Helps accelerate your recovery time when you get sick, induces anti-anxiety effects

Frankincense Combats pathogens by helping create additional white blood cells and reduces inflammation

How to Use

INHALATION

- diffuser
- vaporizer/humidifier
- hot water steam
- fan/vent
- smell the essential oil from the bottle

TOPICAL APPLICATION

- apply directly to the body via ears, neck, feet, or wrists
 - Must be diluted with a carrier substance like water, vegetable or nut oil
- massage therapy, baths & compresses
- add to body spray or hand lotion

DIY

LAVENDER OIL SPRAY



What You Need

- 5ml mini spray bottle
- Lavender for calming effects
- Oil dropper and water dropper for easy funneling
- *Optional: Add crystals of your choice (we added amethyst for the pretty purple hue)*

Steps

- Fill each bottle $\frac{1}{4}$ of the way full with crystals
- Using an oil dropper, apply 4-5 drops of oil in each glass
- Use the water dropper to fill the glass with water
- *Apply bottle top, shake, spray and enjoy!*



ENHANCE YOUR SPACE *& Your Brain*

ARE YOU BURNT OUT FROM VIRTUAL HANGOUTS OR FEELING MORE DISSATISFIED WITH YOUR SPACE while working from home? Refresh your space along with the new season. Working with your hands helps to shift your mind away from COVID stress and focus on the task in the present.

The sense of accomplishment and fulfillment you will get from challenging yourself to learn something new and handling long-avoided tasks will do wonders for your mental health, and your space will be prettier for it!

Paint a Door or a Wall

The right shade can make your space look larger or brighten your mood. Painting your front door can quickly upgrade your home's exterior.

Find Tips:

HGTV - *Painting tips for every room* - bit.ly/2BrZzem

DIY Friday - *How to paint a front door* - bit.ly/2yWpREy

Color therapy - *A holistic approach to home decorating* - bit.ly/3cw9KuZ



Replace Hardware

Replacing interior door knobs is an easy way to add restored interest to a room – and there are so many options when it comes to door fixtures. Try knobs with a copper finish as the metal's anti-bacterial and anti-viral properties counter COVID. An even simpler upgrade is new hardware on cabinet doors and drawers.



Sources:

Amazon - *Favorite door knobs for under \$40* - amzn.to/3gM883D

Lowe's - *Copper door hardware* - low.es/2Xu90Yd

Repurpose

Use your excess time at home to find a new purpose for the excess you own. Make a dull furniture item stylish by *découpage*, which involves cutting out pictures and gluing them to an object, then coating the pictures and the object with layers of varnish. You can use a variety of paper goods laying around your house, like magazines, wrapping paper, greeting cards, and even fabric.

Ideas and Instructions:

Prima - *Beginner's guide to decoupage* - bit.ly/3cv7Jzg

Girl in the Garage - *How to decoupage furniture* - bit.ly/2XpnHqv

DIY & Crafts - *85 organizing and storage ideas for your entire home* - bit.ly/2TYuLbx



WOMEN IN POWER

“ Their stories renew my commitment to learning more about how we might better support those individuals who depend on us.



THE REQUIRED FOCUS ON COVID-19 STOLE EVERYONE'S FOCUS away from some important observations, such as **Women's History Month**, celebrated in March each year. So, we're taking time to honor and acknowledge the thousands of women in history who have helped to shape this world, and those who are moving us forward. **But what about those women who push the boundaries of the world we know and also happen to have a "disability"?** Temple Grandin is one such example

– a woman with autism who did not speak one word until she was nearly 4 years old. She is now Dr. Grandin and a prominent author and speaker on both autism and animal behavior. Today, she is a professor of Animal Science at Colorado State University as well as the designer of most of the facilities that handle cattle in the U.S.



Tammy Duckworth, is the first person with disabilities to be elected to the House of Representatives and the first member of Congress to be born in Thailand. Tammy has a Purple Heart and served as an Army helicopter pilot in Iraq. She was appointed as Assistant Secretary of the U.S. Department of Veterans Affairs in 2009 by then President Barack Obama.

