

# RECOVERY HAPPENS

Illuminating pathways toward opportunity, possibility, wellness and independence.

Restoration Society, Inc., 66 Englewood Avenue, Buffalo, NY 14214  
[www.rsiwny.org](http://www.rsiwny.org) (716) 832-2141 Fax (716) 832-0021



## World Mental Health Day 2018

The 10<sup>th</sup> of October each year is the day for global mental health education, awareness and advocacy against stigma and mental health discrimination.

Discussions are held all over the world to help improve services and opportunity to support mental health. In Australia, they celebrate World Mental Health Day while also having a Mental Health Week. Here in Buffalo, Mental Health America President and CEO, Paul Gionfriddo will visit us. He will be here in Buffalo to discuss the current state of mental health in America, the desired state and steps we can take to get there.

World Mental Health Day offers a time out when people can discuss the ways we can change policies that effect mental wellness.

**On a personal level, what will you do for World Mental Health Day? What helps your mental well being?**

WRITTEN BY: VALERIE DAY

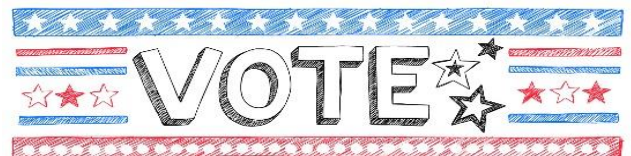


## Voter Raffle!

(Collect raffle tickets from Sametra or Amanda at EA for your chance at a Grand Prize!)

How to earn raffle tickets:

- ☐ Turn in completed Voter Registration form (Attached) by October 11th
- ☐ Turn in completed Application (Attached) for an Absentee Ballot by October 29th
- ☐ Get a friend to register to vote and/or apply for an absentee ballot
- ☐ Attend Empowerment Academy's Voter Information Classes (taking place this month)
- ☐ Bring in your Absentee Ballot to be mailed by Empowerment Academy
- ☐ Make a plan with Empowerment Academy to **Vote-in-Person on November 6th** (if not voting absentee)



Questions? Unsure if you are registered to vote? Or if you are registered at the correct address?

Check your voter registration status, find your polling location, and learn how to remedy voter rights violations, and who the candidates are by calling:

**1-866-OUR-VOTE (687-8683)**

Important Deadlines:

Mail in new registration	by 10/11
Change Party	by 10/11
Change Address	by 10/16
Mail Absentee Application	by 10/29
Mail Absentee Ballot	by 11/4



# WORKS!

Artistic Opportunities and  
Happenings in the Community

October 11<sup>th</sup>  
5:30-7:00PM

@The Connect Galley  
1001 Main St.  
Buffalo, NY 14203  
(inside the Conventus building)

"Every artist was first an amateur"  
—Ralph Waldo Emerson



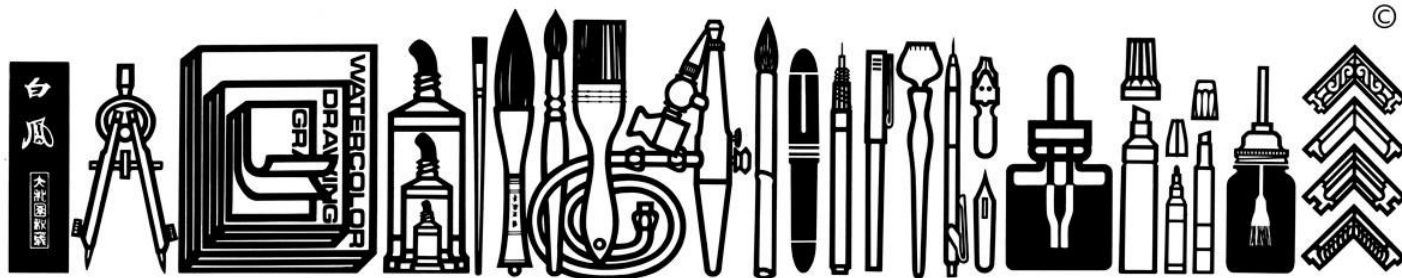
This will be our  
Closing Event for  
"Restoration Stories:  
Works in Collage"  
before the 15 original  
art pieces made by  
members of our RSI  
community are taken  
down in November.  
Whether you attended  
the opening last  
December or if you  
missed out—Please  
come see the art,  
visit with the artists  
and see how  
you can get involved!!

