

# RECOVERY HAPPENS

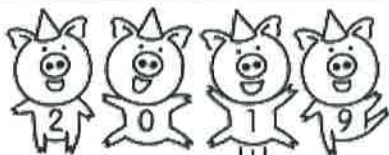
Illuminating pathways toward opportunity, possibility, wellness and independence.

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



## MY NEW YEAR'S RESOLUTION. [POEM] BY: TIM MALLEY

I have new year's resolution and that is I would love to see a world in which the mentally ill are treated with respect and dignity we made lots of strides in this area but we still have a ways to go to see the mentally ill being treated with respect and dignity to be deinstitutionalized and free from malignity but this is my new year's resolution for the mentally ill to be treated and accepted as full citizens in our society free from abuse and intolerance that's rooted in stupidity and ignorance. But this is my new year's resolution; a new year's resolution that's full of optimism and adulation, because this is my new year's resolution a new year's resolution that's bound to have no limitations to impede our progress.



happy new year!

## CODE BLUE:

When the temperature drops, the shelters open!

Code Blue (15°F) and Code Blue (32°F) will be in effect throughout the winter.

Please encourage anyone experiencing homelessness to call 2-1-1 to be picked up and provided shelter and/or go to the Harbor House (241 Genesee St.) or the Downtown NFTA Metro Transportation Center (beginning at 7PM)

[NEW] Receive Text Alerts  
When it is a Code Blue Night!!  
Simply Text: "CodeBlueBuffalo" to 989-211

**DONATIONS NEEDED:** Boots, Coats, Socks, Hats, Gloves, Scarves, Hand Warmers, etc. also Food Donations!!! (There are many mouths to feed & folks in need at this time, please encourage all to help) -Thank You!

# UPcoming EVENTS

January

**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

**2019**

# NEW YEAR'S DAY

## *Dinner Party*

Tuesday, January 1st | From 10 AM until 2 PM

**DINNER - TOAST at NOON - MUSIC**

Hosted by Empowerment Academy | 327 Elm Street, Buffalo, NY 14203

No need to RSVP, but feel free to call for more information!  
716.884.5216

### Upcoming RSI Events

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

- \_\_\_\_\_ 1/9 Computer Basics @ The Buffalo Library 10am-12pm
- \_\_\_\_\_ 1/17 Microsoft Word Basics @ The Buffalo Library 10am-12pm
- \_\_\_\_\_ 1/18 Buffalo Historical Museum 10am-12pm
- \_\_\_\_\_ 1/18 UB Men's Basketball Game 7pm-9pm
- \_\_\_\_\_ 1/21 MLK Day Dinner @ EA 10am-2pm
- \_\_\_\_\_ 1/23 UB Women's Basketball Game 7pm-9pm
- \_\_\_\_\_ 11/28 Monthly Spotlight @ Spot Coffee 6pm-8pm

