



Gosnold

THE COMPASS

Your beacon to a brighter future



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A LETTER FROM THE PRESIDENT

Dear Friends and Supporters,

Summer is a busy time at Gosnold. We embrace the beautiful weather and engage with our supporting community in so many meaningful ways.

Gosnold begins the summer season by recognizing two college scholarship recipients. Our Scholarship Program offers college tuition financial support for two young adults who aspire to work in a “helping profession” and display exemplary personal, academic and community engagement qualities.

Thank you to Gosnold’s Board of Directors Scholarship Committee members - Linda Zammer, Charlie Reidy, and Bob Korwatch - who join with me to make such a hard choice among so many qualified applicants.

Our 2019 Gosnold Scholarship recipients are Ashlinn Hoffmeister of Bourne and Jahred Sullivan of Plymouth.

Let me tell you a bit about these fine young people.

Ashlinn is a recent graduate of Saint John Paul II and was actively involved in numerous extra-curricular and community activities. These included Bourne Community Boating, Monument Beach Sportsman’s Club, ECHO of Cape Cod, Varsity Sailing, Youth Groups, Prom Committee, and an Ecuador Missions Trip, to name only a sampling! Ashlinn’s interests center on the Health Sciences and Bioethics. She also enjoys speaking Spanish - which she has been studying for the last six years.

Gosnold is honored to support Ashlinn’s goal to attend Curry College, with a major in Nursing. Ashlinn’s ultimate goal is to become a Nurse Practitioner. Her volunteer work at Cape Cod Hospital and Keystone Place Nursing Home has created in Ashlinn a great empathy for others.

Gosnold’s Scholarship Committee was especially touched by Ashlinn’s revelation of her personal relationship with a family member who struggles with addiction. Ashlinn poignantly described how her family experience with addiction has inspired hope, strength, compassion, and love.

Our second scholarship recipient is Jahred Sullivan, of Plymouth, and graduate of Plymouth South High School. Jahred was actively involved in many extra-curricular activities. He served as the President of the National Honor Society, Co-founder of the Bible Club, Co-President of the Future Educator of America Club, two year Advisor, and a member of Student Council. Jahred has a great interest in traveling and learning other cultures.



Richard Curucu, President & CEO, Gosnold, Inc., with Don Quenneville, Chairman of the Board of Directors, Gosnold, Inc., at “Playing Above the Influence” in Bourne, MA.



A LETTER FROM THE PRESIDENT (cont'd)

This fall, Jahred will attend University of California, Los Angeles, with a major in Psychology. Jahred’s overall plan in life is to make the most of what he has been given.

Gosnold’s Scholarship Committee was moved by Jahred’s unparalleled zest for life and passion for contributing positively to others. Jahred conveyed his personal experience with depression and a willingness to share his experiences with peers in hope of helping others.

We believe these two exceptional young people will go far in life. Perhaps one day we might see them as part of our Gosnold workforce!

Gosnold’s work with youth is an important part of our mission and programming. We know Prevention is effective with middle and high school students. Now in nearly 60 schools across Southeastern Massachusetts, Cape, and Islands, Gosnold helps students address problems early on so they choose healthy coping supports and strategies rather than resort to experimentation with substance use. Delaying the onset of experimentation with substances is critical to positive youth development.

Ashlinn and Jahred are inspirational examples.



Richard Curcuru
President & Chief Executive Officer
Gosnold, Inc.



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BEEP! BEEP! WHERE IS THE JEEP?

The Jeep Raffle is back! Gosnold is raffling off a brand new, 2019 Jeep Wrangler 4x4 to one lucky winner!

Stay tuned to Gosnold’s Facebook Page for the Jeep whereabouts, and for information regarding the Jeep Raffle and other giveaways!

Gosnold will be raffling off this Jeep on Saturday, August 24, 2019 at 8:00 PM at the Third Annual Legacy Gala, Oyster Harbors Club, Osterville, MA.

To purchase your Jeep Raffle ticket, visit:
www.gosnoldgala.com/jeep-affle/



THE STORY BEHIND THIS ISSUE'S COVER

On July 10th, Gosnold, the Bourne Substance Free Coalition, and the Bourne Braves teamed up to provide an afternoon of family fun. "Playing Above the Influence" is a substance-free event designed to give families and young people an opportunity to interact with positive role models, the Cape Cod Baseball League Players.

