

Message from the President and the Chairman of the Board

The SERV Foundation needs your support

Dear Friend of SERV,

We are pleased to present this 2016 SERV Art Calendar to our donors who have generously supported the mission of SERV Behavioral Health System, Inc. At SERV, we share our experience, support and guidance with children, adults and families as they work to recover from and cope with mental illness, addictions, challenging behaviors or intellectual/developmental disabilities.

The calendar, a product of The SERV Foundation, spotlights the creativity of residents and consumers with SERV Centers of New Jersey and SERV Achievement Centers. Those whose works are featured here were winners in an art and poetry contest conducted earlier in the year.

Before you display the calendar in your home or office in the coming year, please use the attached remittance envelope when you plan your end-of-year giving. Your donation will help support The SERV Foundation's two special programs, neither of which is funded by the state. These include the Scholarship Fund for consumers and the annual SERV Wellness & Development Conference for consumers and family members.

Let us provide you with some history of these programs.

SCHOLARSHIP FUND: During the past 11 years, the SERV Founda-

tion has awarded 201 scholarships totaling \$229,302.15 to 157 adult SERV consumers (some multiple times). The recipients, all of whom are recovering from severe and persistent mental illness or coping with other disabilities, are seeking post-secondary education to fulfill their goals of increased self-reliance. They seek aid from the SERV Foundation's Scholarship Fund because they have exhausted all possibilities for funding elsewhere.

SERV staff members remain involved with our scholarship recipients throughout the school year by offering support and encouragement and reviewing their progress.

Based on statistical data compiled by SERV since the program's startup, 79% of scholarship recipients successfully complete their classes. Some have gone on to earn bachelor's and master's degrees or certificates in a trade, and have been able to gain employment in their field of study.

One such consumer is Ernie R., a SERV Centers resident from our Northern Region who joined SERV in 2002. Because of the 12 scholarships he received over the years from The SERV Foundation, Ernie was able to earn bachelor's degrees in both Elementary Education and Studio Art from William Paterson University. He now has a job as a sub-

stitute teacher in Passaic County and teaches a wide variety of subjects. He recently was the guest speaker at the 25th Annual Volley For SERV Tennis Tournament reception, where he thanked our donors for helping him to achieve his goals.

WELLNESS & DEVELOPMENT CONFERENCE: Originally begun in 2002 as the "Client Conference" in an empty office space at a SERV Centers office in Clifton with 85 people in attendance, the "SERV Wellness & Development Conference" today has blossomed to more than 430 consumers, family members and staff at a rented facility. These evergrowing attendance numbers have necessitated a change of venues several times, with the last 6 years at The Pines Manor in Edison.

The daylong conference, with the theme, "Celebrating Achievements through Wellness and Recovery," is planned by a cross-section of both consumers and staff from SERV Centers of New Jersey and SERV Achievement Centers. Collaborative in nature, they imagine, plan and execute a day of life-improving and lifeaffirming educational seminars and workshops that allow people to exchange stories, share frustrations, and build friendships. It also provides people with mental illness or intellectual/developmental disabilities and their family members the opportunity

to network, gain encouragement and learn the tools needed to improve their quality of life.

Attendees may choose from a variety of wellness workshops focused on helping them achieve their objectives, whether it is to make better food choices, take care of their medical needs, become more physically active, stop smoking, reconnect with relatives, return to work or school, or learn a new hobby.

And based on conference evaluations over the years, our consumers and family members say they leave the event feeling empowered.

*

To fund these programs, The SERV Foundation depends on grants from area corporations, sponsorships from the annual Volley For SERV Tennis Tournament and other fundraisers, and donations from individuals.

Please support The SERV Foundation in its mission to provide these exceptional programs benefiting our consumers, their families and the community at large.

From all of us here at SERV, we thank you for your past donations and wish you and your families a healthy and happy new year.

