

RECOVERY Today

October 2023

A publication of the Helio Health Foundation



Corporate Partner Spotlight:

110 Metalworks Supports Hope and Healing

110 Metalworks, a parts manufacturing company, genuinely cares about its clients, but perhaps more so about the community in which it is so deeply rooted. 110 Metalworks' President, Ted Jeske, says, "Our team recognizes that addiction and mental health affects everyone in our community, both directly and indirectly. What we do together working at 110 Metalworks is important given the parts we supply often go into equipment that can save or improve a life. At the same time, our team recognizes that together we can also make an important difference in our community by supporting Helio Health."

In the same way the company promises to give its manufacturing customers "110% day-in and day out," 110 Metalworks gives 110% to the Helio Health Foundation through its support as a Corporate Partner, and via Ted's work as President of the Helio Health Foundation Board of Directors. In addition, the organization repeatedly demonstrates its commitment to recovery by raising additional funds for the Foundation. Kelle Jobin, 110 Metalworks' Director of Finance, has been instrumental in leading 110 Metalworks employees' fundraising efforts via company-wide giving days and company match program. She says, "Caring for each other and our community is what we practice here at 110 Metalworks every day. We know that no one is safe from life's hardships and challenges, so we appreciate having Helio Health as a resource and partner."

Each May, 110 Metalworks participates in the Foundation's largest fundraising event, the Run for Recovery 5K. Members of the team take an active role in the run, further illustrating the company's commitment. It's one more way that 110 Metalworks shows up and shows support for people in recovery and for the community. Kelle adds, "It's a great event and we look forward to it every year!"



Would your organization like to explore a Corporate Partnership with Helio Health? For information, please visit our website to view our [Corporate Partnership Opportunities](#) packet.



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Resident's Art Featured in UNIQUE Art and Literary Magazine

Larry has enjoyed making art since he was a child. Recently, his piece titled *Eye Catcher*, a watercolor, acrylic, and ink creation, was featured in Arise's UNIQUE Art and Literary Magazine and displayed at downtown Syracuse's Everson Museum and the Atrium. Larry is a self-taught artist and says he feels happy when he is creating. He gets his inspiration from God and is interested in making friends in the community so that he can potentially sell his artwork.

UNIQUE shares the artistic visions and voices of individuals with disabilities. Work published in the annual magazine includes poems, paintings, drawings, photographs, sculptures, computer-based art, and mixed-media works. Thank you, Larry, for sharing your beautiful and inspirational art with the community!



EYE CATCHER
LARRY PHILLIPS

WATERCOLOR/ACRYLIC/INK
14 x 18



Helio Health Foundation Named Beneficiary in 4th Annual TechMD Charity Golf Tournament



Helio Health colleagues enjoyed a day out on the golf course supporting the TechMD Charity Golf Tournament. The event, now in its fourth year, raised more than \$30,000, and the Helio Health Foundation will receive a portion of the proceeds. TechMD (formerly ICS) is a Binghamton area-based IT company that endeavors to make a difference by giving back to the communities in which it does business. We are ever grateful for our partnership with TechMD and look forward to continuing to provide hope and healing with the organization's giving spirit in mind.



Foundation Grant Project in Action

Genesee Street CR-SRO's "Genesee'ing Our Way to Fitness" project encourages physical, social wellness

Each year, the Helio Health Foundation awards project grants to fund initiatives that will enhance the lives of participants and support hope and healing at all stages of recovery.



Genesee Street CR-SRO, an Office of Mental Health residential program, recently received a grant to promote activities for improving health and fitness as well as providing opportunities for social connection. Residents enjoyed outings to Beak & Skiff Apple Orchards, the New York State Fair, Beaver Lake Nature Center, and Green Lakes State Park. In addition, they took part in a clean-up day and attended an agency-wide Carnival complete with a petting zoo and balloon artist!

Annual gifts awarded by the Helio Health Foundation come from funds raised throughout the previous year. The Foundation is generously supported by donations from individuals, local businesses, and corporate partners, as well as fundraising events and campaigns such as the Run For Recovery and Giving Tuesday.



Will you help the Helio Health Foundation fund more grant projects? Visit our [secure donation page](#) and make your gift today. Heartfelt thanks for your generosity!