A K-9 demonstration was hosted by the Barnstable County Sheriff's Office, and other activities included a slip and slide and a fatal vision goggle obstacle course. Honored to feature numerous vehicles on site for "Touch a Truck", we extend a great big "Thank You" to the Bourne Fire Department, Bourne Police Department, The Bourne Department of Natural Resources, the Massachusetts State Police, and the Barnstable County Sheriff's Office. Thanks to generous support from Cape Cod Five and other local businesses, attendees received free hotdogs, cakes, t-shirts, and raffle items.

Gosnold's Recovery Manager, Melissa Lonergan, threw out the first pitch at the start of the Bourne Braves game!

Join us again on Monday, July 29, 2019, with the Falmouth Commodores. The event will take place from 4:00 – 5:30 PM at Fuller Field (behind the Rec Center) at 790 Main Street, Falmouth. This event is free and all are welcome to attend.

Special thanks to our sponsors: the Barnstable County Sheriff's Office; Cape Cod Five; the Falmouth Police Department; the Falmouth Fire Department; and Mobile Sports Promotions. For more information, please contact Gosnold's Prevention Division at 508-540-2317.



Pictured Above: Trey Butler and Abigail Kleber get a "time-out" in the Bourne Police Cruiser.

Pictured left: Bourne Fire Rescue provides tours and demonstrations of Bourne's Emergency Vehicles.

Pictured Right, top: Major Barney Murphy, Head of Sheriff's K-9 Unit facilitates K-9 demonstrations for the attendees.

Pictured Right, bottom: Members of Gosnold's culinary team provide refreshments and treats for the event.



GOSNOLD IN THE COMMUNITY



Gosnold's Emerson House Program Director Angela Shepherd accepts a generous contribution delivered to Emerson house by Officer Charlie Marken, on behalf of the Falmouth Police Patrolmen's Federation.



Gosnold staff and volunteers participate in Gosnold's annual Sticker Shock Campaign, raising awareness of under age alcohol sales & consumption; held at various liquor stores across Cape Cod.



Melissa Lonergan, Recovery Manager, Libby Jaxtimer, Director of Contract Management and Patricia Mitrokostas, Director of PR and Organizational Advancement braved the rain and wind to support recovery and Wellstrong

TEAM GOSNOLD SPREADS THE WORD

Gosnold staff help to raise awareness of the 2019 JEEP WRANGLER RAFFLE.

Proceeds from the raffle benefit Gosnold's unfunded or underfunded programs including Alumni Services, Recovery Management, Technology Supports, and Prevention Initiatives.



JILLIAN'S ANGELIC DREAMS BENEFIT CONCERT

JULY 28, 2019 | OAK BLUFFS TABERNACLE, MARTHA'S VINEYARD

An evening of R&B featuring Deborah Cox and Ben Taylor, with Alyson Williams, Clayton Bryant, Nanauwe and the all star Ashford & Simpson Sugar Bar Band and, Host, Jason Flom



Concert honors the memory of Jillian Slatas (pictured above), former Gosnold patient & employee who sadly lost her hard-fought battle with addiction in November 2017.

In memory of Jillian Slatas, beloved daughter, sister, friend, human of great spirit, who passed away on November 12, 2017 from an overdose laced with fentanyl, "Jillian's Angelic Dream Concert" will take place on July 28, 2019 at 8 PM at the Tabernacle in Oak Bluffs, Martha's Vineyard. Jillian's battle with addiction began with prescribed Oxycontin for pain associated with the extraction of wisdom teeth. For five years, Jillian struggled with her recovery.

The concert's aim is to humanize and educate people about the opioid epidemic; to create effective programs and treatments at Gosnold and beyond; and to destigmatize substance use disorder so that those affected by it will seek treatment and support.

Headlining the event is Deborah Cox. Alyson Williams, Clayton Bryant, and the Ashford & Simpson Allstar SugarBar Band will also perform.

Proceeds will support specialized programs at Gosnold. Donations can be mailed to Jillian's Angelic Dreams, 7 Rose Meadows Way, Aquinnah, MA 02535, or can be made online at thejillianfoundation.org



EVENT DETAILS:

SUNDAY, JULY 28, 2019
OAK BLUFFS TABERNACLE
MARTHA'S VINEYARD

VIP RECEPTION 5:30 PM - 7:30 PM
DOORS OPEN 7:30 PM
SHOW 8:00 PM - 10:00 PM

To purchase tickets for this event, please visit: thejillianfoundation.org

ALUMNI SPOTLIGHT

This month's Alumni Spotlight feature highlights the story of Daniel Buck, Recovery Residence Coordinator, Gosnold, Inc.

