



TRANSFORMING LIVES

Chrysalis Center's Newsletter

SUMMER 2023

Loneliness Is A National Epidemic

May of 2023, United States Surgeon General Dr. Vivek Murthy released a new Surgeon General Advisory calling attention to the public health crisis of loneliness, isolation, and lack of connection in our country. Even before the onset of the COVID-19 pandemic, approximately half of U.S. adults reported experiencing measurable levels of loneliness. In fact, loneliness and isolation increase the risk for individuals to develop mental health challenges in their lives, and lacking connection can increase the risk for premature death to levels comparable to smoking daily. While the epidemic of loneliness and isolation is widespread, there is a medicine hiding in plain sight: social connection.

Evidence shows that increased connection can help reduce the risk of serious health conditions such as heart disease, stroke, dementia, and depression.

Chrysalis Center continues to provide one on one services to the individuals and families who need us most. This is the mission and the responsibility of Chrysalis Center, and the agency is proud of the work being done and the lives that we have ultimately saved by understanding the importance of socialization. 2,189 lives were improved during the fiscal year because of the guidance and services provided by Chrysalis Center.



REC Clients Cheryl and Lisa

CCHDC "The Berkowitz" Ribbon Cutting—June 23, 2023



Pictured from left to right – Senator Rick Lopes, Lisa Quach, Housing & Community Development Manager, CT DOH, Danny Reyes, Housing Specialist, CT DOH, Commissioner Seila Mosquera-Bruno, CT DOH, Sharon Castelli, CEO, CCHDC, Carol Larco-Murzyn, Board Member

Chrysalis Center Housing Development Corporation (CCHDC) is pleased to announce, the opening of "The Berkowitz", its newest affordable housing project located at 608 Main Street in New Britain. CCHDC held a ribbon-cutting ceremony on Friday, June 23rd at 11 am, and was joined by Seila Mosquera -Bruno, Commissioner, State of Connecticut Department of Housing and other representatives from DOH and the community.

The Berkowitz is the newest housing site owned by Chrysalis Center Housing Development Corporation. The property is a 25,000-square-foot historic building, originally built in 1915, that had been vacant for two decades. The long-abandoned building at the entryway to Little Poland has had a full makeover, restored historic façade, and creation of 24 new apartments. The building includes studio, one, and two-bedroom units and will be available

for occupancy in August. CCHDC is proud to be able to offer the New Britain community safe, affordable housing. This majestic project helps connect the New Britain Business District to the entryway of the Little Poland Neighborhood and will be home to upcoming generations looking to make New Britain their future.

La Cocina Catering at The 66th Annual Strawberry Festival

La Cocina Catering had the honor of being the sole food vendor at the 66th Annual Strawberry Festival hosted by New Horizons Village, and it was a sweet success! The menu held an array of options featuring the star ingredient of the day: STRAWBERRIES!

From the savory grilled chicken, and strawberry wrap with goat cheese to the refreshing strawberry and spinach salad, and irresistible desserts like strawberry shortcake, chocolate strawberry brownies, strawberry rhubarb pie, and strawberry shortbread cookies. Each culinary creation brought out the flavors of the festival. La Cocina is thrilled to have been part of this wonderful event and excited to be invited back for next years festivities!



Taste Our Mission



On June 14th, Chrysalis Center invited local businesses and non-profit organizations to “Taste our Mission” at the TCC (Training and Conference Center). The event featured hydroponics to table hors devours and hand-crafted cocktails using ingredients grown right on the Chrysalis Center campus! A special thank you to Carol Marco Larzyn for chairing this amazing event that highlighted the NEW MENU created by our talented chefs at La Cocina Catering.

To order catering or to host your next meeting or event at the TCC, please contact Foodhub Director, Danielle Zercie at 860-263-4400 or events@chrysaliscenterct.org

Volunteer News

Chrysalis Center gardens are officially in bloom! Thank you to our volunteers from Aspen Insurance, Raytheon Technologies, Northfield Insurance, Resolution Life, WTW, UConn, Ernst and Young, United Healthcare, and Day Pitney. Their hard work has made a tremendous impact at The Food Forest at Cosgrove Commons and Railways Gardens on Chrysalis Center’s main campus. Chrysalis Center is grateful for the clean ups and the beautifully refreshed garden beds. With the help of our volunteers, we’re cultivating a thriving community! Interested in volunteering? Email Volunteer and Outreach Manager, Chelsey Logan at clogan@chrysaliscenterct.org.