Snacks & Refreshments will be served!  
For more details or updated information  
check the Facebook Event on RSI's page  
or contact Adam Selon @ 716-208-8126

COME CELEBRATE THE ARTS!

Be on the lookout for our next collaboration with UB Art Galleries!

RSI will host Charmaine Wheatley as an "Artist-in-Residence" at the Empowerment Academy and Harbor House Resource Center to complete a series of portraits. Check out more about Charmaine's work at: [www.charmainewheatley.com/drawings](http://www.charmainewheatley.com/drawings)





## FREE Legal Clinic

at the Empowerment Academy  
Fourth Wednesday of Every Month  
9:00 am -12:00 pm

- Social Security Disability
- Supplemental Security Income
- Housing Laws
- Family Law
- Consumer Law
- For more information, please call (716)884-5216 ext. 415 or 416

**Sunday, October 28<sup>th</sup>**

**12:30PM - 5:00PM**

Join Coordinated Entry @ Downtown Library  
(1 Lafayette Square Buffalo, NY 14203)

**FUN EVENT  
FOR KIDS  
&  
FAMILIES**



**Mini  
PUMPKIN  
Painting!!**



Housing Solutions will be hosting a class:

## **Happy Homes: Improving Landlord/Tenant Relations**

66 Englewood Ave., Buffalo, NY 14214  
October 15<sup>th</sup>, 2018 2:00pm - 4:00pm



## Upcoming RSI Events

Place a checkmark next to those events you would be interested in attending and submit to the Empowerment Academy.

- \_\_\_\_\_ 10/2 Internet Basics @ Buffalo Library 2pm-3:30pm
- \_\_\_\_\_ 10/9 Project Homeless Connect @ Buffalo Convention Center 10am-4pm
- \_\_\_\_\_ 10/10 Mental Health Jeopardy @ EA 10am-11am or 6pm-7pm
- \_\_\_\_\_ 10/11 RSI Art Works @ UB Connect Gallery 5:30pm-7pm
- \_\_\_\_\_ 10/16 SilverSneakers Workout @ Buffalo Library 10am-11:30am
- \_\_\_\_\_ 10/19 Buffalo Historical Museum 10am-12pm
- \_\_\_\_\_ 10/25 Great Pumpkin Farm 10am-12pm
- \_\_\_\_\_ 10/31 Fall Fest Party 10am-12pm
- \_\_\_\_\_ 10/31 Monthly Spotlight at Spot Coffee 6pm-8pm

For additional questions or to sign up to attend, please contact Sametra Polkah-Toe at 716-884-5216 Ext 416



## Join the RSI Spades Club TODAY!

Looking for a spirited game of Spades?

**WHERE:** 327 Elm Street  
Buffalo, NY 14203

**WHEN:** Every Friday 4pm - 8:30pm

**CONTACT:** Nafisa Ahmad, Founder  
csihelp@aol.com

[www.facebook.com/groups/RSIspadesclub](http://www.facebook.com/groups/RSIspadesclub)

JOIN OUR FACEBOOK PAGE FOR MORE INFORMATION AND ANY SCHEDULE CHANGES!!



## ATTENTION!!!

Housing Customers should contact their housing resource coordinators or stop by 66 Englewood to sign up for

Section 8 Housing  
(only open 9/24 -10/19)

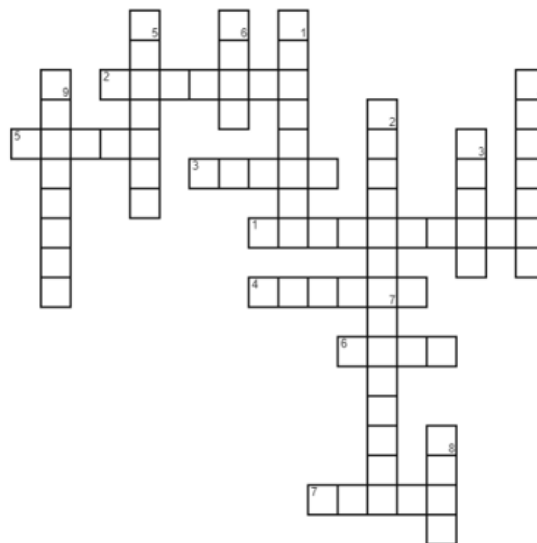
LAST CHANCE  
TO SIGN UP  
FOR THE NEXT  
5 YEARS!!!