After finding himself homeless on the streets of San Francisco, Dan moved home to Massachusetts to seek treatment for his substance use disorder. An alumnus of Gosnold Treatment Center and Gosnold's Miller House, Dan's life experience evolved into a career opportunity. He began working at Gosnold as Recovery Residence Coordinator, overseeing Gosnold's Shore Road Recovery Home, and providing round-the-clock supervision and assistance to the house's residents.

In January 2018, Dan returned to school, graduating Summa Cum Laude with a Bachelor's Degree in Economics. He later passed the LSATS, and received an acceptance to The University of Massachusetts School of Law, where he seeks his Juris Doctor.

When asked of his life experience and role at Gosnold, and how that prepares him for law school and his career, Dan expresses that working for this organization has laid the groundwork for the advocacy of others. "As a lawyer, I will be given a louder voice to advocate for these disadvantaged populations", he says. "Practicing law, while working to destigmatize substance use disorders and the effects of addiction in the lives of these marginalized groups will help me to prove that we are not defined by addiction; We are defined by what we do with the opportunity to get well."

We asked Dan to offer advice to those who are considering treatment for their substance use disorders, and he responded with a quote from the ancient philosopher, Confucius; "We have two lives, and the second begins when we realize we only have one." "The time is now," Dan says.

In addition to his full-time employment and commitment to education, Dan continues to inspire others through volunteerism and active involvement in the twelve-step recovery community on Cape Cod. We thank Dan for his unwavering support of Gosnold, our patients and their families, and the countless others he will help along his journey.



Dan Buck, pictured above with his mother, Francine Buck and partner Katie McCarter.

SECOND ANNUAL STAFF VS. ALUMNI SOFTBALL TOURNAMENT

Gosnold Staff have reclaimed the trophy!

Gosnold Staff took the win over the Gosnold Alumni in the 2nd Annual Staff vs. Alumni Softball Tournament, held on June 23, 2019 at Falmouth Heights Park in Falmouth, MA.

Thank you to everyone who came out to play and support.





GOSNOLD RUNS FALMOUTH

Running takes dedication. Much like recovery, running involves sacrifice, determination, and motivation. The results of these sacrifices not only provide our runners with a sense of accomplishment and wellness; these acts of courage pave the way to treatment and recovery for countless others.

This year, Gosnold is proud to highlight just a few of the staff members running to benefit our unfunded or underfunded treatment programs, to raise awareness of Gosnold's mission and values, and to show that **ANYTHING** is possible - *even seven miles in the hot Cape Cod sun* - when taken **one step at a time**.



DYLAN BENOIT

Recovery Management Supervisor
I run for Gosnold to show others that recovery is possible.



MELISSA LONERGAN

Recovery Manager
I run for Gosnold to inspire my Coaching patients.



ALEX GUENTHER

Recovery Manager
I run for Gosnold to give hope to patients and their families.

EACH RUNNER HAS A REASON...

Some run with our team to celebrate their own recovery or the recovery of a loved one, and some run to memorialize a loved one lost to addiction. While each person has a reason for running, everyone on Team Gosnold runs to help educate the community and reduce the stigma of addiction and mental illness.

Proceeds from The Falmouth Road Race support innovative programs including:

The **Gosnold Alumni program** provides support to those who previously participated in Gosnold services. The program nurtures a community of like-minded individuals who are active in their recovery, and show interest in getting involved with service work, volunteer opportunities and recovery-based social events.

Gosnold's Technology Supports such as Expressive Digital Imagery (EDI) which promotes recovery and emotional resilience through imagery created on mobile devices. Photos and images are altered by the patient to express feelings associated with mental health and substance use orders. Individuals use EDI to share deeply personal aspects of their lives that are difficult to express through words alone.

Gosnold's Prevention Division aims to reduce substance use among young people, support families affected by addiction, intervene before addiction starts and help build healthy communities.

