RECOVERY Today
November 2026
A publication of Helio Health

From Surviving to Helping Others Thrive

Nicholas' Story of Recovery



At 26, Nicholas Van Horn has a future he once never imagined possible. Today, he's helping others find recovery through his work at Helio Health. But his journey here was anything but easy. Growing up in a chaotic environment, Nicholas found his passion in wrestling. However, serious injuries, including two torn ACLs and a shattered kneecap led to increased opiate use. As his addiction progressed, he began to believe he would become another statistic, ending up behind bars or losing his life.

September 6, 2023, changed everything. After overdosing, Nicholas woke up in the hospital to discover he also had a ruptured appendix. The experience was a wake-up call and the beginning of his recovery journey.

Through the Helio Health Recovery Center, Drug Court, and connections with his recovery community, Nicholas began rebuilding his life. He completed his CRPA (Certified Recovery Peer Advocate) training and began volunteering at Helio Health Recovery Center.

Recently, Nicholas experienced a full-circle moment: earning a full-time, paid position as a Peer Specialist at the Recovery Center.

"Helio Health helped me tremendously. They saved my life. They put energy into me when I didn't think I deserved it," Nicholas shares.

Today, Nicholas is using his lived experience to offer hope and support to others navigating recovery. His journey is a powerful reminder that recovery is possible—and that sometimes, a little hope and someone who believes in you can change everything.

Scan the QR code to watch Nick's inspirational video and learn why he gives back to people in recovery.

Do you know someone with an uplifting recovery story? We'd love to celebrate and share it. Reach out to Susan LaPlaca, Development Director, at slaplaca@helio.health.

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SAVE THE DATE! Giving Tuesday is December 1st!

Helio Health
FOUNDATION

On Monday, August 31st, we played a *Round for Recovery* at our 2nd Annual Helio Health Classic Golf Tournament. 120 golfers and countless supporters joined us for a beautiful day at Bellevue Country Club and together we raised **more than $60,000** for the Helio Health Foundation! Heartfelt thanks to our presenting sponsor, OneGroup.

We had so much fun that we've already set the date for **next year's event - Monday, August 23, 2026.** Join us!





To all the golfers, our amazing volunteers, and our dedicated sponsors...thank you for helping us provide hope and healing to the people we serve.
Your support *transforms* lives!

Scan the QR code to watch the golf tournament video!

Foundation Board Member Bequests Helio Health's First Legacy Gift



Anne's "future generations," daughter Amelia, and granddaughter, Bella.

Earlier this year, we soft launched our Planned Giving program, and almost immediately received our first legacy donation. Anne Tindall, Foundation Board member and long-time supporter of Helio Health's mission and work, bequeathed a portion of one of her retirement accounts. This incredible gift helps us work toward funding our Endowment and building steady, reliable resources for generations to come.

Anne said, "Before the start the Run for Recovery, I was asked, 'Who Do You Run For?' Later I was asked, "Why did you leave a legacy gift?' The questions are different, but my answer is always the same: future generations."

Planned gifts like Anne's help us build long-term sustainability for our mission, ensuring that our programs and services are always available.

We invite you to be part of this inspiring legacy. Every contribution—no matter the size—moves us closer to our vision of long-term, life-changing support. Please consider making a gift to our Endowment today.

Please mail your tax-deductible gift to: Upstate Foundation, c/o Helio Health Endowment, 750 E. Adams Street, Syracuse, NY 13210-9943

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Service Recipient Shares Gratitude for Foundation Grant

Dear Donors,

I want to extend my heartfelt thanks to everyone whose generosity made this grant possible. I am in recovery from a substance use disorder and recently celebrated more than two years of sobriety. My life has improved immeasurably, and Helio Health has played a tremendous role in that journey.

Your contributions helped provide new refrigerators, cookware, utensils, and other kitchen essentials for Helio Health's Reintegration Apartment Program. As someone who has spent much of his life cooking professionally, food and entertaining have always been passions of mine. Today, I enjoy preparing meals for family and friends, and these new items will make that even more enjoyable for me and the other residents.

My journey has come full circle. I now work at Helio Health as an addiction counselor, helping others find the hope and healing I have experienced myself. Thank you for investing in Helio Health and in the people whose lives are changed through your generosity. It truly makes a difference!

With gratitude,
Paul

Paul is just one of the individuals impacted by generous gifts to the Helio Health Foundation. You can help countless others by making a donation today. Your kindness provides essential tools for personal growth, empowerment, and self-sufficiency.
Give your gift safely and securely here: **https://give.helio.health/give2helio**

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