

RECOVERY HAPPENS

Illuminating pathways toward opportunity, possibility, wellness and independence.

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

Excerpts from "DON'T LET DEPRESSION CONTROL YOU" by Lois Nicholson

If you are fighting depression. Fight against it. Fight back with therapy, medication, art, music, loved ones—anything that makes you happy. Don't listen to your depression when it tells you, "Those things don't matter anymore"; remember the depression you have is lying to you.

How do we fight our depression?

1. Get some exercise, 2. Sleep Well, 3. Eat a healthy diet, 4. Avoid alcohol and drugs, 5. Get some sunlight, 6. Stay connected and involved 7. Take TIME OUT for yourself regularly, even as little as 15 minutes per day, may be very helpful.

You can do it. It's up to you whether to have depression, stress or anxiety in your life. It is important to get your depression under control and make the necessary changes to live a healthy lifestyle. Stop looking to other people for their approval and increase the value of your own thoughts and perceptions; validate yourself with positive thoughts and comforting and kind words. You are worthy to live life to the fullest.



Practice **Radical Self-Care**

By Kate P

"In its most simple definition, **radical self-care** is the bold act of putting your quality of life as a primary part of your life." Read more at <http://www.athleta.net/2010/11/23/what-is-radical-self-care/>

No one can tell you how to heal or help yourself. Only *you* know what *you* need, and maybe *you* don't even know yet! Healing is a constant process of discovery.

Which people/places/things leave you feeling refreshed?
What energizes you?



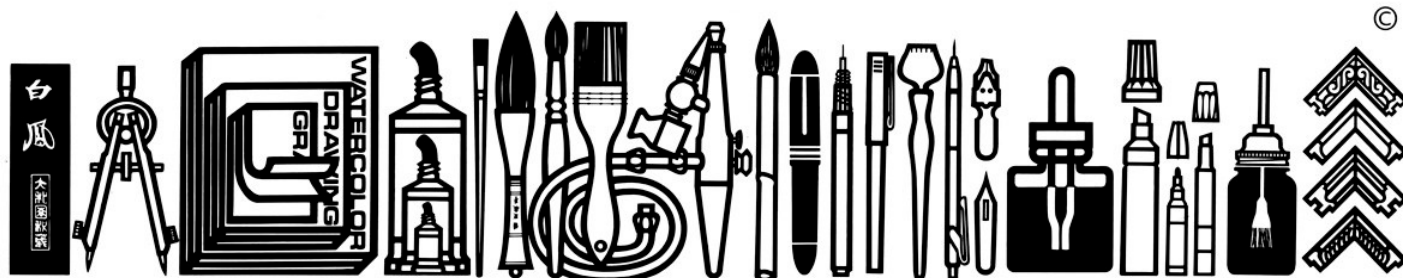
SEPTEMBER IS
SELF ♥ CARE
AWARENESS
MONTH

The Benefits of Journaling by Tim Malley

The benefits of journaling goes beyond creating good mental health but journaling also helps a person's physical health as well because so many times when a person is suffering with anxiety and panic attacks journaling helps the person who is suffering with these conditions by helping them to become much more focused and much more mentally sharp I highly recommend journaling because it's so beneficial for not only our mental health but also our physical health as well.

ARTS Corner:

Restoration Society, Inc. is excited to announce 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. Look out for this exciting project; taking place this Fall and check out more about Charmaine's work at: <http://www.charmainewheatley.com/>





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



2018 Jefferson Avenue Arts Festival

Saturday, September 8 at 10:00 AM - 6:00 PM EDT

The Jefferson Avenue Arts Festival is a celebration of Art, Culture, and Community. Jefferson Avenue is a symbol of the Eastside Buffalo, New York renaissance. Join us for live music, food vendors, art/merchandise vendors, and kid's activities.

Reaching Out By: Tim M.

When a person is experiencing depression or any other forms of mental illness, it's good for that person to reach out and tell their problems to someone who cares. Someone who is both understanding and a good listener who will show them compassion and guide them to heal their emotional wounds. Reaching (out) takes out a lot of guts but it's essential if that person who is hurting wants to get better. Whether that person is a priest or a rabbi or whoever that person is, it's good for a person with emotional wounds to open up and reach out.

THE MENTAL HEALTH ALL-STARS

ALLIES IN THE FIGHT AGAINST THE VOID



IAMHONEYDILL.COM

ACE Employment Corner

Get to know us at our
INFORMATION SESSIONS

TUESDAY September 11th @ 1:30pm
OR

FRIDAY September 28th @ 10:30am

327 Elm Street
Corner of Elm and Genesee

WHAT YOU'LL LEARN

• INTRODUCTION TO THE 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!

Special Event September 24th



Presented by Erie County Department of Mental Health: Good Work! Employment Workgroup

PEER Speaker Summit:

Overcoming Barriers to *Employment* for Recipients of
Mental Health Services

Interested in employment but don't know where to begin?

Currently receiving services for mental health?

Concerned about keeping your benefits after gaining employment?

Learn how *peers in mental health* are
overcoming barriers to employment.

Get connected with Community
Employment Programs designed to help
make you "job ready" and connect you to
employment.

Where: 1 Lafayette Square, Buffalo, NY
Central Library
(Ring of Knowledge)

When: September 24th
9:30am to 12:30pm

FREE and open to the public.
Light refreshments provided.