## Special Events

- Oct. 9<sup>th</sup> Project Homeless Connect  
10:00AM - 4:00PM  
@ Buffalo Niagara Convention Center
- Oct. 11<sup>th</sup> Restoration Stories: Works in Collage  
5:30PM - 7:00PM  
Conventus Building (1001 Main St)
- Oct. 28<sup>th</sup> Coordinated Entry presents:  
Halloween Arts & Crafts @  
Buffalo & Erie County Public Library

## Healthy Ways to Cope

We asked our customers what they do to cope, and here's what they said!



### Across

1. Daily \_\_\_\_\_ helps keep my mind clear.
2. Exercise for the brain.
3. Watch my favorite \_\_\_\_\_.
4. Sip some hot \_\_\_\_\_.
5. Tidy-up, organize, de-clutter.
6. My animals love me unconditionally.
7. Something special for myself, out-of-the-norm.

### Down

1. Think \_\_\_\_\_!
2. Remember to \_\_\_\_\_!
3. Listen to some \_\_\_\_\_.
4. You can find me in the kitchen, \_\_\_\_\_.
5. Writing, drawing, or collaging in my \_\_\_\_\_.
6. Call on a good friend or family member to \_\_\_\_\_.
7. Walking, working out, lifting weights, dancing, zumba, etc. are examples \_\_\_\_\_.
8. \_\_\_\_\_ and crafts.
9. Christianity, Islam, Hinduism, Buddhism, Taoism, Sikhism, Judaism and Jainism are examples of \_\_\_\_\_.



# 10 October is World Mental Health Day



## 25 simple self care ideas

- Decorate your planner for the month
- Splurge on a new lipstick
- Call it a night and go to bed early
- Spend the afternoon with a good book
- Start a Gratitude journal
- Spend 10 minutes in the morning meditating
- Spend an hour in the bookstore
- Give yourself a facial
- Paint your toenails a bright color
- Take a long bubble bath
- Stay away from social media for a whole day
- Do stretches at night before going to bed
- Make a list of your favorite things
- Get out and get some fresh air
- Watch your favorite movie
- Wear your favorite outfit
- Turn on some music and Dance
- Get a massage
- Call your bestie and laugh
- Buy yourself some flowers
- Take a nap
- Color in a coloring book
- Take pictures of nature
- Get some exercise
- Light some candles

[www.sparklersmagazine.com](http://www.sparklersmagazine.com)

Happiness is just a state of mind



### Developing a Winning Attitude by Tim Malley

Many times people who have a mental illness think that they have to live defeated lives, but this is a myth, because people who have a mental health diagnosis still can live vibrant lives that have a real purpose. That's why it's essential for people who have a mental health diagnosis...to develop a winning attitude in life. Just how does one develop a winning attitude? Well, they utilize positive thinking by telling themselves that they can not only accomplish and achieve anything. Just by believing in themselves, they should tell themselves for example, that there just as good as anyone else and not to listen to negative criticism that discourages and keeps people down in life. Don't listen to these negative and overly critical people listen. Listen instead to people who are going to stick with you and believe in you and encourage you in life. People, in other words, who radiate a positive attitude. So developing a winning attitude is essential for anyone who has a mental health diagnosis; because it's essential for us with a mental health diagnosis to stop thinking that were already defeated in life, and focus on being a winner. Because that's what we are, is winners. We just have to develop a winning attitude in life, that's all.

### Come Join Us for a Bake Sale!



October 1<sup>st</sup>-31<sup>st</sup>  
Empowerment Academy  
327 Elm Street Buffalo NY 14203

Orders may be placed in person or via telephone

\*All Proceeds benefit program community integration activities

# ACE Employment Services

Get to know us at our  
INFORMATION SESSIONS

**TUESDAY October 9<sup>th</sup> @ 1:30pm**  
**OR**

**FRIDAY October 26<sup>th</sup> @ 10:30am**

327 Elm Street  
Corner of Elm and Genesee

**HAVING A DISABILITY DOES NOT  
MEAN YOU CAN'T WORK.**

Let our team of vocational specialist's help you get a job and earn money! Our team, comprised of a Job Developer, Job Coaches, Life Coaches, Certified Benefits Advisors, and Rehab Practitioners are eager to help you reach your goals. We offer a range and continuum of vocational rehabilitation services that assist customers to choose, get and maintain competitive employment positions.

## WHAT YOU'LL LEARN

- **INTRODUCTION TO THE THREE DIFFERENT EMPLOYMENT SERVICES ACE PROVIDES**

We work with ACCES-VR to provide three different services tailored to your needs as well as the Social Security Administration for TICKET TO WORK.