Gary van Nostrand, President/CEO

Richard Anderson, Chairman of the Board





Building
Strength
Toward
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and
Independence

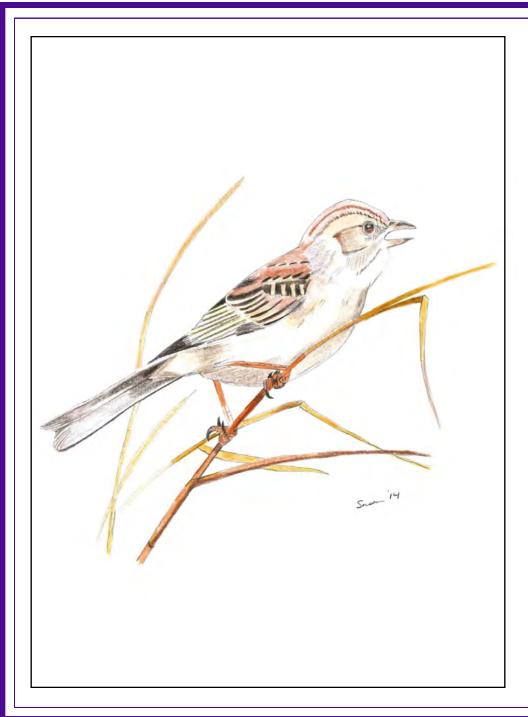
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January 2016



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	17	Martin Luther King Jr. Day (observed)	19	20	21	22	23
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'Brewer's Sparrow'

For nearly 12 years, **Susan R.** has been a resident with SERV Centers of N.J.-Central Region in Middlesex County. She and four other women reside in a farmhouse that was donated to SERV years ago by a consumer's parents.

Susan's artwork has won and appeared in

SERV's Art Calendar several times in the past. She briefly attended art school when she was younger, but has no formal training, as such. Susan loves the challenge of drawing and feels a sense of accomplishment when finished.

For this year's winning artwork, titled "Brewer's Sparrow," Susan drew on her love of bird watching, partic-



Susan R.

ularly at Cape May, for inspiration. "Birds are very easy for me to draw; I like to put a lot of detail into the feathers and in nature, like trees or grass," she said.

Recently, Susan found out that she is going to be a grandmother for the first time. She is planning a trip to North Carolina to visit her expecting daughter and meet her son-in-law for the first time, as well.

Susan has just signed on as a volunteer at Plainsboro Public Library.





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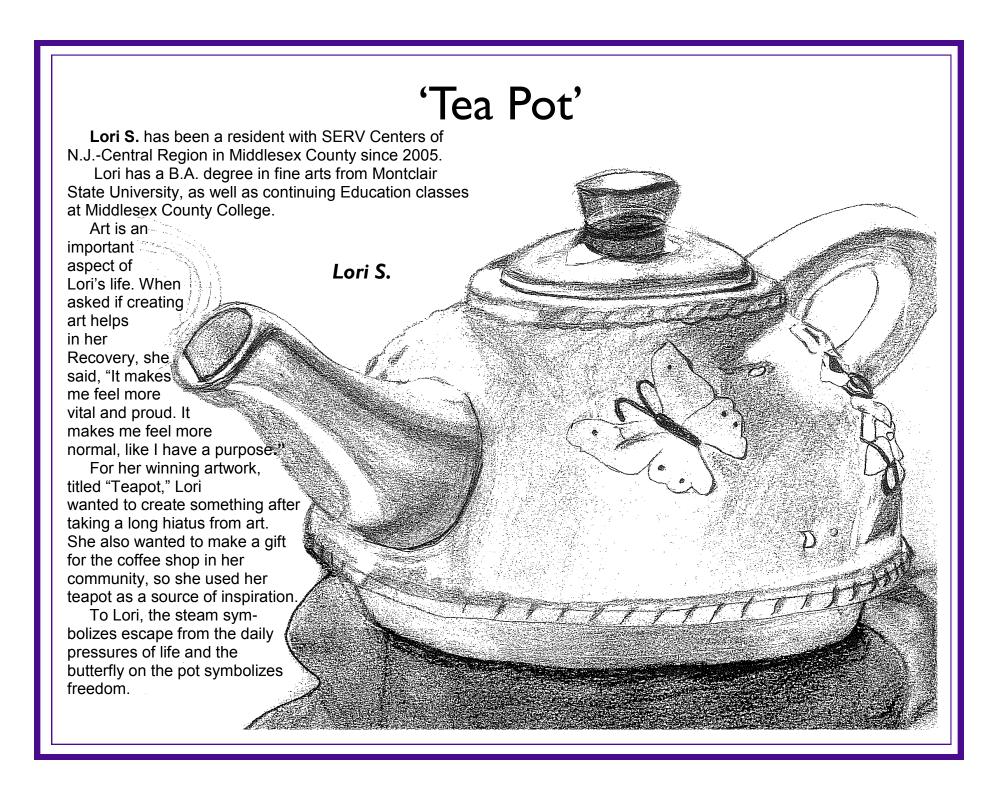
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February 2016



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Valentine's Day	Presidents' Day					
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Achievement Centers, Inc.

has been providing teaching, training and support to individuals with intellectual and developmental disabilities and youth with behavioral challenges and emotional problems since 1987.

