



COMMUNITY
SUPPORT
SERVICES

LIFE CHAT

A publication spotlighting CSS clients

April 2024

In this issue:

Art of Recovery



Client rights information



Mental health tips



Community events



Invitation to join RAC



We want to hear from you!

For details about the Recovery Advisory Council (RAC) or to contribute your artwork or recovery story to *Life Chat*, call 330-253-9388 and dial 407 for Michelle Mace or 133 for Tina Lanzy.

Clients' talents celebrated at annual Art of Recovery

By Angie Younessi, CSS Communications Associate

Art of Recovery returned to Akron Art Museum on March 19 for a celebration of the talents and triumphs of our client artists.

More than 200 guests viewed and bid on the original client-created works of art, enjoyed hors d'oeuvres, engaged with the artists, learned more about CSS, and participated in a community art project.

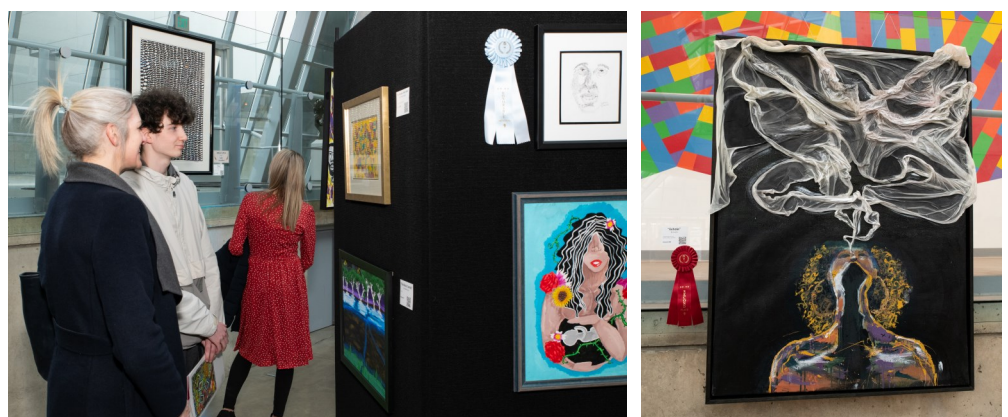
All 20 of the participating artists were recognized during the presentation of awards, and seven of the artists received top awards for their works, as judged by Natalie Grieshammer Patrick, director of artist resources for Summit Artspace, and Katie Casenhiser, CSS board member and development officer/events for Akron Art Museum.

Taking home the top awards were:

- **Mark Joseph Jaroszewski**, who won Best in Show for his whimsical drawing, *"Cristel Castle."*
- **Guana**, who earned second place for *"Exhale,"* a large work in acrylic, fabric and gold leaf on a handmade canvas.
- **Kimberly Maack**, who took third place for *"Monsters in My Mind,"* a colorful piece she created by pulling a squeegee over acrylic paint and enhancing the colors with gel ink.

Receiving an honorable mention were **Bradley Rankin** for *"Flowers, Flowers, Flowers,"* a vibrant Vincent van Gogh-inspired painting of a bouquet of flowers in a vase, and **Lewis**, who won for *"Face Forward,"* a black and white portrait in ink.

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Left: CSS' Dr. Sara West and her guest admire artwork on display at Art of Recovery. **Right:** The multi-media piece *"Exhale"* by artist **Guana** won second place at the show. **Photos by Edward Vullo of Foremost Photography.**

Continued from front page...



"Cristle Castle" by Mark Joseph Jaroszewski took Best of Show honors.

The Judge's Pick from Patrick went to **Cody Taylor's** *"I'm Fine,"* a three-dimensional mixed media work that conveys, "what being mentally ill feels like for those that don't suffer from illness." Casenhiser presented her Judge's Pick to **Miranda Taylor's** *"Time,"* a meticulously detailed Zentangle in black and white.

By the end of the evening, 47 of the 51 featured works of art had been sold. Seventy-five percent of the art sale proceeds went to the artists while the remaining 25% went into the CSS Expressive Arts Therapy program.

We congratulate all of our participating artists and thank them for sharing their art, their inspiration and their stories!



Kimberly Maack's acrylic painting "Monsters in My Mind" took third place at Art of Recovery 2024.

To learn more about how creating art has had an impact on some of our artists, visit the CSS YouTube channel at www.youtube.com/@CommunitySupportServices-fv3dd.



*Many of this year's Art of Recovery participants were on hand to celebrate the event. They are, from left, **Cody T., Guana, Bradley R., Malcolm D., Kimberly M., Miranda T., K.A.S., Connie S., Mark J., Samantha M., Zach R., and Simon R.** Photo by Edward Vullo of Foremost Photography.*

Client rights advocate works to address client concerns

CSS employees are knowledgeable about client rights, but did you know CSS has a specific person who handles complaints and the grievance process?



Tina Lanzy is CSS' client rights advocate. She oversees the process of grievances that are filed by a client or other person or agency on behalf of a client.