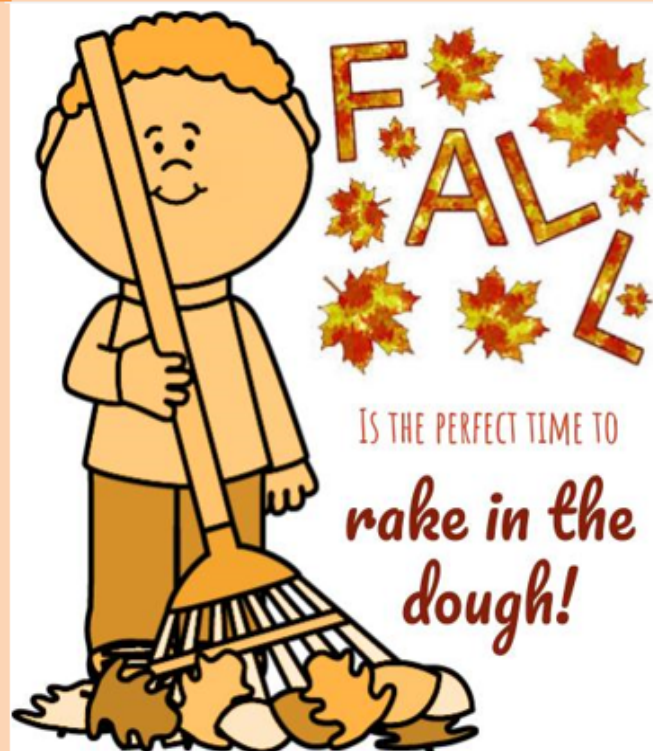
- **LEARN ABOUT HOW TO GET REGISTERED**

ACE will guide you through the process of how to get linked for services to help you with your goal of working!

- **GET INFORMATION ON OTHER SERVICES PROVIDED BY RSI**

For 40 years, Restoration Society, Inc. has been providing services to assist individuals with Mental Illness who reside in Erie County!

**SEE WHAT ACE CAN DO FOR  
YOU!**



**FOR MORE INFORMATION**  
about ACE Employment please contact:  
**Chazarae Hatten - Program Manager**  
[chatten@rsiwny.org](mailto:chatten@rsiwny.org)  
884-5216 ext. 410



