

Crisalli Family Hosts 2nd Biennial Bowling Tournament

Nearly \$30,000 raised in memory of David Anthony Crisalli; proceeds to benefit Recovery Center



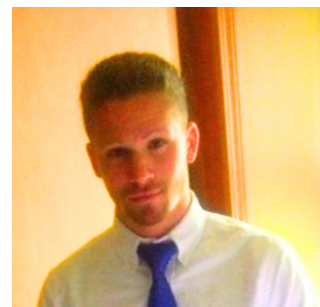
Ozzie and Dede Crisalli



Recovery Center Staff and Supporters

Last November, the Helio Health Foundation was honored to take part in the 2nd Biennial David Anthony Crisalli Memorial Bowling Tournament to benefit the Helio Health Recovery Center. Hundreds of supporters joined for an afternoon of fun, food, prizes, and celebrating the life and love of David Crisalli. The event raised nearly \$30,000, with proceeds funding Recovery Center needs such as winter clothing, recovery-oriented literature, holiday meals, art supplies, transportation, and supporting community integration through a variety of group outings.

Ozzie and Dede Crisalli created the bowling tournament in 2021 as a vehicle to honor their son, David, who died in 2019 after a courageous battle with opioid addiction, and to raise money to support others as they navigated their journey toward a healthier life. Ozzie said, "David was a kind and generous friend who often helped others he met while working toward recovery. Dede and I wanted to pay David's kindness forward to others who are struggling."



David Crisalli

For their volunteer efforts on behalf of the Helio Health Foundation, the Crisallis were recognized by the Association of Fundraising Professionals (AFP) on November 15, 2023. They received the Outstanding Volunteer Fundraisers award, presented at the Central New York Chapter's National Philanthropy Day awards breakfast. The annual event celebrates Central New York's generous spirit and recognizes individuals, organizations, and businesses who generously give their time, talents, and resources for the enrichment and benefit of the community.

Ozzie and Dede's commitment to raising funds for people struggling with substance and mental health challenges has positively impacted the lives of hundreds of people served by Helio Health programs, allowing them to live purposeful, empowered lives. We are ever grateful for their ongoing commitment to our mission, and to the people we serve.



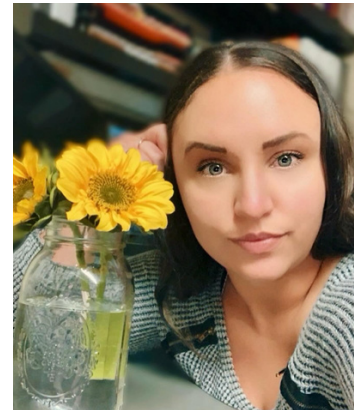
Ozzie and Dede receive the Outstanding Volunteer Fundraisers award at the AFP National Philanthropy Day awards breakfast

Foundation Grant Update

Lincoln Residential Rehabilitation expands garden

Each spring, the Helio Health Foundation makes grants to Helio Health programs for projects that enhance the lives of the people we serve. Lincoln Residential Rehabilitation was the recipient of a 2023 grant that was used to expand the program's outdoor garden as well as purchase cooking equipment, with the goal of engaging participants in preparing meals utilizing the produce grown. Residents really enjoyed making (and eating!) fried green tomatoes and looks forward to canning vegetables and making salsa for Taco Night in the future.

Jessica Fowler, Counselor at Lincoln said, "The garden has had an enormously positive effect on the Lincoln Residential community. Not only has it been key to the meals we provide, but it has served as an excellent therapeutic coping tool and life skill that residents can take with them. Gardening has been an outstanding way to bring the community together -- both residents and staff. With the deepest appreciation, we thank the Helio Health Foundation for honoring our vision so we could bring this project to life."



Holiday Celebrations - Recovery Center Style!

The winter holidays were a special time at the Recovery Center, with programming and services available on Thanksgiving, Christmas, and New Year's Day for those seeking support and camaraderie...not to mention fun! Last December's activities included numerous opportunities for connection including holiday meals, an Ugly Sweater party, cookie decorating, ornament making, and a Holidays Around the Globe celebration.



To learn more about the Recovery Center's wide array of recovery supports and services, visit our [website](#). Here you can view the monthly calendar and schedule of hours, and watch our Recovery Center video. For additional information, feel free to call 315. 701.1518.

Helio Health Creates New Positions

Meet our Director of Retention and Engagement and Director of Diversity, Equity and Inclusion



Eleanor Williams

*Director of Engagement
and Retention*

Hello! I am so happy to be a new colleague at Helio. I am originally from the southern tier area of NYS. I came to Syracuse over 20 years ago to attend Syracuse University, and after graduation, I stayed in the area. After a few years in retail management, I began working for Onondaga County, first as a Social Service Examiner in the Department of Social Services and then as an investigative caseworker in Child Protective Services.