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

# 20 breakfast ideas

## for all day energy

1. Oatmeal with Fresh Fruit

2. Buckwheat Pancakes

3. Yogurt with Fresh Fruit

4. Acai Breakfast Bowl

5. Cream of Wheat

6. Whole Grain Toast

7. Chia Seed Breakfast Bowl

8. Fresh Fruit Smoothie

9. Maple Pecan Quinoa Porridge

10. Bowl of Mixed Fresh Fruit

11. Overnight Oats with Fruit

12. Whole Grain Cereal

13. Steel Cut Oats

14. DIY Granola Bar

15. Whole Grain Waffles

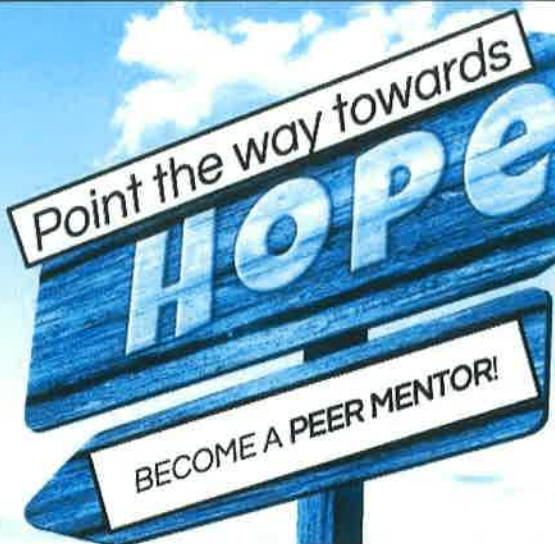
16. Coconut Quinoa with Nuts

17. Sprouted Tortilla with Nut Butter

18. DIY Muesli with Non-Dairy Milk

19. Mixed Nuts and Dried Fruit

20. Apple Cinnamon Buckwheat Groats



USE YOUR EXPERIENCE TO INSPIRE OTHERS

### FREE TRAINING!

Introduction to Peer Mentoring and Coaching

Wednesday 1/23/2019 from 12:30pm - 4:30pm

66 Englewood Ave., Buffalo, NY 14214

TO RSVP PLEASE CONTACT KATE PARKER AT 716-832-2141 x 230

# New Year NEW YOU!

**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!!

### EA Customers' Goals for 2019:

- Spend more time with family, friends, and RSI friends
- Be more assertive
- Quit smoking
- Don't take life for granted
- Stay drug- and alcohol-free
- Learn to be more independent
- Find stability
- Exercise more
- Eat healthier
- Become more financially stable

Housing Solutions will be hosting:

## Happy Homes: Improving Landlord/Tenant Relations

66 Englewood Ave  
Buffalo, NY 14214

January 18<sup>th</sup>, 2019

12:00pm - 2:00pm

\*call 832-2141 for more information



## this year's resolutions **2019**

THIS YEAR I WILL

Start a new habit:

Read a good book:

Learn a new skill:

Go on a visit to:

Break a bad habit:

Look forward to:

Try something new:

Ships don't sink  
because of the water  
around them

Ships sink because of  
the water that  
gets in them


Don't let what's happening  
around you  
get inside you  
and weigh you down

# January 2019

Tel. 884-5216 Fax 884-2847

## Empowerment Academy Workshops Open Monday – Friday for hours please look below

327 Elm Street, Buffalo NY  
14203

Monday	Tuesday	Wednesday	Thursday	Friday
<b>** EA Hours **</b> <b>Sun: 9am-1pm</b> <b>Mon: 9am-9pm</b> <b>Tue: 9am-9pm</b> <b>Wed: 9am-9pm</b> <b>Thu: 9am-9pm</b> <b>Fri: 9am-9pm</b> <b>Sat: 9am-1pm</b>	<b>1.</b> 	<b>2.</b> 10-11am: Goal Setting for the New Year 11-12pm: Beating the Winter Blues 1-2pm: Socialization Hour 6-7p: You are Not Your Diagnosis	<b>3.</b> <b>Staff Training</b> <b>EA Closed from 9am-12pm</b> 1-2pm: Ted Talk Series 6-7pm: Therapy Board Games	<b>4.</b> 10-11am: Mindfulness Activities 11-12pm: Combating Perfectionism 1-2pm: Social Hour 4-8pm: Spades Club
<b>7.</b> 10-11am: Creative Expressions 11-12pm: Leadership Skills 1pm: Brain Teasers 5-9pm: Social Hour	<b>8.</b> 10-11am: Conflict Management 11-12pm: Improving Self –Care 1-2pm: Calendar Planning Group 6-8pm: Pool Tournament	<b>9.</b> <b>*10am-12pm: Computer Basics (Central Library)</b> 1-2pm: Socialization Hour 6-7p: Budgeting 101	<b>10.</b> 10-11am: Managing Depressive Symptoms 11-12pm: Coping Skills Workshop 1-2pm: Ted Talk Series 6-7p: Movie Club	<b>11.</b> <b>EA Staff Development Day!</b> <b>(EA Re-Opens 4pm)</b> 4-8pm: Spades Club
<b>14.</b> 10-11am: Family Tree Workshop 11-12pm: The Joy of Laughing 1-2pm: Brain Teasers 5-9pm: Social Hour	<b>15.</b> 10-11 am: Creative Movement 11-12pm : Winter Crafts 1-2pm: Coffee & Conversation 6-8pm: Spades Tournament	<b>16.</b> 10-11am: Managing Emotions 11-12pm: Combatting Mental Hoarding 1-2pm: Socialization Hour 6-7p: Health Management	<b>17.</b> 10-11am: Keeping the Dream Alive (Diversity Tolerance) 11-12pm: Loving Yourself (Self-Esteem Workshop) <b>*2-4pm: Microsoft Word Basics (Central Library)</b> 6-7p: Socialization Vs. Isolation	<b>18.</b> <b>*10am-12pm: Buffalo History Museum (Free)</b> 1-2pm: Social Hour <b>*7p-9p: UB Men Vs. Eastern Michigan</b>
<b>21.</b> <b>Happy MLK Day!!!</b> <b>(EA Open from 10am-2pm)</b>	<b>22.</b> Nat'l Alcohol/ Drug Facts Week 10-11am: Drug Facts Jeopardy 11-12pm: WRAP Workshop 1-2pm: Coffee & Conversation 6-8pm: Bingo Tournament	<b>23.</b> Nat'l Alcohol/Drug Facts Week 10-11am: Anger Management 11-12pm: Managing Addictive Behaviors 1-3pm: Socialization Hour <b>*7-9p: UB Women Vs. Akron</b>	<b>24.</b> Nat'l Alcohol/Drug Facts Week 10-11am: Mindfulness Activities 11-12pm: Healthy Boundaries 1-2pm: Ted Talk Series 6-7p: Movie Club	<b>25.</b> Nat'l Alcohol/Drug Facts Week 10-11am: Dual Disorder Education 11 – 12pm: Adult Coloring 1-2pm: Social Hour 4-8pm: Spades Club
<b>28.</b> 10-11am: Relaxation Activities 11-12pm: Ineffective Vs. Effective Communication 1-2pm: Brain Teasers 5-9pm: Social Hour	<b>29.</b> 10-11am: Creative Movement 11-12pm: Financial Literacy 1-2pm: Coffee & Conversation 6-8pm: Board Game Tournament	<b>30.</b> 10-11am: Breaking up is Hard to Do 11-12pm: Managing Emotions 1-2pm: Ted Talk Series <b>*6p-8p: Monthly Spotlight @ Spot Coffee</b>	<b>31.</b> 10-11am: Accepting Personal Responsibility 11-12pm: Therapeutic Journaling 1-2pm: Ted Talk Series 6-7pm: Healthy Relationships	<b>Please Note:</b> *= workshop is held in the community and EA will be closed except for appointments and emergencies only