What rights do clients have? There are many! First and foremost, clients can expect to be treated with consideration and respect for personal dignity, autonomy and privacy.

A list of client and resident rights can be found online at www.cssbh.org/client-information. A grievance form and satisfaction surveys also can be found at that link.

If you need to reach our client rights advocate, contact Tina Lanzy at 330-253-9388, ext. 133.

AREA EVENTS



Spring is here, and that means coming out of hibernation! For many people, that also means getting out into the community and taking part in local events. Here is a look at some of what's scheduled for the months ahead.

APRIL

Health and Wellness Fair, 11 a.m. to 2 p.m. April 24 at METRO Transit Center, 631 S. Broadway, Akron. Raffle prizes, resources and more. Sponsor: Summit County Public Health Office of Minority Health.

MAY

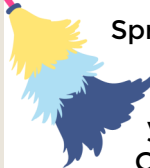
SummitCAN Fest, free community event for children of all ages, noon to 5 p.m. May 11 at Columbia Woods Park, 4060 Columbia Woods Drive, Norton. Games, inflatables, resource tables, a shoe memorial for those lost to substance use disorder, a butterfly release, food trucks and more. Contact: Vickie at 330-814-3278 or Ruthie at 330-289-1847. Sponsored by OhioCAN, Summit County.

JUNE



- **ADM Recovery Challenge 5K and 1-Mile Family Fun Walk**, June 8 at IBH Addiction Recovery, 3445 S. Main St., Akron. Packet pickup/registration at 7:30 a.m., 5K starts at 9 a.m., followed by the mini-mile at 9:15 a.m. Contact: County of Summit ADM Board, 330-762-3500. Registration: <https://ohiochallengeseries.enmotive.com>.
- **Choices Whole Health Fair**, 9 a.m. to 2 p.m. June 11 at House Three Thirty, 532 W. Market St., Akron. Wellness activities and resources. Contact: Choices, 330-762-8151.
- **Hope Fest**, 11 a.m. to 2 p.m. July 24, Grace Park, 323 Park St., Akron. Sponsor: Haven of Rest Ministries.
- **Barberton Senior Fair**, 11 a.m. to 1 p.m. June 7 at Barberton Senior Center, 500 Hopocan Ave., Barberton.

Clean up, clear the mind



Spring often ushers in the urge to clean up. Not only is that good for your environment, it can be good for your mental health.

Clutter can increase stress and make it hard to focus. It also can put a strain on relationships. That said, it's not always easy to get started when it comes to reducing clutter.

Here are some tips:

- Break up the job into manageable blocks.
- Set a goal for how long you'll spend in each room. Invite a trusted person to help.
- Make four piles—one for keeping, one for giving away, one for throwing away, and one if you're having trouble deciding (you can address that at a later time).
- Organize to keep everyday things close by. Keep organized to help you maintain a clutter-free home.
- Be mindful about the items you bring into your home; do you really need them?
- Reward yourself for any progress!
- If it's too overwhelming, seek professional help.



Source: [verywellmind.com](https://www.verywellmind.com)

SPRING CLEAN

YOUR MIND

Clear it out!

CLUTTER

It's OK to let go of toxic relationships that no longer "fit" you. Say "goodbye" to those who are always negative & love drama.

NEGATIVE TALK

Get rid of any tendency to gossip or constantly complain. Occasional venting can help with stress, but don't get bogged down & wallow in the negative.



BAD HABITS

Focus on one bad habit at a time, whether it's a small or big habit that's been weighing on you. Keep positive & realize it takes time to break a habit.

NEGATIVE THOUGHTS

Stop the self-deprecating thoughts & self-doubt! Often, negative thinking can become self-fulfilling & keep us from pursuing our dreams.

SOURCE: [lifelineconnections.org](https://www.lifelineconnections.org)



COMMUNITY SUPPORT SERVICES

150 CROSS ST., AKRON, OH 44311

We want your feedback!

Would you like to share your ideas about how CSS can improve? Join the **Recovery Advisory Council (RAC)**!

Clients and clients' family members are invited to become RAC members and share their feedback about CSS' services, identify areas where CSS can improve, help guide changes, contribute to *Life Chat*, and interact with other clients and family members.

The group meets from 10:30 a.m. to noon six times per year at our offices at 150 Cross St., Akron. The next meeting is on Feb. 8.

If you're interested in joining, call 330-996-9141 and ask for Michelle Mace (ext. 407) or Tina Lanzy (ext. 133).

We'd love to have you join!



Mission Statement

Community Support Services: Helping you achieve a healthy mind and body while supporting you to live and work in your community.

Recovery Definition

Recovery is the continuous process of empowering an individual so he or she may live a satisfying and contributing life. It is a shared responsibility among the individual, the treatment staff, family, friends, and the community to:

- Discover or rediscover strengths and abilities
- Pursue personal goals
- Develop a sense of self-identity that allows the person to grow beyond his or her diagnosis

The Recovery Advisory Council is a collaborative effort with clients & family members to continuously improve the satisfaction of services for all Community Support Services clients.