327 Elm Street, Buffalo, NY 14203

716-884-5216

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

<b>October 2018</b> Tel. 884-5216 Fax 884-2847		<b>Empowerment Academy Workshops</b> <b>Open Monday – Friday for hours please look below</b>		327 Elm Street, Buffalo NY 14203
Monday	Tuesday	Wednesday	Thursday	Friday
1. 10-11am: Civic Duty (Voting) Education 11-12pm: Anxiety Reduction Tips 1-2pm: Brain Teasers/Social Hour	2. 10-11am: Talking about Forgiveness 11-12pm: Community Resource Knowledge <b>*2-3:30pm: Internet Basics (Central Library)</b>	3. 10-12pm: Team Baking (Bake Sale Prep) 1-2pm: Beating Procrastination 6-7pm: Goal Setting Workshop	4. <b>Staff Training</b> <b>EA Closed from 9am-12pm</b> 1-2pm: Ted Talk Series 6-8pm: Movie Club	5. 10-11am: Positive Affirmations 11-12pm: Creative Writing Prompts 1-2pm: Social Hour 4-8:30pm: Spades Club
8. 10-11am: Fall Fun on a Budget 11-12pm: Fall Weather, Fall Health 1-2pm: Brain Teasers	9. <b>Come Join us at Project Homeless Connect! (Buffalo Convention Center) 10am-4pm</b>	10. <b>World Mental Health Day!</b> 10-11: Mental Health Jeopardy 11-12: Adult Coloring Group 1-2pm: Self-Exploration (Values) 6-7pm: Mental Health Jeopardy	11. 10-11am: Managing Addictive Behaviors 11-12pm: Healthy Communication (Listening Barriers) 1-2pm: Ted Talk Series <b>*6-8pm: RSI Stories (ULB Connect Gallery)</b>	12. 10-11am: Healthy Eating Tips 11-12pm: Exercise on a Budget 1-2pm: Social Hour 4-8:30pm: Spades Club
13. 10-11am: Where's My Cheese Pt. 2 11-12pm: Organization Skills <b>*1-2pm: Happy Homes (Housing Solutions Workshop)</b>	16. <b>* 10am-11:30am: A Little Means a Lot (Central Library)</b> 1-2pm: Managing Depressive Symptoms	17. 10-11am: Tips for Emotional Resilience 11-12pm: Adult Coloring Group 1-2pm: Managing Chronic Illness 6-7pm: Co-Occurring Disorders	18. 10-11am: Building Positive Supports 11-12pm: Therapeutic Journaling 1-2pm: Ted Talk Series 6-8pm: Movie Club	19. <b>*10-12pm: Buffalo Historical Museum (Free)</b> 1-2pm: Social Hour 4-8:30pm: Spades Club
22. 10-11am: Where's My Cheese Pt. 3 11-12pm: Impulse Control 1-2pm: Brain Teasers	23. 10-11am: Relationships 101 11-12pm: Preventing Interpersonal Violence 1-2pm: Current Events Workshop	24. <b>MHA Legal Clinic 9a-11a</b> 10-11am: Germ Prevention 11-12pm: Adult Coloring Group 1-2pm: Managing Emotions 6-7pm: Tenant Rights & Responsibilities	25. <b>*Great Pumpkin Farm (Free) Clarence, NY 10am-12pm</b> 1-2pm: Ted Talk Series 6-7pm: <del>Narciss</del> Narciss Training	26. 10-11am: Fall Craft 11-12pm: Decorate EA for Fall Fest 1-2pm: Social Hour 4-8:30pm: Spades Club
29. 10-11am: Where's My Cheese Pt. 4 11-12pm: Internet Safety 1-2pm: Brain Teasers/Social Hour	30. 10-11am: Choosing a Provider 11-12pm: Medication Management 1-2pm: Brain Teasers/Social Hour	31. <b>Fall Fest Party! 10am-12pm (EA)</b> 1-2pm: WRAP Workshop <b>*6-8pm: Monthly Spotlight (Spot Coffee)</b>	<b>Hours of Operation</b> Mon: 9a-5p Tues: 9a-5p Wed: 9a-9p Thurs: 9a-9p Friday: 9a-9p Saturday: 9a-1p Sunday: 9a-1p	<b>Please Note:</b> * = workshop is held in the community and EA will be closed except for appointments and emergencies only

## The Clubhouse October, 2018

### 66 Englewood Ave, Buffalo, NY 14214 (716)832-2141

Hours for Ages 16-23;  
Monday to Friday 3 to 9pm, 1<sup>st</sup> and 3<sup>rd</sup> Saturdays 10am to 6pm

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1. 4 pm Express yourself {AM}	2. 5:00pm Creative Corner	3. 4:30pm Guided Meditation/Mindfulness	4.	5. 4pm Life Skills {Building a Resume}	6. 11:00am Book Club
<b>5:30 pm Game Night bring a friend</b>	6:00pm Leave for open swim session at Resource Council of WNY	5pm My Brother's Keeper Dinner Club	6:00pm Family Movie Night	5pm My Brother's Keeper Dinner Club	<b>Evergreen Closed Group</b> 9:30am-4:30pm
8. 4 pm Express yourself {AM}	9. 5:00pm Creative Writing	10. 4:30pm Guided Meditation/Mindfulness	11. 4pm Recovery Resource Open Discussion	12. 4 pm Life Skills {Building a Cover letter}	13.
6pm Family Snack and game night	6:00pm Leaving for open swim session at Resource Council of WNY	5pm My Brother's Keeper Dinner Club	5:30pm Let's Talk {*One group for 16-17year olds and one group for 18-23 years old *}	5pm My Brother's Keeper Dinner Club	<b>Clubhouse Closed</b>
15. 4 pm Express yourself {AM}	<del>6:00pm</del> 16:30pm Guided Meditation/Mindfulness	17. <b>Reverse Trick or Treating with E.C.C North Campus SOTA Club</b>	18. <b>5:00pm Homemade Pizza Night and Movie Night</b>	19. 4:00 pm Guided Meditation Mindfulness	20. <b>Evergreen Closed Group</b> 9:30am-4:30pm
<b>5:30 pm Game Night bring a friend</b>	6:00pm Leave for open swim session at Resource Council of WNY			4:30pm Clubhouse Staff/Members Meeting	<b>Leaving at 1pm for Blackman Farm Apple Picking</b>
22. 4 pm Express yourself {AM}	23. 5:00pm Creative Corner	24. 4:00pm Guided Meditation/Mindfulness	25. 4pm Using Tech as a Recovery Resource	26. <b>Leaving for Sky Zone at 5:30pm</b>	27. 9:30am to 12:30pm Clubhouse/UB Community Beautification Cleanup
5pm <b>Game Tournament</b>	6:00pm Leave for open swim session at Resource Council of WNY	4:30 pm Life Skills { building a resume}	5:30pm Let's Talk {*One group for 16-17year olds and one group for 18-23 years old *}		
29. 4 pm Express yourself {AM}	30. 5pm My Brother's Keeper Dinner Club	31. <b>Happy Halloween!!</b>	<b>Meals are FREE!!!!</b> Dinner is served at 5:30pm during the week. On Saturday Lunch is served at 1:00pm. Please be here one hour before to sign up and participate in prepping	5 to 7pm on Wednesday's and 1 to 3pm the first and third Saturday of every month are dedicated for personal development meetings with a coach. You can set up an appointment outside of these times if you need.	Homework Help Offered every Tuesday, Thursday and Saturday from 3 to 5pm
<b>5pm Dinner and a Movie At the Clubhouse. Come unwind with us!!</b>	<b>6:30pm Game Night bring a friend</b>	<b>Halloween Party 5 to 7pm</b>			

