



October, 2020
Volume 12, Issue 10

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

Restoration Society and D'Avolio Create New Temporary Employment Opportunities

At RSI, we believe that employment is often the first step to recovery. We've seen over and over again the way that employment creates positive change in every area of life, including improving self-esteem, creating social networks, increasing access to resources, increasing independence, increasing stability, and so much more. That's why D'Avolio and RSI have teamed up to create our new Temporary Employment Program (TEP).

Our TEP connects participants with fully-paid employment experience at a bottling and distribution center for D'Avolio gourmet olive oils and balsamic vinegars. Participants receive daily support from one of our Employment Coaches while experiencing the demands of a challenging workplace.

In fact, when I arrived for my visit to the TEP worksite earlier this week, D'Avolio owner Dan Gagliardo was in the middle of throwing a curveball at the team, adding work to their list for the day and forcing the team to reprioritize on the fly. The TEP team didn't falter, instantly coming up with a new game plan and gathering the supplies they needed. Just another day at work! *(continued on pg2).*



Jeff and Jonathan hard at work.



Vince coaches Crystal as she prepares for the next round of bottles.

New TEP Program (continued)

Participant Jonathan C. says that being given this level of responsibility at D'Avolio is part of the program's appeal. *"We feel important, like we're very much needed. We try to set a record every time we come in to work."* Another participant, Crystal F., is quick to chime in, showing me that she can label as many as 24 bottles at once.

I notice quickly that this is one of the happiest-looking group of employees I've ever seen. The team explains to me that the secret is in the support they receive from their Employment Coaches, from the D'Avolio staff, and from each other. They tell me how good it feels to "have folks that appreciate you." They hope that the teamwork skills they've learned here will stick with them as they move on to permanent employment and continue pursuing their dreams.

Later that day, Employment Coach Vince Staples proudly tells me that my visit motivated this team even further: they set a new record of 44 cases- that's 528 bottles! -article by Kate P.

YOUR OPPORTUNITY IS ONE PHONE CALL AWAY!

If you or someone you know is interested in our Temporary Employment Program, please contact Chaz Hatten at (716) 884-5216 x 410 or via email at chatten@rsiwny.org



D'Avolio owner Dan Gagliardo working with our TEP team



Your Partner for Quality Care

CHCB

COMMUNITY
HEALTH CENTER OF BUFFALO, INC.

BUFFALO • NIAGARA FALLS • CHEEKTOWAGA • LOCKPORT

**It's
here.**



A FREE Private Telemental Health Booth!



Completely equipped with all of the technology you need to meet with your physical and mental health providers in a safe, confidential and private space!

What IS Telemental Health?

It is simply receiving counseling through technology, so, through a computer or phone!

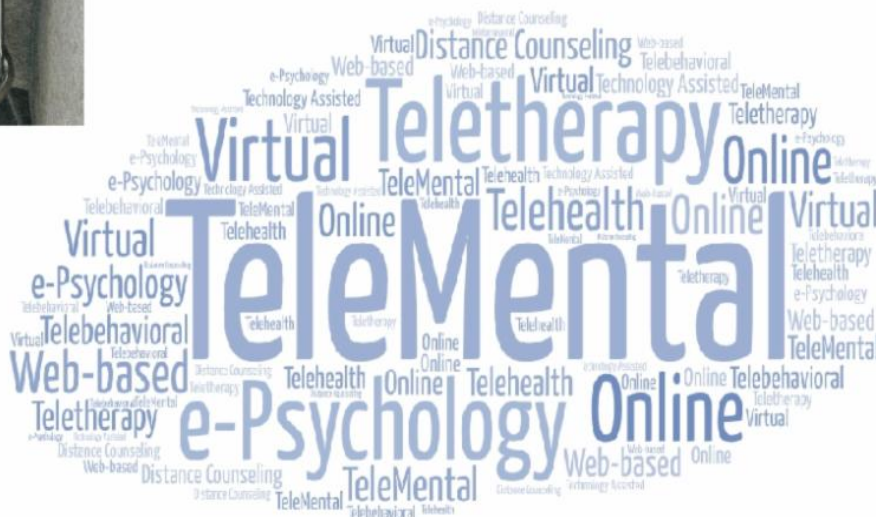
Don't Fear Technology!