## Clubhouse Buffalo

January, 2019

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

Hours of operation for ages 16-23:

Monday-Friday 3pm to 9pm

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Help with Homework</b> 3 to 4pm is dedicated for help with homework for ages 16 and 17. We may not have all the answers but we can help you find them.</p>	<p><b>1. New Year's Day</b> <b>OFFICE CLOSED</b></p>	<p>2. 4:00 Guided Meditation/Mindfulness 5pm My Brother's Keeper Dinner Club</p>	<p>3. 5pm Beginner YOGA 5pm Using Tech as a Recovery Resource 6pm Game Night bring a friend</p>	<p>4. 6pm Ladies Night</p>
<p>7. 4:30pm Music Appreciation Written Rap Battle 5:30pm Creative Corner (The Visionary in Me Vision Boards) 6:30pm Game Night Tournament</p>	<p>8. 6:00pm Family Zen Coloring 6pm Buffalo Renaissance Foundation Community Center Open Gym/Swim 6:30pm Talking Recovery My Way</p>	<p>9. 4:00 Guided Meditation/Mindfulness 5pm My Brother's Keeper Dinner Club</p>	<p>10. 5pm Beginner YOGA 6pm {Let's Talk- One group for 16-17 and one group for 18-23*}</p>	<p>11. 6pm Ladies Night</p>
<p>14. 4:30pm Music Appreciation Using our Words 5:30pm Creative Corner (The Visionary in Me Vision Boards) 6:30pm Family Bingo Night</p>	<p>15. 6:00pm Family Zen Coloring 6pm Buffalo Renaissance Foundation Community Center Open Gym/Swim 6:30pm Talking Recovery My Way</p>	<p>16. 4:00 Guided Meditation/Mindfulness 4:00pm Erie County SNAP Program 5pm My Brother's Keeper Dinner Club</p>	<p>17. 5pm Beginner YOGA 5pm Using Tech as a Recovery Resource 6pm Game Night bring a friend</p>	<p>18. 5:00pm Book and Coffee Club {Michelle Obama Becoming} 6pm Ladies Night</p>
<p>21. <b>Dr. Martin Luther King Jr. Birthday</b> <b>Observed</b> <b>OFFICE CLOSED</b></p>	<p>22. 6pm Buffalo Renaissance Foundation Community Center Open Gym/Swim 6:30pm Talking Recovery My Way</p>	<p>23. 4:00 Guided Meditation/Mindfulness 5pm My Brother's Keeper Dinner Club</p>	<p>24. 5pm Beginner YOGA 6pm {Let's Talk- One group for 16-17 and one group for 18-23*} 7:00pm Family Feud Game Night/Snack Night</p>	<p>25. 4:00pm Family Support 6pm Ladies Night</p>
<p>28. 4:30pm Music Appreciation Using our Words 5:30pm Staying Healthy and Focused 6:30pm Sibling Game Night Tournament</p>	<p>29. 6pm Game Night bring a friend 6pm Buffalo Renaissance Foundation Community Center Open Gym/Swim 6:30pm Talking Recovery My Way</p>	<p>30. 4:00 Guided Meditation/Mindfulness 4:00pm Erie County SNAP-Program 5pm My Brother's Keeper Dinner Club</p>	<p>31. 5pm Beginner YOGA 6-8pm Leaving at 5:15pm for <i>Botanical Gardens</i> Lummagination <i>The Magic of Air</i> Exhibit</p>	<p><b>What's Next</b> 5 to 7pm on Wednesday's is dedicated for personal development meetings with a coach. You can also set up an appointment outside of these times if you need.</p>

