



At the Interlude awards ceremony are, from left, National Charity League's Tracy Clarke, Jennifer Wagner and Kathie Shafer, Interlude Board President Robert Reiss, and award-winner Theresa Foss.

Interlude honors Theresa Foss and National Charity League

Interlude Inc., a non-profit agency serving people with mental illness and substance abuse disorders, has awarded Theresa Foss of Ridgefield its first annual Celine Karraker Memorial Award.

The presentation took place at the 11th Annual Community Support Awards Breakfast on Thursday, May 1, at the Ethan Allen Hotel in Danbury.

The award is presented to individuals or group that has had a direct impact on the clients of Interlude. It was created in honor of Interlude's founder, who enjoyed spending time personally with the agency's clients.

Ms. Foss, a member of the National Charity League's Ridgefield chapter, has been the guiding force ensuring that Interlude has been one of the group's chosen philanthropies for the last seven years.

The National Charity League is a mother-daughter volunteer organization that serves at area charities throughout the year. Every year a group of mothers and their teenage daughters contribute homemade decorations, many desserts and food, centerpieces for our annual picnic and holiday party and they have also volunteered at the group's breakfast event.

"But more importantly, each year these mothers and daughters come to our holiday party and serve a festive meal to our clients," said board president Robert Reiss of Ridgefield. "It is a great opportunity for these young girls to learn about mental illness first-hand. They meet the men and women we serve and they gain an understanding of what mental illness is and how it can vary from person to person. They see that they are people just like you and I, except that they experience a range of intrusive symptoms like hearing voices or feeling paranoid or seeming depressed or preoccupied. This experience teaches a group of young girls and their mothers about, what are often, misunderstood illnesses. NCL's help is part of a bigger effort to educate the younger generation about mental illness, and to erode the stigma that surrounds it."

Interlude also gave a Community Support Award to Patti Mitten of the National Charity League's Ridgefield Chapter.

For more information on Interlude, call 797-1210 or visit interludeinc.org.

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