We are here to help you learn it!

Call us at 716-884-5216 ext. 498

or stop-in to see us!

327 Elm Street (2nd Floor), Buffalo, NY 14203





RSI Team Raises Money for Suicide Prevention

Teammates Kate and Marsha participated in this year's virtual Out of the Darkness walk for the American Foundation for Suicide Prevention. Every year, this event gives



participants a chance to reflect on how suicide has affected our lives and the lives of so many others - we are not alone! Please remember that help is always out there, including the National Suicide Prevention Lifeline at 1-800-273-TALK

IT'S NOT TOO LATE TO DONATE!
[Click here to make your online donation!](#)

Holly's Corner

Coping with Covid - Netflix Edition

Let's face it, we all get into the data and evidence for what to watch. Like many, I get confused as to when to seek help for series to watch on Netflix. We do have some time and aim high that we have found the ones we will remember and can pass down. Who knows we might have a day when someone values our opinion on what to watch.



Speaking of that, there is a Netflix program called *The Guernsey Literary and Potato Peel Pie Society* which I would advise as a solid. Also, on my to-do is *Virgin River* there! As for the pandemic, I found these on Netflix to be something to remember I did during the pandemic.

- Watched the Obama's *Crip Camp* movie about a disability camp and the movement
- Found a comedian named Patton Oswalt (*I Love Everything*) that I like
- *Grey's Anatomy* regression
- Discovered others: *The Crown*, *Stranger Things*, *Schitt's Creek*, *Unorthodox* (plus behind the scenes), a movie called *Tigertail*, and a series about tigers called *Tiger King: Murder, Mayhem and Madness* that satisfied the National Geographic side of my split personality



OCTOBER EVENTS

DEADLINES FOR VOTER REGISTRATION

- Deadline to register online to vote is Friday, **October 9, 2020.**
- Deadline for registering by mail to vote is (postmarked by) Friday, **October 9, 2020.**
- Deadline to register in person to vote is Friday, **October 9, 2020.**
- Deadline to request a ballot by mail is (received by) Tuesday, **October 27, 2020.**
- Early voting period runs from Saturday, **October 24, 2020 to Sunday, November 1, 2020,** but dates and hours may vary based on where you live.
- Election Day is Tuesday, **November 3, 2020**

VOTE!



To register online, visit: <https://voterreg.dmv.ny.gov/MotorVoter/>

WORLD MENTAL HEALTH DAY **October 10th, 2020**

On World Mental Health Day, October 10th, 2020, the World Health Organization (WHO) will, for the first time ever, host a global online advocacy event on mental health.

For more information, visit the WHO's [**Big Event for Mental Health**](#) webpage or follow them on [**Facebook**](#).





What Mental Health Stigma Means in 2020

www.serenkiremitcioglu.com

1 in 8 people believe that as soon as a person shows signs of mental illness they should be hospitalised.



1 in 10 people consider that one of the main causes of mental illness is a lack of self discipline and willpower.



1 in 12 people consider that people with mental illness should not be given any responsibility.



1 in 16 people would not want to live next door to someone who has been mentally ill.

1 in 12 people think it is frightening to think of people with mental problems living in residential neighbourhoods.



1 in 12 people believe that a woman would be foolish to marry a man who has suffered from mental illness, even though he seems fully recovered.

Source: Survey of Public Attitudes to Mental Illness, conducted in Wales by Kantar on behalf of Time to Change Wales in 2019

ArtStudio@AmityClub

ARTSTUDIO OUTING

@ UB Anderson Gallery

Thursday October 22nd @ 3pm

1 Martha Jackson Pl, Buffalo, NY 14214

RSVP and MASKS REQUIRED!

To join us, please contact Adam

at aselon@rsiwny.org or (716) 832-

2141x223 or join our [Facebook Group](#) to stay connected.



One of the pieces on display at the UB Anderson Gallery: Bruce Kurland, *Oysters on the Half Shell with Lemon*



Cooking with Carol

Ingredients

- 1 Pound Extra Lean Ground Beef browned, crumbled and drained
- 1 16oz Jarred Salsa
- 1 Packet Taco Seasoning
- 28oz Cream Cheese softened and cubed
- 1 16oz Processed American Cheese cubed

Instructions

- In a skillet on the stove top, brown and crumble the ground beef and drain off the drippings.
- Add ground beef and remaining ingredients to a 3 to 4 quart slow cooker.
- Cover and cook on LOW for 2 hours, stirring occasionally.
- Serve on warm.

