



...a time and place  
for *growth* and *support*

[www.interludeinc.org](http://www.interludeinc.org)

# Interlude News



## *Interlude honors most generous supporters at 30th Anniversary Celebration*

On October 3rd, 2008 Interlude celebrated *30 years* of service to men and women with mental illness, by inviting its most generous supporters to an elegant gathering in Redding, CT.



Interlude Board Member, Robert Reiss, Director of Human Resources & Program Development, Rachel Bond Torpey, and Director of Operations, Karin Krupinsky.

The event was at Board Member **Carole Hart's** home in Redding. Carole,

who has a son with mental illness, feels strongly

about the support Interlude gives to the mentally ill and their families.

"Interlude has brought comfort, care and support to my whole family. My son has been given a home away from home while he learns how to live independently, foster friendships and manage the brutal illness that he struggles with daily. As a family we were unable to provide this for him and Interlude gave us a place to turn to - giving us all

*"Interlude has brought comfort, care and support to my whole family..."*

hope and space to care for the rest of our family at home," said Carole.

Late founder of Interlude, **Celine Karraker**, did not know that her original vision for creating a transitional home for people with mental illness would last for over 30 years. But her original model for a program to provide caring support and professional case management has worked extremely well, and promises to provide hope for people with mental illness far into the future.

*(continued on page 2...)*

## *Volunteers Provide Help Interlude on United Way Day of Caring Belimo Volunteers help at Interlude client picnic*



Cheerful volunteers from Belimo Air Controls

It's amazing what can happen when you simply take the time to lend a helping hand.

At this year's **United Way Day of Caring**, corporate volunteers

from **Belimo Air Controls** proved that very thing, by taking the time to volunteer at Interlude's annual client picnic at Hatter's Park on September 17th, 2008.

Every year Interlude holds an outdoor picnic for its clients—men and women who suffer from mental illness. Quite often, our clients do not have any family members or close friends, and **very little opportunity** to socialize due to their limited budgets. By giving them a day of fun, food, and relaxation, **Interlude's goal** is to encourage and cheer our clients, and help them have a social outlet.

### Disco Fever

The theme for this year's picnic was a "Disco Picnic" – which called for plenty of bright, colorful 70's-ish decorations, and of course disco balls, and many other enjoyable touches to celebrate this fun period of American history.

*(continued on page 3...)*



Interlude, Inc.

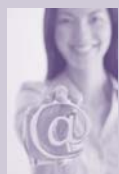
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*Interlude, Inc. is a private, non-profit organization established in 1978. Interlude's mission is "...to provide housing, support services, and advocacy to men & women with mental illness to help them become more independent in their community."*

*Your contributions make our mission possible. Thank you for your generous support.*



A United Way Agency



**You're invited...to our website**

Please visit our website at [www.interludeinc.org](http://www.interludeinc.org) for program updates, events, news, facts about mental illness, and creative expressions from Interlude clients.

**We'll see you there!**

## *From our Director to You...Politics and People*



**These days there is a lot of talk**, education, and preparation for the upcoming Presidential election in November. Both Democrats and Republicans have had their share of time on the 'bandstand' to rally for their causes. We have heard endless speeches, debates, and opinions on who should be elected.

When we typically think of politics, we tend to think of people who have influence and **power to make decisions** that will change the course of our lives hopefully in a positive way. Unfortunately, we often also think of promises that are never kept or that change over time.

Hopefully the next leader of this great nation will be someone not only with vision and creativity, but also with dedication, compassion, and wisdom. But no matter who takes office in January, it is our hope as a non profit agency that that person will remember that in the end, there are not politics—but **people**, to care for. People like the men and women with mental illness that Interlude serves. People who don't have the health, financial freedom or resources than many others have, and who need help from agencies like Interlude.

No matter who you support politically, keep in mind that **you can change the course of peoples' lives** by giving to and supporting agencies like Interlude. And remember that what makes our nation great is its *people*, and that we can help one another in ways that politics can never accomplish alone.

**Kathleen**

*Kathleen Deschenes*

### *30th Anniversary (continued from page 1...)*

Executive Director Kathleen Deschenes spoke at the event to thank those that attended for their monetary and other support of its services to people with mental illness.

"You have been a part of continuing the original vision of our founder, Celine Karraker, and I know if she were here with us today she would be smiling in approval," Kathleen said.



Teenaged volunteers helped as our food servers at the 30th event! *Left to right: Allison Gorbach, Phoebe Hart, Sebastian Martinez, Emily Downer.*



Executive Director Kathleen Deschenes addresses the group with facts about how Interlude serves the mentally ill.