STRAWBERRY ORANGE SMOOTHIE

INGREDIENTS:

1 cup calcium fortified orange juice

1 cup cubed cantaloupe

1 cup nonfat plain Greek yogurt (gluten free if needed)

1 bag frozen unsweetened strawberries

1 cup chopped ice

Orange slices for garnish



PREPARATION:

In a blender, purée orange juice and cantaloupe. Add yogurt, strawberries and ice and blend until smooth.

Serve topped with orange slices, if desired

NUTRITION FACTS:

Serving Size: about 1 cup
Calories: 93; Sodium: 40mg; Fat: 1g; Carbohydrates: 21g;
Saturated Fat: 0g; Fiber: 2g; Cholesterol: 0mg

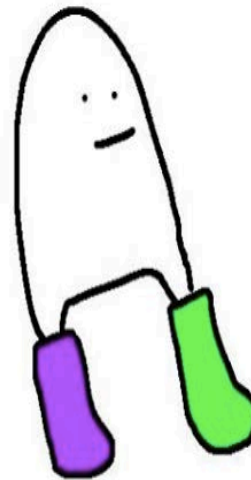
Get your morning going with this low fat fruit smoothie bursting with flavor. Loaded with vitamin C, protein and calcium, this low calorie smoothie is a healthy alternative to coffee.

If you are following a diabetic or low carb diet, pay attention to the serving size on this smoothie: one cup provides 21 grams of carbs, which is just over 1 carb serving. Most of us would make a smoothie and drink nearly double the serving size, meaning this could easily turn into a 2 cup or 16 oz. blended beverage that would bring the carb count up to 42 grams, or 3 servings for that meal. To increase the protein power of this smoothie, add a scoop of low calorie unflavored or vanilla protein powder of your choice such as whey or pea. Adding protein to breakfast will help the “staying power” of the meal into the late morning hours and not have your blood sugars come down drastically within hours after breakfast.

Theresa Jackson RD, CSOWM, CDN

Clinical Nutrition Manager, Kenmore Mercy Hospital

my life is falling apart



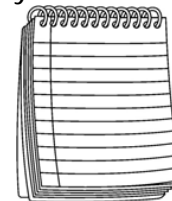
*but at least i have
some rad socks*

Meme submitted by Val D.

How To Make Friends

By, Michael A.

I'd made a new friend his name is Ben. He did a lot for me. Helps me with my rent. Takes good care of me. It's like a brother to me. I have friends at Empowerment Academy. I'd come here on Monday's and Tuesday's. I have friends at the Regal theater on Elmwood. I made Holy Spirit church my family.



TGIF

By, Steve T.

- ❖ End of the work week
- ❖ Time to have fun and relax
- ❖ Re-energize spiritually, physically, emotionally, and psychologically
- ❖ Do interesting things
- ❖ Enjoy time with friends and family
- ❖ The end of one week. The promise of a new week.



Employee Spotlight

Johnathan Lafferty



What is your role at Restoration Society, Inc.?
I am an Employment Specialist.

What are three words to describe RSI?
Family
Supportive
Fun

What has been your favorite part of your job at RSI?
Learning new task and how to better help people with mental health issues

What do you do in your free time?
Normally I swim or sail with my father in law when the weather is good

Where would you like to go on a dream vacation?
Spend a month in Germany!

You're happiest when?
When I celebrate my anniversary with my wife

What is your Least Favorite Food?
Eggplant

Are you messy or organized?
A little bit of both or as I call organized Chaos

Do you have a pet?
At this time, no, but I am looking to get a dog in the coming months

NEW

Introducing: RSI's Library Resource Center



The Restoration Society's Resource Center opened on August 1st, 2018, under the partnership of RSI and Buffalo & Erie County Public Library. The Center is one of the Continuum of Care locations for Coordinated Entry in Western New York to help an individual in crisis. Utilizing the resources and services of the public library in conjunction with homeless services, the center is a powerhouse location. The Center offers services to people experiencing homelessness daily and provides a broad range of linkages and services to address the barriers to housing.

One feature that sets this project apart is the fact that it is collaborative efforts between the Buffalo & Erie County Public Library.

The Center brings under one room, a number of programs including:

- Mainstream resources linkages
- Vocational rehabilitation and employment assistance
- Life Skills training
- Housing and Homeless services
- Assistance with the SOAR process

This newly formed project is grateful to all the hardworking personnel and partners that made this possible. With this opportunity, we are able to continually look for creative solutions to the multiple barriers to housing that our community faces.

As of now the hours are Monday-Friday 8:30 am till 4:30 pm; however we are looking to expand our hours for the weekend.

(enter through the Ellicott Street entrance of the Library and come visit!!)

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, 2nd 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.

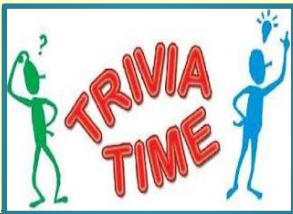
Visit us at:

Web site address

www.rsiwny.org

Facebook

www.facebook.com/Restorationsocietyinc



How many pets does our CEO, Nancy Singh have?

If you know the answer, email your name and your guess to newsletter@rsiwny.org to be entered into a raffle for a sweet Summer prize!

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