HAPPY HALLOWEEN



31 DAYS OF HALLOWEEN

FILMS TO WATCH

Hocus Pocus
The Addams Family
Casper
Frankenweenie
The nightmare Before Christmas
Beetlejuice
The Corpse Bride
Sleepy Hollow
Hotel Transylvania
Scary Godmother
Frankenstein
Nosferatu
Night of the Living Dead
Return of the Living Dead
Practical Magic
Dracula
Something Wicked This Way Comes
It's the Great Pumpkin, Charlie Brown
The Simpson's: Treehouse of Horrors
Are You Afraid of the Dark
Goosebumps

ARTS & CRAFTS

Window Cutouts
Garland
Quilt
Comfy Pants
Legwarmers
Fall Skirt
Costume
Graham Cracker Haunted House

FOODS & DRINKS

Pumpkin Pie
Apple Pie
Pumpkin Pudding
Caramel Apples
Warm apple Cider
Apple Dumplings
Pumpkin Hot Chocolate
Fall Artisan Bread
Wild Mushroom Soup
Devilish Cake
"Jello" worms
Roasted Pumpkin Seeds
Spooky Mixed Drinks
Fall Beer

THINGS TO DO

Carve Pumpkins
Dress Up
Decorate
Have a Photoshoot
Go Hiking
Have a Bonfire
Visit a Haunted House
Leave Flowers at Old Graves
Read Classic Horror Novel
Plant Fall Flowers
Write a Ghost Story
Read a Ghost Story
Dance to Monster Mash
Wear Bold Festive Makeup
Wear Bold Festive Outfit
Dig Out the Flame
Temporary Color Hair Purple
Have a Samhain Ritual

**LOOKING TO GAIN REAL WORK
EXPERIENCE?**

JOIN T.E.P.

(TRANSITIONAL EMPLOYMENT PROGRAM)