## *New Faces at Interlude*

### Welcome to:

**Christine Spalding**—Program Director, Outreach Program  
**Rachel Bogner**—FT Case Manager, Condo Program  
**Sarah Kelman**—Relief Staff

### Special Congratulations in Order!

**Jane Sadowski** has been promoted to **Program Director** for our Recovery Program

**Stephanie Kotce** has been promoted to Senior Case Manager at our Intensive Residential Support (Condo) Program.



### Thanks for Investing in Lives

Interlude thanks it's family of supporters for your financial and in kind gifts over the past several months since our last newsletter. Funds included—**\$ 1,000 from Fairfield County Community Foundation's** donor advised **Bluenose Fund**, and **\$500 from the Rotary Club** of Danbury. We also raised **\$2,395** from generous individual donors who gave in response to our **30th Anniversary event**.

By donating to Interlude, **you invest in the lives of the mentally ill** and make a lasting difference. **Please donate today**, using the envelope enclosed, or donate securely at [www.interludeinc.org](http://www.interludeinc.org).

### *Day of Caring* (continued from page 1)...



Interlude staff in 70's garb. Left to right: Robin Riemersma and Executive Director Kathleen Deschenes.

Interlude thanks our enthusiastic volunteers from Belimo Air Controls for helping set up, cook, serve, and socialize at the picnic. Special thanks to **Robin Griffin**, who helped coordinate the volunteers. Interlude also sends thanks to the mothers and daughters of **National Charity League of Ridgefield** - especially this year's coordinator **Anna Robbertz** - for supplying several desserts, mouth watering picnic salads, and very colorful table centerpieces and posters based on the Disco theme, for our event.

The clients enjoyed the decorations, food, and of course – games! Games included a word search challenge, a pet rock creation contest, and a disco piñata!

Once again, Interlude thanks the **United Way of Western Connecticut and the volunteers from Belimo** for coming not only to brighten our day, but to improve the lives of Interlude clients.

*If you are interested in supporting Interlude financially or with donations of your talents or in kind goods, please contact us at 203-797-1210 or at [www.interludeinc.org](http://www.interludeinc.org).*



Belimo staff member Necole Hipps shows off smiley face cupcakes for the clients!



### Did you go to the Taste?...

Interlude would like to extend thanks to **CityCenter Danbury** for allowing nonprofits such as Interlude to display information tables at

their annual **Taste of Danbury** event on September 6th & 7th, 2008. The event was not only a great educational tool, but a lot of fun as well. Interlude handed out balloons to children and also held a drawing for a gift certificate donated by La Delicia restaurant on Lake Avenue. **Special thanks** to all our volunteers and to people like **you** who visited the Interlude table!

### Support Interlude with your phone...



Just go to **[www.interludeinc.org](http://www.interludeinc.org)** and click on the "**Win Win**" AT&T link to sign up for local or long distance telephone service or internet service through AT&T (or refer a friend!) For each order, **Interlude will receive a generous portion of the proceeds.**

***Thank you for your support!***

## Goals and Dreams...

**Eugene (Recovery Program client)** - Eugene Would like to have his own apartment, get his driver's license, and own a motorcycle! He would also like to continue to develop his creative talent as an artist.

**Debbie (Outreach Program client)** - Debbie would love to open a camp for children affected by traumatic events in their lives. She would also like to get a college degree, and own a home.

**Jim (Condo Program client)** - Jim would like to find full or part time work that he enjoys, and in time own his own home with a garden (one of Jim's favorite hobbies is gardening).

**You can help Interlude clients towards their goals.  
Support Interlude today!**

**GoodSearch**

Wouldn't you love it if each time you do an internet search, money would go to a worthy charity like Interlude—for free? Now it can! Go to [www.goodsearch.com](http://www.goodsearch.com), type in Interlude Inc. as your charity, and a penny will go to us for each search—at **no cost or obligation to you**. Sign up and support Interlude today!

### *You Can Leave a Legacy*

*Leave a Legacy*<sup>™</sup>



You don't have to be wealthy to make a significant contribution to a non-profit organization. Leave a Legacy of Connecticut is a statewide effort to promote charitable giving through wills and estate plans. There are several ways you can contribute to Interlude through charitable gifts in your will, estate planning, and memorial bequests. **You can make a difference** and leave your legacy of support to Interlude. For more information, please contact us at **203-797-1210** or at [info@interludeinc.org](mailto:info@interludeinc.org).

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