More recently, I have been inspired by Greta Thunberg, the 19 year old woman who has become instantly famous due to her activism for climate control and global warming. Last year, Greta was named *Time Magazine's* Person of The

Year! She has autism, which she recognizes as her "superpowers". Indeed they are!

It gives me a great sense of confidence seeing a young woman join the powerful group of women changing the world. It excites me – and confirms the work we do – to realize that these **great strides are being made by brilliant women, some with "differently-abled" brains** as Dr. Grandin describes.



Their accomplishments affirm my pride in being a woman. However, more importantly, their stories renew my commitment to learning more about how we might better support those individuals, male and female, who depend on us, by thinking out of the box and having much higher goals for us all.

- Patti Walker

In Memoriam

Sadly, people with serious mental illness are often compromised by chronic medical conditions. They tend to die 25 years younger than the general population due to critical health issues. Serving this vulnerable population means dealing with loss, and for our staff, it is as difficult as losing a family member. Continuum's clients who have passed on will forever remain in our minds and hearts.



David Balkun
August 28, 1959 –
May 24, 2019

On Friday, May 24, 2019, we unfortunately had to say goodbye to our beloved **DAVID BALKUN** who passed away – rather suddenly due to medical complications – surrounded by family members. He was welcomed to the Sylvan Program family in November 2017, and since that time he touched the lives of those who surrounded him. He will be remembered as an honest, kind, and generous gentleman whom you could count on saying, “I love you,” in an endearing manner, singing along to classic rock tunes, or talking about his favorite way of cooking pasta. Although we are all sad that you are no longer with us, we find solace in the fact that you are now at peace. We love you, David. - *J. Poswinski, Long-Term Services*

GEOFFREY was introduced to Continuum in July of 2018. He was an admired and valued resident of Tyler's Path, part of Continuum Recovery Services. His highly intuitive personality effortlessly commanded attention and respect. He was creative, brilliant, curious, and youthful when surrounded by nature. While with Continuum, he worked towards his goal of living independently with a healthier lifestyle, and gaining employment. We will remember Geoffrey by his forward-thinking spirit and his connection with nature.

- *Shayla Collier, Continuum Recovery Services*



Geoffrey Bergreen
Jan. 23, 1982 -
Feb. 10, 2019



George Black
April 30, 1962 –
August 17, 2019

It is with great sadness that we wish **GEORGE BLACK** farewell. George became a part of the Continuum family in 2010 when he went to our Crisis & Respite program for mental health and substance use support. While with Continuum, George worked diligently on his recovery and accomplished long-time goals of finding meaningful employment and obtaining permanent independent housing within the community. While working on Continuum's Work Crew, George's one-of-a-kind personality became an essential icon to the Continuum community. George's continuous jokes, infectious smile and laughter touched so many lives. He will truly be missed by all.

- *Jessica Muolo, Community Support Program*

KATHLEEN was such a bright soul to come into contact with. From working with or just engaging with her, you would remember her for her charismatic personality. Her love for art and socializing in her community was undeniable. Over the many years she was with Continuum, she created a circle of love and support that made this loss hard to come to terms with. Kathleen will surely be missed. From her Continuum family to her Fellowship Place family, she will forever have a place in our hearts and on our facility walls. Her memories still live on through all her beautiful artwork posted throughout the office. Rest Peacefully, Our Beautiful Soul.

- *Chrystal Beaujour, Mental Health Waiver Program*



Kathleen Mallozzi
Sept. 2, 1955 –
July 5, 2019

In Memoriam

Our hearts are saddened by the loss of **JIMMY MOORING**. He was a New Haven resident with long standing ties to the CT Mental Health Center and Continuum of Care. His most recent connection with us was his admission to an expanded program – then called Auburn Street – back in October 2017. One of his passions was music! While at Auburn St., Jimmy was awarded a Consumer Grant to pursue his passion for the piano, and took weekly lessons. Jimmy was looked up to as a mentor to the other clients in our division. He always offered guidance, advice and a joke to anyone in need. He was a caring soul and will be deeply missed. In his honor, we have changed the program's name from Auburn Street to Jimmy's Place in hopes that his memory will live on at the place he always called home. - *Dana Ashby, Forensic Services*