Client Spotlight: Meet Ronald



Ronald is a poet, his ability to work with words helped him process the loss of his mother at only four years old. A poem he has committed to memory is:
“Philosophize your mind to the taste of trial and thought. There are things we have learned, we weren’t always taught. We hold each other close. Like a wine glass -- You don’t always want to make a toast.”

Ronald has been coming to the Recovery and Empowerment Center (REC) at Chrysalis Center to write poetry, play the keyboard, and find community for the last fourteen years. Ronald has found what so many of Chrysalis Center’s clients find, that feeling connected to a community gives an individual a sense of purpose in life.

Ronald, for one, dreams of collecting his work in a book of poetry. “I’m working on it little by little, I’m getting there.”

Honoring Jean Wagner



On May 5, Chrysalis Center and its Board of Directors were proud to recognize Board Member Jean Wagner for her years of service and commitment to Chrysalis Center at a celebration honoring her invaluable contributions to the Chrysalis Center mission and community.

Jean joined the CCI Board in 2008. She has held positions as Board Treasurer, Vice Chair and Chair. Jean stepped off the board for a year due to term limits and returned as the board chair. She serves on the Finance and Governance committees and is an avid volunteer and all-around ambassador for the agency. Thank you, Jean!

Chrysalis Center at the Capitol

It's been a busy few months at the State Capitol and Chrysalis Center was there in full force! On May 17th, HR Manager, Benjamin Davies and Director of Development and Communications, Lauren Schleicher represented Chrysalis Center at the CT Community Nonprofit Alliance: Nonprofit Alliance Day at the Capitol! Chrysalis Center was grateful for the opportunity to be part of this important event!

On May 24th, it was a sea of green at the CT Community Nonprofit Alliance Advocacy Day and Rally at the Capitol! Chrysalis Center staff and clients rallied at the steps of the State Capitol to demand meaningful funding increases for community nonprofits in the final state budget, ensuring essential services reach every corner of our community. Together, we can make a lasting impact.



Chrysalis Center Staff and Clients

Eversource Hartford Marathon



Chrysalis Center is proud to be an Official Charity partner of the Eversource Hartford Marathon and Half Marathon! We welcome participants to join our team and use their marathon, half marathon, Team 26.2 relay or Charity 5K as a fundraiser for Chrysalis Center! Additionally, any race participant may choose to support our team by adding a charity donation through their registration, or donate directly through our fundraising page: <https://haku.ly/e3d38288de>.

Help us reach our goal at the 30th running of the Eversource Hartford Marathon and Half Marathon on Saturday, October 14. More than \$8.9 million has been raised for local charities since the event began in 1994!

The Homestead Farmers' Market is NOW OPEN!

Visit the Homestead Farmers' Market every Wednesday from 1pm-4pm until October in the upper parking lot of 255 Homestead Avenue, Hartford, CT.

Come and explore a bountiful selection of fresh produce, and community spirit! Many of the products sold are grown on Chrysalis Center's Campus in our raised beds or in Urban Roots Hydroponic Grow Center! Fresh baked goods made by the students in La Cocina's Culinary Arts Training Program are also available!

*Weather permitting. Follow @Chrysalis Center, Inc. on Facebook for weekly updates.





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**Accredited by the Commission
on Accreditation of Rehabilitation**



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 **DMHAS, DOC, DOH,
CT-NSP, HOPWA – City of Hartford**
and **HUD**

Chrysalis Center accepts MasterCard, Visa,
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our website to donate online, purchase event
tickets, or sponsor a fundraising event.

Transforming Lives Chrysalis Center's Quarterly
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For more information or to join our mailing list
please visit www.chrysaliscenterct.org.

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SAVE THE DATE

19th Annual Chrysalis Center Butterfly Bash



Thursday, October 19, 2023
Society Room, Hartford



**Join us Thursday, October 19, 2023 for the
19th Annual Chrysalis Center Butterfly Bash.**

To secure your ticket, table, or sponsorship visit our Butterfly Bash
auction site: <https://handbid.app.link/butterflybash>



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