TO SUPPORT TEAM GOSNOLD, PLEASE VISIT: gosnold.org/2019-falmouth-road-race

TEAM GOSNOLD SPONSORED BY:



PATRICIA MITROKOSTAS
Director of Public Relations &
Organizational Advancement
I run for Gosnold in memory of my
father.



AMANDA MARCOTTE
Assoc. Director of Marketing
I run for Gosnold to show my
daughter the importance of giving
back.

**REGISTRATION
FULL**

Gosnold

Gosnold Golf Tournament

Monday, August 26, 2019

Pocasset Golf Club

Pocasset, Massachusetts

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Life is exciting. Let us help.



MARSH & MCLENNAN
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CAPE
COD 5



Gosnold is hosting our 21st Annual Charity Golf Tournament on Monday, August 26, 2019,
at the Pocasset Golf Club.

Registration for golf foursomes is now closed.

There are several levels of sponsorship opportunities available and we welcome gift certificates and prizes for
our raffle and auction.

For additional information, please email Elizabeth de la Cour, Events Coordinator, at edelacour@gosnold.org.



MEET JENNIFER “JENNY” CAPRIO (or “Coach Jenny” as we refer to her at Gosnold.)

A resident of Falmouth for the last twelve years and no stranger to business and fitness communities, Jenny is also well regarded by the “recovery community.”

“Since I have been doing this work on the Cape and in Falmouth in particular, it’s been an honor to work with so many people who have decided to begin a life in recovery. They are among my favorite clients because they seek a holistic approach to wellness that includes a sober lifestyle, excellent nutrition, and regular exercise. Recovery involves building constructive routines and I feel fulfilled in helping clients in recovery build and stick to those routines.”

After Jenny became a certified personal trainer more than five years ago, she has steadily developed a strong local clientele - enough so to open her own gym - SWEAT STUDIO Cape Cod - located at 426 East Falmouth Highway, Falmouth MA. Her latest endeavor is training up TEAM GOSNOLD for the Falmouth Road Race.

“We meet every week and I put them through their paces. Our goal is to get TEAM GOSNOLD in the best physical and mental condition, while building positive team spirit and enthusiasm for the race. I know this is one of Gosnold’s most important fundraisers because it features runners in recovery as well as family members who support the Gosnold cause. I also understand that there are many runners who participate in memory of someone they have lost to the disease of addiction...a tragedy no person should suffer. I know few people who have not been touched in some way by this illness. I am no exception. This is personal for me...as well as professional.”

Be sure to visit Gosnold’s Facebook page and Sweat Studio’s page to see how TEAM GOSNOLD progresses.

If you want to support TEAM GOSNOLD at the Falmouth Road Race you can find details at: gosnold.org/2019-falmouth-road-race

We look forward to seeing Jenny and TEAM GOSNOLD at the Finish Line. When asked if she will be running her second race for TEAM GOSNOLD on August 18th Jenny says, “Of course. We finish what we start together!”



SUPPORT GOSNOLD & WIN A JEEP



Gosnold

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DRAWING OCCURS ON AUGUST 24, 2019
AT THE GOSNOLD LEGACY GALA,
OYSTER HARBORS CLUB, OSTERVILLE, MA.
THE LUCKY WINNER NEED NOT BE PRESENT TO WIN**

CALENDAR OF EVENTS

July 2019

- 07/28 Jillian's Angelic Dreams Concert
7:30 PM – 10:00 PM, Oak Bluffs Tabernacle,
Martha's Vineyard
- 07/29 Playing Above the Influence with the Falmouth
Commodores
4:00 PM – 5:30PM, Fuller Field, Falmouth, MA

August 2019

- 08/10 The August Charity Event
6:00 PM – 10:30 PM, Pocasset Golf Club
- 08/18 New Balance Falmouth Road Race
9:00 AM, Falmouth, MA
- 08/24 Gosnold Legacy Gala
6:00 PM, Oyster Harbors Club
- 08/26 21st Annual Gosnold Charity Golf Tournament
10:30 AM, Pocasset Golf Club

September 2019

- 09/16 Charlie Wilkerson Lecture Series
6:00 PM, Cotuit Center for the Arts
- 09/28 David Lewis 5k
9:00 AM, Barnstable County Court Complex

*For more information regarding upcoming events, please
contact Elizabeth de la Cour, Event Coordinator, by
e-mail at edelacour@gosnold.org*

COMPASS CONTRIBUTORS JULY 2019

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