Clubhouse Operations to include: Snack Bar, Maintenance Unit, Meal Preparations and, Reception Unit starts daily at 3:30pm



# **PROJECT HOMELESS CONNECT BUFFALO**

**October 9, 2018**

**10:00AM - 4:00PM**

## **Buffalo Niagara Convention Center**

**A one day, one-stop event bringing  
together agencies from across WNY  
to provide free:**

- ★ Health and Dental Care**
- ★ Housing Opportunities**
- ★ Social Services**
- ★ Legal Services**
- ★ Employment & Training Services**

**...and so much more!**

**Gift Cards ★ Lunch ★ Giveaways**



**ONE COMMUNITY, ONE GOAL**



# New York State Voter Registration Form

## Register to vote

With this form, you register to vote in elections in New York State. You can also use this form to:

- change the name or address on your voter registration
- become a member of a political party
- change your party membership

### To register you must:

- be a US citizen;
- be 18 years old by the end of this year;
- not be in prison or on parole for a felony conviction;
- not claim the right to vote elsewhere.

## Send or deliver this form

Fill out the form below and send it to your county's address on the back of this form, or take this form to the office of your County Board of Elections.

Mail or deliver this form at least 25 days before the election you want to vote in. Your county will notify you that you are registered to vote.

### Questions?

Call your County Board of Elections listed on the back of this form or 1-800-FOR-VOTE (TDD/TTY Dial 711)  
Find answers or tools on our website [www.elections.ny.gov](http://www.elections.ny.gov)

## Verifying your identity

We'll try to check your identity before Election Day, through the DMV number (driver's license number or non-driver ID number), or the last four digits of your social security number, which you'll fill in below.

If you do not have a DMV or social security number, you may use a valid photo ID, a current utility bill, bank statement, paycheck, government check or some other government document that shows your name and address. You may include a copy of one of those types of ID with this form—be sure to tape the sides of the form closed.

If we are unable to verify your identity before Election Day, you will be asked for ID when you vote for the first time.

Información en español: si le interesa obtener este formulario en español, llame al 1-800-367-8683

中文資訊: 若您有興趣索取中文資料表格, 請電: 1-800-367-8683

한국어: 한국어 양식을 원하시면 1-800-367-8683 으로 전화 하십시오.

বাংলা ভাষায় এই ফর্মটি বাংলায় পাঠ চান তাহলে 1-800-367-8683 নম্বরে ফোন করুন

It is a crime to procure a false registration or to furnish false information to the Board of Elections. Please print in blue or black ink.

## Qualifications

1 Are you a citizen of the U.S.? ☐ Yes ☐ No  
If you answer No, you cannot register to vote.

2 Will you be 18 years of age or older on or before election day? ☐ Yes ☐ No  
If you answer No, you cannot register to vote unless you will be 18 by the end of the year.