All services promote individual responsibility, increase self-reliance and teach individuals and their families the skills necessary for living and working successfully in the community.

SERV Achievement Centers, Inc. oversees residences in Burlington, Hunterdon, Mercer, Middlesex, Monmouth, Ocean, Somerset and Union counties. They include:

- 22 group homes
- 24 supervised apartments
- 6 Therapeutic Foster Care sites

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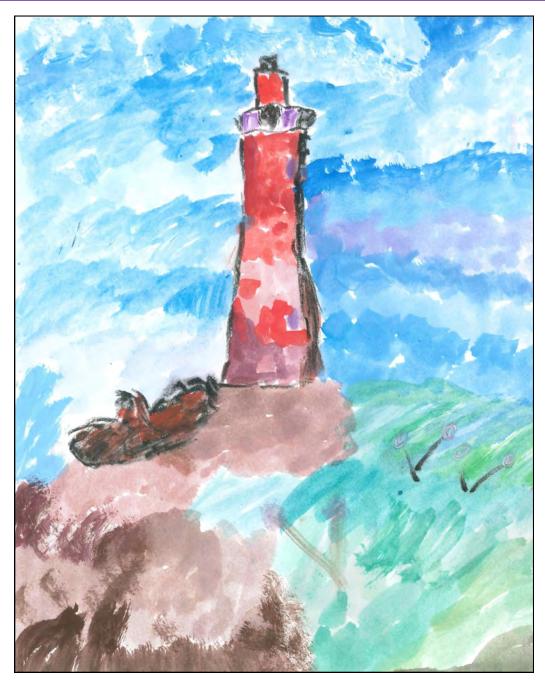
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Daylight Savings Time Begins	14	15	16	17 St. Patrick's Day	18	19
20 First Day of Spring Palm Sunday (Christian)	21	22	23	24 Purim (Jewish)	Good Friday (Christian)	26
27 Easter (Christian)	28	29	30	31		



'Light My Way'

Arlene Gelman has been a resident with SERV Centers of N.J.-Central Region in Middlesex County since 2007.

Arlene has no formal art training, except for a few art classes at Rutgers Continuing Learning Program. Through the years, she has developed and refined her craft.

"I find that with art, I can just go into my own little world when I paint," said Arlene, who also writes



Arlene Gelman

poetry and short stories.

When Arlene entered "Light My Way," she submitted a piece that was very personal to her. "Lighthouses are a symbol of hope to me, guiding ships to shore and guiding sailors by a shining beacon to follow home," she said. She finds lighthouses to be spiritual and calming. Arlene lived in Barnegat, N.J., for almost 9 years and she enjoyed visiting the "Old Barney" lighthouse with her 5 children. (Arlene now has 5 grandchildren).

In her spare time, Arlene volunteers at SAVE Animal Shelter in Princeton.



Behavioral Health System, Inc.

Consumer Demographics

(as of October 1, 2015)
Includes Residential, Outpatient
& Partial-Care Day Programs
for SERV Centers & SERV Achievement

Residents Outpatient & Day Programs Total consumers	828 <u>758</u> 1,586
Female	50 %
Male	50 %
Adults (18-59) Older Adults (60+) Children (under 18)	72 % 19 % 9 %
African American	15 %
American Indian/Alaskan	<1 %
Asian/Pacific	1 %
Hispanic	18 %
Caucasian	50 %
Other	4 %
Unknown	11 %

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April 2016



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17	18	19	20	21	22 Earth Day	Passover (Jewish)
24	25	26	27	28	29 Arbor Day	30

Shanna-Rae M. has won the SERV Art Contest several times for her poetry, and her latest, "Depression," captured the judges' attention once again.

"Depression" was drafted through a feeling of the moment. "Suffering from bipolar is kind of difficult because you have the ranges of mood swings, so one day or one week I may be manic ... it is much better than the depressive part. Everyone wants to be high energy, but it is much harder to pull yourself out of the depression. But, there is always hope."