Jimmy Mooring
Dec. 11, 1957 -
July 24, 2019



Paula Saccu
Dec. 6, 1963 -
April 16, 2019

I worked with **PAULA** for over 2 years and she became very special to me. She was truly an angel. She was always positive and easy to get along with. She was an animal lover and loved her 2 cats like they were her children. Paula spoke a lot about her love for dance and how she used to take ballet, jazz and tap. She always looked forward to activities with her peers in the Mental Health Waiver program as well as meeting new people. She came such a long way with her independence and was more and more motivated each day. She will truly be missed. - *Dorothia Brown-Mitchell & Ashlei Garrett, Mental Health Waiver*

I had the pleasure of working with **CHARLES** for 3 years. Charles was a pleasant, mild mannered man who enjoyed watching baseball and playing his scratch off lottery tickets. He was always happy to see his staff, and ready to reach new goals for the day. Charles was a Veteran who was very proud to have served his country. He would spend time on the New Haven green talking to other Veterans, encouraging and helping them. He worked hard with his staff to reinstate his license and had recently purchased a vehicle. Charles had one sister that he was very close to who, along with his staff, will miss him very much. - *Shatoya Parker, Mental Health Waiver*



Charles Spaulding
Oct. 1, 1952 -
May 3, 2019



John Woolfolk
Aug. 30, 1984 -
Sept. 30, 2019

It is with a heavy heart and great sorrow that we say a final farewell to **JOHN WOOLFOLK**. John came to our Continuum Family in October 2012 from a nursing home. He was a gentle soul who always saw the brighter side in every situation and the good in people, despite the tough times he had with mental health illness and bouts with homelessness. He never complained and was most grateful for the life he had until his sudden passing. He diligently worked on his recovery plan and goals until he moved from Continuum's transitional and supported living programs on to independent living in a beautiful apartment in Westville. John enjoyed bringing people together for cookouts and to celebrate holidays. He'd have the entire house singing and dancing. He looked forward to seeing his direct care staff daily, always asking if we can take him shopping – again! He enjoyed Continuum activities, taking walks in the park, animals and music. John will be remembered for his big smile and kind heart. He was loved by all who met him and will be greatly missed. I have peace knowing we made a difference in his life. - *Jeanine Avitabile, Mental Health Waiver*

Theresa has worked with Nikki for 7 years, and the many trips they have taken have deepened their staff-client relationship. She's so proud to witness Nikki grow through these experiences.

Many of us take vacations and travel as standard, but to clients like Nikki, they are rare, if existent at all.

"It's important for our clients to have new experiences," Theresa says. "I really enjoy watching them reach and exceed their goals. It's really exciting to see them succeed at doing something they've never tried before."



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2020 Holiday Bazaar

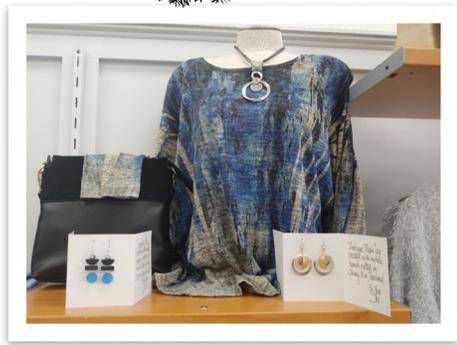
CONTINUUM'S INAUGURAL HOLIDAY BAZAAR was a vibrant and successful experience. The crowd of attendees marveled at the quality and variety of our vendors, and the vendors were pleased with their results as well. We are proud to have raised more than \$30,000 from the event. While we have a date saved for this year's event, **check our website regularly for change** of venue or cancellation — dependent on the status of the pandemic.



2020 Holiday Bazaar

**SATURDAY, DECEMBER 5, 2020
10 AM - 4 PM**

*Save
the
date!*



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In every crisis, doubt or confusion, take the higher path - the path of compassion, courage, understanding and love. - *Amit Ray*

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