Save the date! Giving Tuesday is November 28th



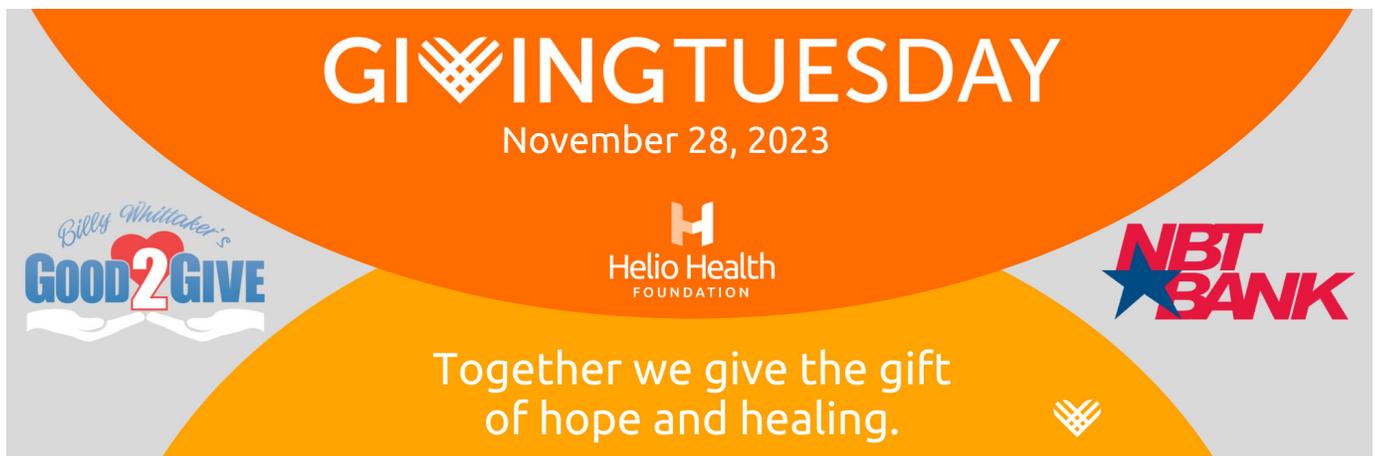
Get ready to unleash the power of radical generosity!

Giving Tuesday is a global day of giving that encourages people to do good. Will **you** join us to do good for the Helio Health Foundation?

The Giving Tuesday campaign is a crucial component of our annual fundraising efforts. With the help of loyal donors like you, we raised more than \$15,000 in 2022, and this year we endeavor to top \$20,000 in donations. *We need your help!*

Giving Tuesday **gifts will be generously matched by our friends at NBT Bank and Billy Whittaker Cars & Trux**. That means when you give \$100, our match sponsors will donate an additional \$100, doubling the impact of your gift! Your donation will go **twice as far** in providing life-saving, empowering programs and services to people recovering from mental health, substance use, or housing challenges.

During the 24-hour social media and email campaign, we'll share examples of how your financial support helps provide hope and healing. Keep an eye on our social media accounts and your email inbox for inspirational stories of recovery and illustrations of how our programs benefit from Giving Tuesday dollars.



On Giving Tuesday, **giving** is not just about making a donation. It's about making an impact. You can make a meaningful and lasting impact this Giving Tuesday by donating to the Helio Health Foundation.

Our Giving Tuesday campaign is open now. Give at: <https://www.classy.org/campaign/giving-tuesday-2023/c519870> or scan the QR code.



Heartfelt thanks for your generosity.



Let's get social! Follow us on Facebook, Twitter, Instagram, LinkedIn, Indeed, Tik Tok, and YouTube!

Recovery Center Observes Recovery Month

Community barbeque kicks off celebration



A community-wide barbeque luncheon kicked off Helio Health's annual Recovery Month celebration on September 2nd, with over 150 people in attendance to enjoy food, lawn games, and camaraderie. A collaborative donation effort to be sure, Dinosaur Bar-B-Que generously provided corn bread and tomato-cucumber salad, while Gracie's Kitchen supplied ziti and baked beans. Stewart's Shops rounded out the meal with a donation of hamburger buns and soda, and the Syracuse Alephi and Tyrol Clubs gifted paper products and cutlery. Private donors supplied hamburgers, hotdogs, and dessert. Heartfelt thanks to everyone who made the event a great success, including our army of volunteers wearing orange aprons!

Other Recovery Month events and activities included an Ice Cream Social, Sidewalk Chalk Art Jam, Tie Dye Boom, Seated Balloon Volleyball, Recovery Bingo, and the observance of National Overdose Awareness Day -- all presented to provide meaningful, fun experiences for participants and staff to acknowledge and celebrate recovery. Recovery Month reminds us that no one is alone on their recovery journey -- we are all in this together.

Alumni Club Attends Car Show



The Alumni Club provides support for ongoing recovery and opportunities for social connection to individuals completing treatment at Helio Health. Members include people in early recovery as well as those in long-term recovery for more than 20 years.

The group participates in social activities including chess tournaments, theater, local music, and a book club. Recently, members attended a local car show where they viewed 700 unique vehicles, interacted with car clubs, and enjoyed an afternoon at Chapman Park in Bridgeport, NY.

For information about the Alumni Club, please contact Raymond Wright, Community Outreach Marketing Specialist at rwright@helio.health.

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Join our Board

Do you know someone who is looking for the opportunity to make a **meaningful impact** in our community?

The Helio Health Foundation is currently accepting applications for new members to expand and regionally diversify its Board of Directors.

If you live or work in the Syracuse, Rochester, Binghamton, or Utica areas and would like to learn more, please reach out to Susan LaPlaca, Development Director, at slaplaca@helio.health or 315.474.5506 x1245