"My poems always reflect an emotion or a period of my life in which I may be struggling in or it might be just a bad day, but toward the end of the poem it's always hopeful. I have been through it before and I know it will pass, so that gives me hope. My support system with SERV has always helped me and I know that I can go and talk to the staff any time I need them; they are there for me. And that also gives me hope," Shanna-Rae said.

Shanna-Rae has been a resident of SERV Centers of N.J.-Northern Region in Passaic County since 2006. Currently, she attends SERV's Adapt program and cherishes her time there. "I appreciate SERV. They have helped me so much in my recovery, in both physical and emotional."

'Depression'

Sometimes when you're feeling low You don't want anyone to know You try to keep your sense of pride You want to run away and hide

The echoes whisper in your brain That you are crazy or insane But deep inside you that's not real It may be now just how you feel



Shanna-Rae M.

Sometimes all we need to see
Is that someone sees inside of me
And offers me a helping hand
And lets me know they understand

Sometimes depression hits you hard It makes you lose your long kept guard

Sometimes alone at night you cry And ask the soaking, sobbing "Why"

But we must learn to carry on In spite of it we must stay strong For one day we will surely rise Like a Phoenix to the skies

If we stand firm and don't give in There's no way depression will ever win

So when you feel all hope is gone Just be sure to carry on

Reach out don't keep it all inside Swallow hard your wounded pride And if you only don't succumb One day soon you'll overcome

— Shanna Rae M.



Foundation, Inc.

raises funds to provide innovative programs for individuals in the SERV Behavioral Health System's Family of Companies who struggle with debilitating mental illnesses or intellectual impairments.

By creating partnerships with individuals and organizations, The Foundation develops awareness in the community and provides financial support for exceptional programs benefiting our consumers, their families and the community at large.

The SERV Foundation's major fundraising event is the Volley For SERV Tennis Tournament in June. There also are two cash raffles, one in June and the other in the fall.

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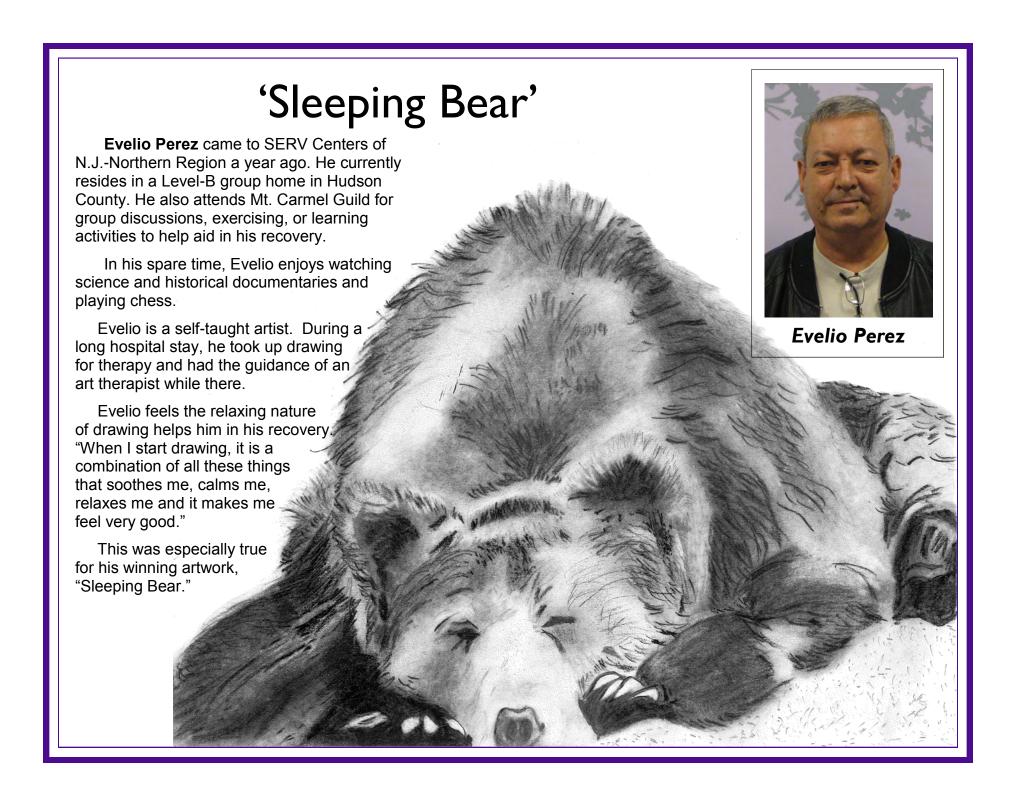
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May 2016