# ACE Employment Services

## *Get to know us at our* **INFORMATIONAL SESSIONS**

**TUESDAY January 8th @ 10:30am**

**FRIDAY January 25th @ 1:30pm**

**327 Elm Street  
Corner of Elm and Genesee**

### **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!

*Let our team of specialists help  
you get a job!*

*We offer a continuum of vocational  
rehabilitation services to assist you  
in procuring and maintaining  
competitive employment.*



# RSI's ART WORKS!

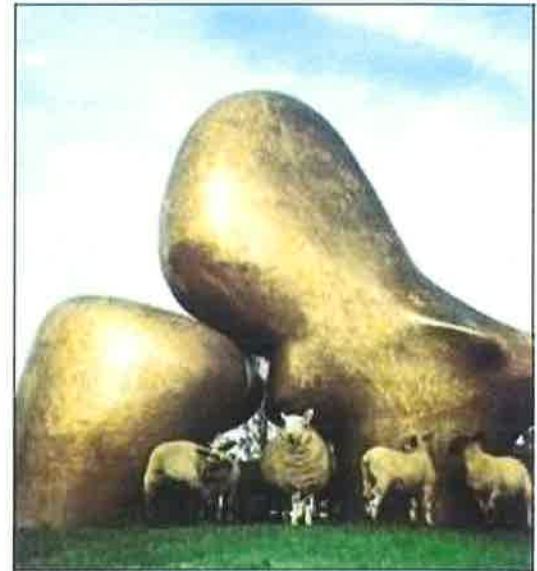
**Artistic Opportunities and Happenings in the Community**

"I think in terms of the day's resolutions,  
not the year's."  
— Henry Moore

We are excited to announce that thanks to a grant from Art Services Initiative RSI will provide 6 months of arts programming beginning on

[THURSDAY EVENING]

**JANUARY 17<sup>th</sup>**  
@ 66 Englewood  
from 6PM—8PM



Henry Moore sculpture & some sheep

Please join us for an initial orientation and informational session! Where you can:

- Share your artistic interests
- Help plan Workshops and Field Trips
- Apply for the Arts Access Pass (Medicaid required)
- Eat Pizza & Wings
- Make art and have fun with friends!

Those who participate throughout the year will have the opportunity to be a part of a final exhibition to have their art displayed at a public gallery!

Interested in more **FREE** access to art and theater in Buffalo?...

Apply for the **ArtsAccess** pass online at [www.arts-access.org](http://www.arts-access.org)

**Let your creative spirit out in 2019!!!**

Have Questions? Or want to get involved...  
Contact: Adam @ 716-208-8126



# HAPPY NEW YEAR!



Countdown  
Confetti  
Midnight  
Balloons

Celebration  
Fireworks  
January  
Happy

New Year  
Clock  
Cheers  
Goals

Party Poppers  
Noisemaker  
Resolution  
Sparklers

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## Employee Spotlight

Michael Wahl



**What is your role at Restoration Society, Inc.?**  
Recovery Coach Coordinator / Employment Specialist

**What are three words to describe RSI?**  
Family, Dedicated and Hopeful

**What has been your favorite part of your job at RSI?**  
I love the customers and learning from them, just as much as I teach them

**What do you do in your free time?**  
Help friends and family, spend time with my wife and watching sports

**Where would you like to go on a dream vacation?**  
Anywhere where it is me and my wife

**You're happiest when?**  
I am with my wife Sarah

**What is your Least Favorite Food?**  
Mushrooms

**Are you messy or organized?**  
I am extremely organized

**Do you have a pet?**  
I have a Husky-Shepard-Pomeranian-Papillon mix dog.

**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



Do you want to be featured in our Newsletter in February??? We are looking for:

- Poems
- Creative Writing Pieces(1/2 page preferred)
- Art and Photography
- Original Quotes
- Short Stories
- Feedback from our Readers!!!

*Submit your pieces of work to the Empowerment Academy or email us at [newsletter@rsiwny.org](mailto:newsletter@rsiwny.org)*



**TRIVIA QUESTION:**

Statistically, how many people actually stick to their New Year's Resolution?

Email [newsletter@rsiwny.org](mailto:newsletter@rsiwny.org) with your answer for a chance to win a New Year surprise!

*Visit us on the web at:*

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

**Facebook**

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

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