Just before the pandemic began, I decided to go back to school to get a master's degree in social work, which I have been working on part-time and will finish up this coming May! Just before coming to Helio. I was in a similar role at Loretto Health and Rehabilitation. I came to Helio because I believe in our mission, and I look forward to fostering positive relationships within and outside the organization and, most importantly, for the population we serve.

In my free time, I am very much a homebody. I have two daughters, a spoiled dog, and a mean older cat. I look forward to getting to know everyone throughout the organization, and please, if you have any engagement/retention ideas, do not hesitate to contact me personally!



Anne Guanciale

*Director of Diversity,
Equity, and Inclusion*

Anne Guanciale recently joined the agency as the Director of Diversity, Equity and Inclusion. In coordination with the Diversity, Equity and Inclusion Committee, Anne works to deliver culturally responsive services that support the recruitment, retention and success of diverse and underrepresented communities within the organization.

Prior to joining Helio Health, Anne served as the Director of Intercultural Affairs at Binghamton University. She has also held roles in multicultural affairs at San Diego State University and the University of San Diego. Anne holds a master's degree in Higher Education Leadership from the University of San Diego.

She is a nature enthusiast and enjoys yoga, art, reading, and spending time with family and friends.



Helio Health Receives \$50,000 from the Central New York Community Foundation



Helio Health is the proud recipient of a \$50,000 grant from the Central New York Community Foundation's Bilford Family Fund. The grant was awarded in support of renovations to the reception area of Helio Health's building at 518 James Street in Syracuse, future home of its Administration Offices.

Kathleen Gaffney-Babb, President & CEO of Helio Health Inc. said, "Helio Health is grateful for this award from the Central New York Community Foundation. The reception area is the initial point of contact for our programs, and it was designed to reflect our core values of integrity, inclusivity, and that the people we serve come first."

GIVING TUESDAY 2023 Results



Heartfelt thanks to our *amazing* donors who made Giving Tuesday 2023 one for the record books. Your generosity helped us CRUSH our \$20,000 goal by more than \$2,000 - all in just 24 hours!

Giving Tuesday donations enhance our programs and services with special project grants, providing even more hope and healing to the people we serve.

Let's get social! Connect with us on Facebook, X, Instagram, LinkedIn, Indeed, TikTok, and YouTube!



Meet Abby Rumney, Helio Health Hero

*Wellness, daily functioning are focus
of residential volunteer activities*



Abby Rumney is an Occupational Therapist who grew up in Syracuse. She attended Utica University for her bachelor's degree in health studies and master's degree in occupational therapy (OT), but always knew she wanted to return to live and work in Syracuse. Her career focuses are mental health, substance use disorders, pediatrics, and sensory processing.

In 2023, Abby became a volunteer at Helio Health and started a wellness group at the Genesee Street CR-SRO to focus on the Eight Dimensions of Wellness while incorporating core concepts of occupational

therapy: helping people function in their daily lives and engaging in meaningful activities. The wellness group engages in discussions, builds relationships, gathers wellness strategies to implement into participants' lives, and gets creative and uses their hands in meaningful activities such as potting plants, painting, or making sensory glitter jars. The group also created a Gratitude Tree at Thanksgiving.

Abby believes that the group has created a welcoming and educational atmosphere each week, where residents feel open to share and listen to each other. Participants ask questions about areas of their lives they wish to work on, as well as provide support for others in the group.



Hannah Race, Genesee Street Program Director, appreciates the value and enthusiasm Abby brings to the program. "Abby has been volunteering at the Genesee CR-SRO for several months and has become the highlight of Wednesday evenings with her wellness group. Every Wednesday without fail, a few of the regulars in her group approach staff, asking when she will arrive and the plans for the group that evening. Abby engages with our residents in their home with fun and educational activities, often getting them to engage in dialogue on topics that they may not otherwise consider within the scope of wellness. Her positivity and empathy toward the residents make the wellness group one residents do not want to miss!"

For Abby, one of the best parts of the wellness group has been watching supportive friendships grow each week between participants. She said, "I get as much out of the wellness group as the participants, and I learn new things and gain new perspectives from them every week. Coming to the Genesee Street CR-SRO for Wellness Wednesdays has become a highlight of my week, and I look forward to continuing our wellness journey together!"

Interested in becoming a Helio Health Hero?
Visit our [website](#) for an application and list of current volunteer opportunities. Together we can transform lives.

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Registration is Open!

2024 Run for Recovery 5K and Kids Fun Run

Saturday, May 18, 2024

Kids Fun Run - 10:00 a.m.

5K - 10:30 a.m.

Green Lakes State Park, Fayetteville, NY



To register or donate, visit
https://give.classy.org/RunForRecovery_2024
or scan the QR code.