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Mother's Day						
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						Armed Forces Day
22	23	24	25	26	27	28
29	30 Memorial Day (Observed)	31		National Me Awarenes		





SERV consumer speaks at 25th Volley For SERV

During the 25th annual Volley For SERV Tennis Tournament on June 15, 2015, SERV consumer Ernie spoke to reception guests about how SERV Foundation scholarships helped him to earn two degrees. He is now a substitute teacher, instructing students on a variety of subjects in grades pre-K to 12.

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June 2016



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19 Father's Day	20 First Day of Summer	21	22	23	24	25
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Erin Allen

'Rainbow Garden'

A Passaic County resident with SERV Centers of N.J.-Northern Region, **Erin Allen** has been with SERV for 6 years. Erin became engaged this past summer and she and her fiancé are planning to marry next year.

Erin enjoys traveling and recently returned from a trip to Puerto Rico.

Erin says that creating art is a family trait. "Art and other creative things like writing have run in my family," she said. "I have been doing artwork as long as I can remember. I grew up around art; my dad had art books all around the house. He painted, and my brother paints."

For "Rainbow Garden," Erin said, "I just wanted to experiment with my oil pastels. They looked so colorful and looking at flowers and nature makes me feel tranquil."

Expressing herself through art helps Erin to focus on the positive. "I feel happiest when I am creating."





Centers of New Jersey, Inc.

Founded in 1974, SERV Centers of N.J. is the cornerstone of the organization that has since grown to become SERV Behavioral Health System, Inc.

SERV Centers of N.J. provides residential and support services to adults who are working to recover from serious and persistent mental illness, such as schizophrenia or bipolar disorder.

SERV Centers of N.J., Inc. maintains four administrative offices covering five counties: Hudson, Mercer, Middlesex, Passaic & Union. They operate:

- 34 group homes
- 143 apartment units
- 10 Therapeutic Family Care sites

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July 2016



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Carl Cusanelli

'Mid-West Comet'

For more than 30 years, Carl Cusanelli has been a resident with SERV Centers of N.J.-Central Region. He currently resides in one of SERV's apartments in Middlesex County. Carl attends a group therapy session weekly where he talks with others about anxiety and depression.

In his spare time, Carl refurbishes wood furniture and enjoys crafting kayaks out of pencils and leather, and

ships out of cardboard and Popsicle sticks. He also likes to create artwork with oil pastels, watercolors or acrylic paint. "Ever since I was 16, I liked paint- dream was to go out West, but I never ing and drawing," he said, referring to the age when he was hospitalized and began attending art therapy sessions.

For his winning entry, "Mid-West Comet," Carl used oil pastels to create a scene in the Midwest. He felt that the white comet added a nice contrast to

the characteristically dark blue sky of the region. Carl enjoyed stargazing when he was young and said, "My had enough money."

Carl said that whether he is working on painting, crafting or furniture restorations, seeing the finished product gives him a sense of accomplishment, which enhances his program of recovery.





Properties & Management, Inc.

A part of SERV Behavioral Health System, SERV P&M specializes in the planning, development and management of housing for special-needs populations.

From creating affordable housing for seniors to managing residences for disabled adults living in the community, SERV P&M makes it possible for those in need to come home.

P&M manages and/or oversees:

- ♦ 7 Administration offices
- ♦ 51 Single-family homes
- ♦ 7 Multi-family units
- ◆ 110 Apartment units
- ♦ 8 Apartment buildings (101 units)
- ♦ 16 Condominiums
- ◆ 2 Commercial sites

