

NEWS,
ANNOUNCEMENTS
AND
NEW BEGINNINGS
FROM
CHRYSALIS CENTER

Building Connections

Legion Court Celebrates Opening with Ribbon Cutting

VOLUME 27 ISSUE 1 2017



On Wednesday, January 4th, Chrysalis Center Real Estate Corporation (CCREC) celebrated the opening of Legion Court with a ribbon cutting ceremony. Members of CCREC, along with developers and local dignitaries, were present to unveil the organization's latest affordable housing project, developed and owned by CCREC.

Evonne Klein, Commissioner of the CT Department of Housing and Alanna Kabel, Director of Community Planning and Development at the U.S. Department of Housing and Urban Development, were in attendance. The project was funded by the State of Connecticut Department of Housing (DOH) and the U.S. Department of Housing & Urban Development (HUD).

Built on a formerly vacant parcel of land resting in the City of Hartford's South End, Legion Court is comprised of 12-two bedroom townhouses; seamlessly fitting into the Barry Square community. These energy efficient dwellings are fully furnished and include all appliances.



Jacqueline Simpson, CT Department of Housing, Evonne Klein, Commissioner, CT Department of Housing, Sharon Castelli, Chief Executive Officer, Chrysalis Center Real Estate Corporation, Alanna Kabel, Director of Community Planning and Development, US Department of Housing and Urban Development, Alice Minervino, Director of Housing and Homeless Services, CT Department of Mental Health and Addition Services, Jean Wagner, Board Chair, Chrysalis Center, Inc.

Donation Creation Competition brings Creativity to Giving

Chrysalis Center will hold their 2nd Annual "Donation Creation" event during the month of April. This food drive with a twist helps Chrysalis Center's Freshplace program, a client choice, case management model fresh food pantry serving families in the Upper Albany, Clay Arsenal and Asylum Hill neighborhoods.

The object of the competition is for an organization, business, religious group, club, etc. to host a food drive during the month of April. With the canned and dry goods collected, organizations design and create a "can sculpture" with the donations they have received. These groups are asked to send Chrysalis a picture of their creation by April 28th. Each sculpture is then judged and awards are given to the top 3 designs. Additionally, the first-place winner will receive a catered breakfast from La Cocina, Chrysalis Center's in-house catering kitchen, for up to 20 people along with "Top Can" bragging rights.

All organizations who wish to participate in the "Donation Creation" competition are welcomed and encouraged. Please contact Chrysalis Center's Volunteer Manager, Elyn Laramie (elaramie@chrysaliscenterct.org) or call 860.263.4419 for more information.

Judges will review the sculptures and the "Top Can" award will be awarded for the three best designs. All entries will be posted to the Chrysalis Center website at www.ChrysalisCenterCT.org.



Last year's winning sculpture by SMC Partners of Hartford

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CLIENT SPOTLIGHT

Out of the House and Into the World

If you've ever entered the Recovery and Empowerment Center (REC) chances are you've encountered Regina. A faithful patron of the REC, Regina's pleasant demeanor and zest for life are felt by all.

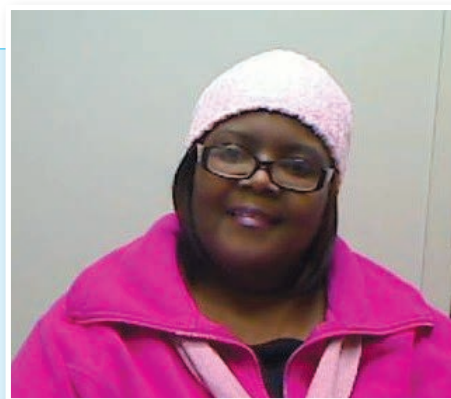
Regina was born and raised in New Haven, attended Delaware State University where she studied Education. After graduating in 1988, she moved to Wallingford and later to Hartford. "I was hired as a permanent substitute teacher by the Wethersfield Board of Education," says Regina. "It was a great job that I enjoyed, but soon things went downhill."

Downhill meant being diagnosed with lupus. The symptoms of the disease not only left her with anxiety and depression, but she also began misusing her prescriptions. "Because of the pain from lupus and the treatments, I was on a lot of opioids," says, Regina. "I noticed myself taking more and more, regardless of feeling pain. It became an unnoticeable addiction." When it became clear that she couldn't work anymore, Regina stayed in the house and for the next 15 years, the house would be where she remained.

Knowing that her life needed to change and with the support of her family and friends, Regina became proactive. "The first thing I did was quit the opioids." reflects Regina. "I was off them for years but was still shut in." After about a year of discussing it, Regina's psychiatrist finally got her to look at Chrysalis Center for guidance.

"I would always change the subject when Chrysalis was mentioned; I was too afraid to leave the comfort zone of my house. But I finally gave in." Regina recalls her first days being a part of the REC. "This was the first place where I was able to meet people like me. I realized my situation wasn't unique nor did I have to struggle alone. Even with all that, it still took me six months of being here to really open up."

As Regina continued to attend the REC, more opportunities for growth opened up for her. Through the REC, she has not only participated in special help groups, but now facilitates them. "Through the encouragement, caring and training received at Chrysalis Center, I now facilitate groups. At Chrysalis Center, I run four groups and at a separate agency I facilitate two groups." Regina hopes to become a Recovery Specialist, living up to Chrysalis' motto "Getting Help...Getting Better...Giving Back."



Chrysalis participant Regina

Wartime Service Medal Ceremony

As an ardent supporter of Connecticut's Veteran's and their families, Chrysalis Center will be hosting a Wartime Service Medal Ceremony; an event honoring wartime military service Veteran's from the State of Connecticut. This event will be held on Wednesday, May 24 at 11am in the TCC (Training and Conference Center) on the Chrysalis campus. The program will be followed by a luncheon for all in attendance.