## Your name

3 Last name  Suffix   
First name  Middle Initial

## More information

Items 5, 6 & 7 are optional

4 Birth date  M  M  D  Y  Y  Y  Y  
5 Sex ☐ M ☐ F  
6 Phone  -  -   
7 Email

## The address where you live

8 Address (not P.O. box)   
Apt. Number  Zip code   
City/Town/Village   
New York State County

## The address where you receive mail

Skip if same as above

9 Address or P.O. box   
P.O. Box  Zip code   
City/Town/Village

## Voting history

10 Have you voted before? ☐ Yes ☐ No  
11 What year?

## Voting information that has changed

Skip if this has not changed or you have not voted before

12 Your name was   
Your address was   
Your previous state or New York State County was

## Identification

You must make 1 selection  
For questions, please refer to Verifying your identity above.

13 ☐ New York State DMV number   
☐ Last four digits of your Social Security number  x x x - x x -   
☐ I do not have a New York State driver's license or a Social Security number.

## Political party

You must make 1 selection  
Political party enrollment is optional but that, in order to vote in a primary election of a political party, a voter must enroll in that political party, unless state party rules allow otherwise.

14 I wish to enroll in a political party  
☐ Democratic party  
☐ Republican party  
☐ Conservative party  
☐ Green party  
☐ Working Families party  
☐ Independence party  
☐ Women's Equality party  
☐ Reform party  
☐ Other   
I do not wish to enroll in a political party  
☐ No party

## Affidavit: I swear or affirm that

- I am a citizen of the United States.
- I will have lived in the county, city or village for at least 30 days before the election.
- I meet all requirements to register to vote in New York State.
- This is my signature or mark in the box below.
- The above information is true, I understand that if it is not true, I can be convicted and fined up to \$5,000 and/or jailed for up to four years.

Sign

Date

## Optional questions

15 ☐ I need to apply for an Absentee ballot.  
☐ I would like to be an Election Day worker.

# New York State Absentee Ballot Application

Please print clearly. See detailed instructions.

This application must either be personally delivered to your county board of elections not later than the day before the election, or postmarked by a governmental postal service not later than 7th day before election day. The ballot itself must either be personally delivered to the board of elections no later than the close of polls on election day, or postmarked by a governmental postal service not later than the day before the election and received no later than the 7th day after the election.

BOARD USE ONLY:

Town/City/Ward/Dist:

Registration No:

Party:

☐ voted in office

1.

I am requesting, in good faith, an absentee ballot due to (check one reason):

- |   |  |
|---|--|
| <input type="checkbox"/> absence from county or New York City on election day   | <input type="checkbox"/> resident or patient of a Veterans Health Administration Hospital  |
| <input type="checkbox"/> temporary illness or physical disability   |  |
| <input type="checkbox"/> permanent illness or physical disability   | <input type="checkbox"/> detention in jail/prison, awaiting trial, awaiting action by a grand jury, or in prison for a conviction of a crime or offense which was not a felony |
| <input type="checkbox"/> duties related to primary care of one or more individuals who are ill or physically disabled |  |

2.

absentee ballot(s) requested for the following election(s) :

- |   |  |  |
|---|--|--|
| <input type="checkbox"/> Primary Election only  | <input type="checkbox"/> General Election only | <input type="checkbox"/> Special Election only |
| <input type="checkbox"/> Any election held between these dates: absence begins: MM/DD/YYYY absence ends: MM/DD/YYYY |  |  |

3.

last name or surname

first name

middle initial

suffix

4.

date of birth MM/DD/YYYY

county where you live

phone number (optional)

email (optional)

5.

address where you live (residence) street

apt

city

state

zip code

NY

6.

Delivery of Primary Election Ballot (check one)

☐ Deliver to me in person at the board of elections

- |   |
|---|
| <input type="checkbox"/> I authorize (give name): _____ to pick up my ballot at the board of elections. |
| <input type="checkbox"/> Mail ballot to me at: (mailing address)  |

street no.

street name

apt.

city

state

zip code

7.

Delivery of General (or Special) Election Ballot (check one)

☐ Deliver to me in person at the board of elections

- |   |
|---|
| <input type="checkbox"/> I authorize (give name): _____ to pick up my ballot at the board of elections. |
| <input type="checkbox"/> Mail ballot to me at: (mailing address)  |

street no.

street name

apt.

city

state

zip code

## Applicant Must Sign Below

8.

I certify that I am a qualified and a registered (and for primary, enrolled) voter; and that the information in this application is true and correct and that this application will be accepted for all purposes as the equivalent of an affidavit and, if it contains a material false statement, shall subject me to the same penalties as if I had been duly sworn.