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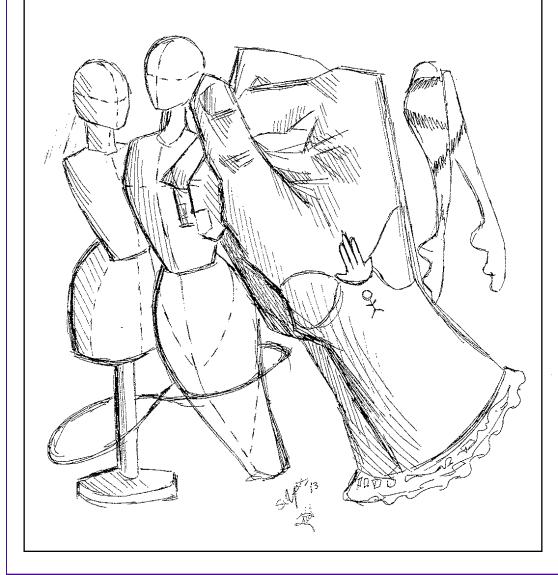
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'The Way He Made Us'



Tresea Hall has been with SERV Centers of N.J.-Central Region since February 2002 and currently resides in Middlesex County in a Shared Living home with four other women.

While she has never taken an art class, Tresea likes to pick up her drawing pencil whenever she gets the notion.

Her drawings are representations of emotions and ideas from the moment. The therapeutic aspects of drawing are especially helpful, she says, when she is feeling upset.

Tresea is a Born Again Christian "struggling to do the right thing," she said. Her



Tresea Hall

winning artwork "The Way He Made Us" was a personal message of her faith. Created with pencil, it was inspired from Psalm 139, Verse 14. She read: "I will praise you for I am fearfully and wonderfully made; marvelous are your works and my soul knows very well."

In addition to drawing, Tresea enjoys cross-stitch and embroidery.





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'Free Adventure'



Alexandro Pinho has been with SERV Achievement Centers -Western Region for 12 years. She resides in one of SERV's Therapeutic Foster Care homes in Burlington County.

For the SERV Art Contest, Alexandro crocheted an afghan, which she titled "Free Expression."



Alexandro Pinho

Alexandro said it was important for her to use bright colors in the afghan. "The colors are the rainbow colors which represent gay pride, which is important to me."

When crocheting, knitting or sewing, Alexandro said she is able to block out any surrounding negativity. It also is a way for her to relax and meditate.



SERV Recovery NJ Conference

Scott Nychay, a former editorial cartoonist who now uses his art to manage cooccurring disorders, speaks to more than 400 SERV consumers, family members and staff during the 12th annual SERV Recovery NJ Conference in October 2014 at The Pines Manor in Edison. Participants also attended two out of 10 workshops focusing on Wellness and Recovery.

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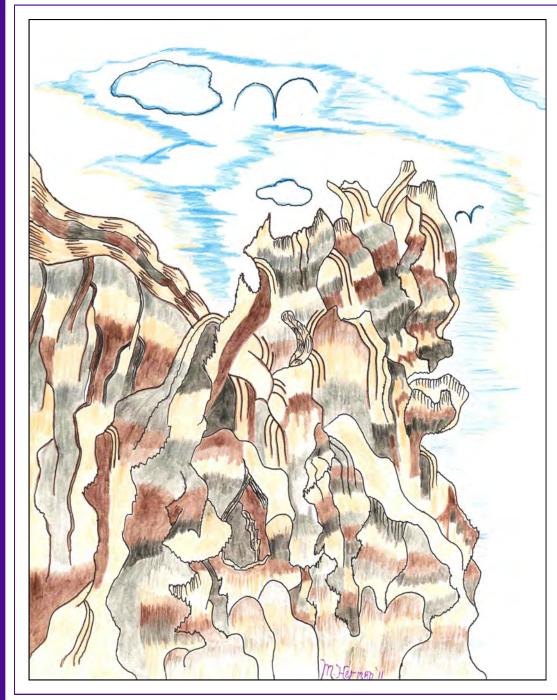
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Muharram (Islamic New Year)	Rosh Hashanah (Jewish)	4	5	6	7	8 14th Annual SERV Wellness & Development Conference
9	10	11	12 Yom Kippur	13	14	15
16	Columbus Day	18	(Jewish) 19	20	21	22
30	24 31 _{Halloween}	25	26	27	28	29



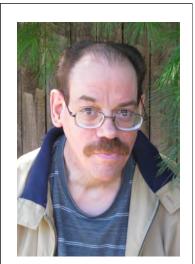
'Majestic Mountains'

Michael Herman has been a resident with SERV Centers of N.J.-Central Region since

1985 and shares an apartment in Middlesex County.

Since a teenager, Michael has had a keen interest in art. He attended duCret School of Arts to refine his process and learn new techniques.