The Commissioner of Veterans' Affairs in conjunction with the Adjutant General awards a ribbon and medal to each veteran who served in time of war who either was a resident of this state at the time he or she was called to active duty for such service, or lives in Connecticut on the date of such award.



Veteran greets Connecticut Color Guard at last year's Wartime Service Medal Ceremony

Chrysalis Center CEO, Sharon L. Castelli will give the opening remarks, while Theresa Nicolson, Chief Program Officer, and Community Case Manager, Jason Walsh, will conduct the pinning of the Veterans.

Chrysalis Center serves Veterans in several of their affordable housing programs, such as Victory Gardens, Cosgrove Commons, The Phelps Mansion and Carriage House at Rockville, Patriot's Landing and Legion Court, a new 12 unit townhouse complex for Veterans-preferred families.

Chrysalis Center is one of the largest affordable housing providers in the region and is proud to serve Veterans and their families.

6th Annual Greater Hartford Reentry Employment and Resource Fair

Chrysalis Center hosted its 6th Annual Greater Hartford Reentry Employment and Resource Fair on Tuesday, March 7th at the Hartford Downtown Marriott. This year's event was in partnership with the Greater Hartford Reentry Council and was sponsored by The Hartford Foundation for Public Giving. The event caters to granting access and employment opportunities for those in Connecticut that have a criminal background or are returning from incarceration. The event was attended over 350 vendors, organizations and attendees.

Judith Rozie-Battle, Senior Vice President for The Hartford Foundation for Public Giving opened the event, followed by a panel of local business and political figures looking for reform concerning hiring practices for ex-offenders in Connecticut. Panel participants were City of Hartford Mayor, Luke Bronin; John Santa, former CEO of Santa Energy; State Representative Brandon McGee, Jr.; Cheryl McDonald, co-owner of Bear's Smokehouse BBQ; Louis Lista of the Zest 280 and Pond House Café restaurants; Sue Gunderman of the STRIDE Program; and Daryl McGraw of DMHAS.

After the panel discussion, organizations and vendors met with attendees in search of employment and resources that would connect them to employment. Several on-the-spot interviews took place along with instant hiring by several of the organizations.



Panel participants City of Hartford Mayor, Luke Bronin; John Santa, former CEO of Santa Energy; State Representative Brandon McGee, Jr.; Cheryl McDonald, co-owner of Bear's Smokehouse BBQ; Louis Lista of the Zest 280 and Pond House Café restaurants; Sue Gunderman of the STRIDE Program; and Daryl McGraw of DMHAS.

Volunteer Spotlight: Mindfulness with Miranda

The practice of presence is to notice what is here and not anywhere else." This statement creates a sense of calm as Wellness Facilitator Miranda Chapman starts her weekly session in the Recovery and Empowerment Center (REC). "In these moments, I felt like I've received so much peace," says one participant. "It just came to me, and now I can go through the rest of my day with this feeling."

This has been the goal for Miranda since she started the practice of mindfulness 14 years ago, "As a child, I struggled with depression and anxiety," says Miranda. "My family was looking for something that would help me, and in the mix of that, I was introduced to yoga and meditation." She quickly developed a liking to the practices, as they increasingly diminished her anxiety and depression.



Steve Projansky, Program Manager of the REC at Chrysalis, reached out to the Copper Beech Institute and Miranda's mindfulness sessions are now held in the REC every Thursday morning.

When Miranda is asked what she hopes will happen with persons who are a part of her sessions, she smiles and responds; "Mindfulness is a lifelong practice. If you let it, it can permeate your whole life. I mean, it did it for me."

Pictured at left, Miranda reads to the class for a discussion after a meditation session.

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**Accredited by the Commission
for the Accreditation of Rehabilitative
Facilities (CARF) for:**

Case Management/Services Coordination:
Mental Health (Adults)

Community Integration:
Mental Health (Consumer-Run)

*Chrysalis Center is an Affirmative
Action Employer Committed to
Fostering Diversity in the Workplace*

Funded in part by **DHMAS, DOC, DOH,
CT-NSP, HOPWA – City of Hartford
and HUD**

Chrysalis Center accepts MasterCard, Visa, American Express and Discover. Please visit our website to donate online, purchase event tickets, or sponsor a fundraising event. The Chrysalis Connection is a publication distributed by Chrysalis Center, Inc., a non-profit charitable organization serving the Greater Hartford area. For more information, or to add a friend to our mailing list please contact Maryellen M. Shuckerow at 860-263-4417, Chief Development Officer, Chrysalis Center, Inc. at P.O. Box 326013, Hartford, CT 06132.

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Save The Date

DONATION CREATION “A FOOD DRIVE WITH A TWIST”

Entire Month of April - Proceeds to benefit Freshplace
Everyone is welcome to participate!
Contact Ellyn Laramie at 860.263.4418
Or elaramie@chrysaliscenterct.org for more information

WAR TIME MEDAL CEREMONY

Wednesday, May 24, 2017 11:00 am – 1:00 pm
TCC (Training & Conference Center) Chrysalis Campus
255 Homestead Ave., Hartford

BUTTERFLY BASH

Thursday, October 19, 2017 6:00 pm – 9:30 pm
TCC (Training & Conference Center) Chrysalis Campus
255 Homestead Ave., Hartford

Please check our website for future events.

*For more information on any of these events, please contact
Arlene Greco at (860) 263-4425 or agreco@chrysaliscenterct.org.*

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