**3 Months Paid Work Experience
Learning Soft Skills Needed for
Competitive Employment**

**Transportation provided from
UB South Campus train station to work site.
Hours will vary**

**For More Information Contact
Chaz (716) 884-5216 ext 410**


or

Marsha (716) 832-2141 ext 217



October 2020 Empowerment Academy Calendar

ALL workshops are being held **In-Person AND via Phone** (unless otherwise indicated)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Join Us On-site or by Phone! Call: 716-884-5216 ext 901 PIN 1234 Mon-Fri 9am-8:30pm Sat & Sun 9am-1pm	Parenting Support Groups: October 3rd, 17th & 31st PAC Discussions Daily		1 10am Staying Connected with Brandon 1pm WRAP with Renee 2pm Calendar Planning with Sally 7pm What's on your Mind with Erik	2 10am Stay Connected! with Brandon 1pm Connecting with Others with Renee 2pm Coping with Addiction with Betty 7pm Coping during COVID with Tony
5 10am Stay Connected! With Antonio 1pm Learn How-To TeleHealth! with Renee 2pm Coping with Addiction w/Sally 7pm Lets Chat with Sametra	6 10am Staying Connected with Antonio 1pm Connecting with Others with Sally 2pm Coping with Addiction with Betty 7pm What's on your Mind with Tony	7 10am Staying Connected with Brandon 1pm Benefits with Renee 2pm Kitchen Planning with Betty 7pm Depression & Anxiety Group with Tony	8 10am Staying Connected with Brandon 1pm WRAP with Betty 2pm Calendar Planning with Sally 7pm What's on your Mind with Erik	9 10am Staying Connected with Brandon 1pm Connecting with Others with Renee 2pm Coping with Addiction with Betty 7pm Coping during COVID with Erik
12 10am Stay Connected! with Antonio 1pm Learn How-To TeleHealth! with Renee 2pm Coping with Addiction w/Sally 7pm Lets Chat with Sametra	13 10am Staying Connected with Antonio 11am ACE Orientation (call-in) 1pm Connecting with Others with Sally 2pm Coping with Addiction with Betty 7pm What's on your Mind with Tony	14 10am Staying Connected with Brandon 1pm Benefits with Renee 2pm Staying Healthy with Betty 7pm Depression & Anxiety Group with Tony	15 10am Staying Connected with Brandon 1pm WRAP with Renee 2pm Calendar Planning with Sally 7pm What's on your Mind with Erik	16 10am Stay Connected! with Brandon 1pm Connecting with Others with Renee 2pm Coping with Addiction with Betty 7pm Coping during COVID with Sametra
19 10am Staying Connected with Antonio 1pm Learn How-To TeleHealth! with Renee 2pm Coping with Addiction w/Sally 7pm Lets Chat with Sametra	20 10am Staying Connected with Antonio 1pm Connecting with Others with Sally 2pm Voter Education with Renee 3pm Coping with Addiction w/Betty 7pm What's on your Mind with Tony	21 10am Staying Connected with Brandon 1pm Benefits with Renee 2pm Kitchen Planning with Betty 7pm Depression & Anxiety Group with Tony	22 10am Staying Connected with Brandon 1pm WRAP with Betty 2pm Calendar Planning with Sally 7pm What's on your Mind with Erik	23 10am Staying Connected with Brandon 1pm Connecting with Others with Renee 2pm Coping with Addiction with Betty 7pm Coping during COVID with Tony
26 10am Stay Connected! with Antonio 1pm Learn How-To TeleHealth! with Renee 2pm Coping with Addiction w/Sally 7pm Lets Chat with Sametra	27 10am Staying Connected with Antonio 1pm Connecting with Others with Sally 2pm Voter Education with Renee 7pm What's on your Mind with Tony	28 10am Staying Connected with Brandon 1pm Benefits with Renee 2pm Staying Healthy with Betty 7pm Depression & Anxiety Group with Tony	29 10am Staying Connected with Brandon 1pm WRAP with Betty 2pm Calendar Planning with Sally 7pm What's on your Mind with Erik	30 10am Staying Connected with Brandon 1pm Connecting with Others with Renee 2pm Coping with Addiction with Betty 7pm Coping during COVID with Erik

Clubhouse Buffalo

October, 2020

66 Englewood Ave, Buffalo, NY 14214

(716)832-2141 ext. 212, 217 or, 249

Hours for Ages 16-20 years of age

Monday to Friday 3 to 9pm

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Virtual Tour-Gamer Night 	2 LADIES NIGHT !!!!!!!!!!!!!!! Dance Party Social 
5 Boys to Men dinner ART PROGRAM-Drawing and painting 	6 Peace Hub-Game Night 	7 LGBTQA+ Dinner Fitness Day 	8 TED TALK Ice Cream Sunday 	9 LADIES NIGHT!!!!!!!!!!!!!! Ice Cream 
12 NATIVE PEOPLES DAY Boys to Men dinner LIFE SKILLS-etiquette 	13 TED TALKS Movie Night 	14 LGBTQA+ Dinner Nature Walk 	15 Candy marking Day Cartoon Art 	16 LADIES NIGHT Popcorn and a Movie National BOSSES DAY 
19 Boys to Men dinner Personal fitness 	20 Recovery Support Karaoke 	21 LGBTQA+ Dinner Water Color ART 	22 Peace HUB Dinner and a MOVIE!!! 	23 LADIES NIGHT !!!!!!!!!!!!!!! Getting to know ME!! 
26 Boys to Men Dinner Exploring Healthy Relationships 	27 Virtual Tour Homework Help 	28 LGBTQA+ Dinner Peer Recovery Group 	29 Pool Tournament Karaoke 	30 Halloween Party Bring a Family Member Birthday Celebrations 

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, HCBS Services,
HARP Outreach Planning & Engagement, SOAR

220 East Main Street Batavia, NY 14020

(585) 343-9162

Genesee ACE Employment

Visit us on the web at:

www.rsiwny.org

Facebook

www.facebook.com/Restorationsocietyinc



WASH YOUR HANDS



WATER AND SOAP



PALM TO PALM



BETWEEN FINGERS



FOCUS ON THUMBS



BACK OF HANDS



FOCUS ON WRISTS

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