He loves to incorporate mountains into his artwork. In fact, it seems like when-



Michael Herman

ever he creates something it turns into a mountain, he said. His winning artwork, "Majestic Mountain," was no different.

Michael believes that creating art helps him toward recovery and relieves stress. "It keeps your mind occupied, so I don't think about things that annoy me or weigh my mind down." he said.



Behavioral Health System, Inc.

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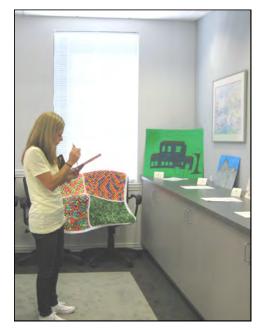
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November 2016



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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Fall Back End of Daylight Savings Time	7	8 Election Day	9	10	11 Veterans Day	12
13	14	15	16	17	18	19
20	21	22	23	24 Thanksgiving Day	25	26
27	Cyber 28 Monday Support SERV 3 Foundation when you shop Amazon	29	30	Amazo price of to the SERV	you shop on An on will donate (of your eligible Foundation. T smile.amazon	0.5% of the purchases o start, visit



Judges view the entries in the 2016 **SERV Art Calendar contest. They** include Amy Lamberson, above; and in photo at right, Gary van Nostrand, Lisa Coscia and Andre Caldini, from left.



Thank you to SERV artists and contest judges

Congratulations to the ten consumers who were selected to have their art- sumers from SERV Centers of New work and poetry featured in The SERV Foundation's 2016 SERV Art Calendar. ters.

The judging of the Art Calendar Contest took place August 21, 2015 at the Administration Office. The top-ten pieces of artwork or poetry were select- SERV Behavioral Health System, Inc.;

ed among 28 entries from talented con-Jersey and SERV Achievement Cen-

The Judges' Panel comprised Dr. Susan Bell, an optometrist from Ewing; Gary van Nostrand, CEO/president of

Lisa Coscia, Chief Operating Officer of SERV Achievement Centers; SERV board members Andre Caldini, Peter Doolan and John Maret; and Amy Lamberson, Human Resources.

Thank you to all who participated in this project.

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Building
Strength
Toward
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29	30	31				

December 2016



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sign up at Smile.Amazon.com and select the SERV Foundation as your charity of choice. Then, when you shop on smile.amazon.com, Amazon will donate 0.5% of the price of your eligible purchases to the SERV Foundation.				1	2	3
4	5	6	Pearl Harbor Remembrance Day	8	9	10
11	12	13	14	15	16	17
18	19	20	21 First Day of Winter	22	23	24
Christmas 25 Day (Christian) First day of Hanukkah (Jewish	26 Kwanzaa begins	27	28	29	30	31 New Year's Eve

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Our Mission

SERV Behavioral Health System, Inc. is a private, nonprofit behavioral healthcare organization serving adults and children throughout the state who are working to recover from or cope with a serious mental illness and/or intellectual/developmental disability. We know that every person can make a valuable contribution to the community. That is why SERV integrates housing and supportive services to address the needs of the whole person and not just an illness. It is our goal to assist the people who come into our care to live and work successfully in their communities as they gradually build more independent and meaningful lives outside the walls of an institution.

Our Locations

SERV Behavioral Health System, Inc.

Corporate Headquarters 20 Scotch Road, 3rd Floor, Ewing, NJ 08628 (609) 406-0100

SERV Achievement Centers, Inc.

20 Scotch Road, 3rd Floor, Ewing, NJ 08628 (609) 406-0125

SERV Foundation, Inc.

20 Scotch Road, 3rd Floor, Ewing, NJ 08628 (609) 662-3059

SERV Properties & Management, Inc.

20 Scotch Road, 3rd Floor, Ewing, NJ 08628 (609) 406-0100, ext. 3060

www.servbhs.org

SERV Centers of New Jersey

Northern Region

(Passaic/Hudson Counties)

Clifton Behavioral Healthcare

777 Bloomfield Ave., Clifton, NJ 07012-1248 (973) 594-0125

Central Region

(Middlesex County) 491 S. Washington Ave., Piscataway, NJ 08854 (732) 968-7111

> (Union County) 130 Dermody St., Cranford, NJ 07016 (908) 276-0490

Southern Region

(Mercer County) 380 Scotch Road, Bldg. B, Ewing, NJ 08628 (609) 394-0212