Sign Here: **X**

Date

MM/DD/YYYY

If applicant is unable to sign because of illness, physical disability or inability to read, the following statement must be executed: By my mark, duly witnessed hereunder, I hereby state that I am unable to sign my application for an absentee ballot without assistance because I am unable to write by reason of my illness or physical disability or because I am unable to read. I have made, or have the assistance in making, my mark in lieu of my signature. (No power of attorney or preprinted name stamps allowed. See detailed instructions.)

Date MM/DD/YYYY Name of Voter: \_\_\_\_\_ Mark: \_\_\_\_\_

I, the undersigned, hereby certify that the above named voter affixed his or her mark to this application in my presence and I know him or her to be the person who affixed his or her mark to said application and understand that this statement will be accepted for all purposes as the equivalent of an affidavit and if it contains a material false statement, shall subject me to the same penalties as if I had been duly sworn.

(address of witness to mark)

(signature of witness to mark)

Board Use Only  
2016 Absentee Ballot Application



## Employee Spotlight

### Marsha West



Q: What is your role at RSI?

A: I am the Program Manager for Clubhouse Buffalo

Q: What has been your favorite part of your job at RSI?

A: I like having so much diversity within my position. There is something different to do everyday.

Q: What are 3 words to describe RSI?

A: Funny, Emotional, Family

Q: What do you do in your free time?

A: I like to lift weights, cook and be at home with my family

Q: Where would you like to go on a dream vacation?

A: Punta Cana

Q: Do you have a pet?

A: No, my hubby doesn't like animals, but I love kitties!!!

Q: You're happiest when...?

A: I'm left alone lol

Q: What is your least favorite food?

A: Fish YUCK, I've come to realize I'm a picky eater

Q: Are you a messy or organized?

A: Probably a little bit of both but definitely more organized.



Happy  
Halloween



Happy  
Halloween

### Wellness Corner by Sametra Polkah-Toe

Wellness Dimension of the month:

Social - Developing a sense of connection, belonging, and a well-developed support system

**Social networks are a big part of our overall mental health. Our social networks are the people in our lives who support us, celebrate our successes and help us deal with problems. There are many different ways we can help each other.**

- Some people are good at dealing with feelings. This can help us feel comforted.
- Some people are good at helping out, like babysitting or grocery shopping. This can help us manage day-to-day chores.
- Some people are good at sharing a different point of view. This can help us look at problems more realistically.
- Some people are good at sharing information. This can help us find better solutions.

**Most of us have networks of different people. It might include family members, friends, co-workers, classmates, neighbors and other important people.**

**Here are some tips for building a strong support network:**

- Ask for help. Others cannot help you if they do not know what you need.
- Think of new ways to meet people. If you enjoy a particular activity, joining a group or class is a good way to meet others with the same interests.
- Join a support group. This is a good way to find help for a specific problem.
- Let go of bad relationships. Some people in our networks might not support us. It's hard, but sometimes we need to let go of these people.

**COME VISIT US AT ANY OF OUR LOCATIONS**

66 Englewood Ave, Buffalo, NY 14214

(716) 832-2141

Administration Office, Housing Solutions & Clubhouse Buffalo

241 Genesee Street Buffalo, NY 14204

(716) 842-4184

Harbor House Resource Center & Coordinated Entry Hub

327 Elm Street, 2<sup>nd</sup> Floor Buffalo, NY 14203

(716) 884-5216

ACE Employment, Empowerment Academy & The Renewal Center

220 East Main Street Batavia, NY 14020

(585) 343-9162

Genesee ACE Employment



**We're not done yet!**  
RSI Staff and Customers are coming  
together to make this newsletter the best  
it can be.

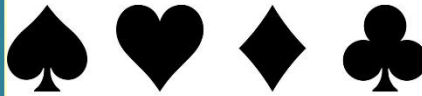
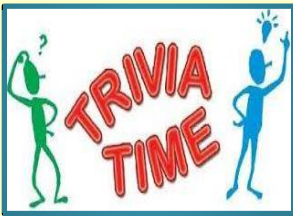
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**Web site address**

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

**Facebook**

[www.facebook.com/Restorationsocietyinc](https://www.facebook.com/Restorationsocietyinc)



**TRUE or FALSE?** Empowerment Academy has a SPADES  
Club that meets every Friday at 4pm?

If you know the answer, email your name and your guess to  
[newsletter@rsiwny.org](mailto:newsletter@rsiwny.org) to be entered into a raffle for a Fall prize!

Restoration Society, Inc.  
66 Englewood Avenue  
Buffalo, NY 14214

