Octoberr 2019 Volume 11, 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



PROJECT HOMELESS CONNECT BUFFALO

October 10, 2019 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 ★Social Services
- ★Housing Opportunities ★Legal Services
- **★Employment & Training Services**

What to expect at Project Homeless Connect?

The project partners with local agencies to provide a wide range of free services and referrals including: dental, health, and mental health care, employment readiness counseling, legal services, housing services, benefits assistance, bike tuneups and more! The event is open to anyone who is low income, homeless, or at risk of becoming so. There will be a free lunch and personal care items as well as giveaways!

How to get there?

The closest public transport stops are: Franklin & Court (Bus) and Lafayette Station (Train)

There is also a free shuttle service with pick up locations at:

- Erie County Public Library Central City (200 East Eagle) -- Buffalo City Mission - Cornerstone - Harbor House -
- Hope House Little Portions My Place Home NFTA Station -
- Salvation Army (960 Main) St. Luke's St. Vincent DePaul -

For More information, check out PHCBuffalo.com



ID IS NOT REQUIRED TO PARTICIPATE







Oct 10th World Mental Health Day Every 40 seconds someone loses their life to suicide.

On World Mental Health Day, prepare to take "40 Seconds of Action" By doing one of these things:

- Improve awareness of the significance of suicide as a global public health problem
- Encourage those at risk to pursue a passion and try something new!
- Reduce the stigma associated with suicide. Let people who are struggling know that they are not alone. Reach Out!



Put simply, this is an opportunity to show you care. #40seconds





Fidelis Care will be at Empowerment Academy

Mondays and Thursdays from 9am-12pm

to assist individuals to sign-up for insurance and determining eligibility for

Home and Community-Based Services

stop-by or schedule an appointment (884.5216) 327 Elm Street, 2nd Floor Buffalo, NY 14203



Buffalo Audubon Community Birding Walk Sat, October 5, 2019 9:00 AM – 11:00 AM EDT

Red Jacket River Front Park

Join the Western New York Land Conservancy and Buffalo Audubon Society as we learn about the many feathered creatures that call Buffalo home!
Buffalo Audubon Society will provide field guides and binoculars, and they will teach you everything you need to know about how to find these beautiful creatures that live right in your neighborhood.

FREE Legal Clinic

© Empowerment Academy
 327 Elm Street, Buffalo, NY 14203
 Wednesday, September 25th 9am-12noon

- Social Security Disability
- Supplemental Security Income
- Housing Laws; Family Law

For more information, please call 884.5216 ext. 415

Special Thanks To:

mental health advocates of wny









SOAR = **S**SI/SSDI **O**utreach **A**ccess and **R**ecovery

- Q: Are you currently experiencing or at-risk of homelessness?
- Q: Do you have a Mental Health or Addictions Diagnosis, or a Major Physical or Learning Disability?

If you answered "Yes"
you may be eligible for the SOAR Program, which helps you apply
for SSI/SSDI Benefits!

If you are a Fidelis Care Member, come in to speak with Trudy at:

Empowerment Academy

327 Elm Street, Buffalo, NY 14203 Mondays and Thursdays 9a-12p

Coordinated Entry

Downtown Central Buffalo Public Library Wednesdays 11a-2pm

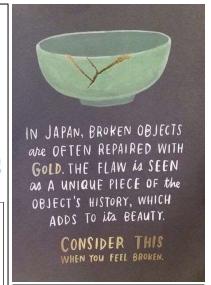
Or call (716-864-1024 or email at tdecker@fideliscare.org



If you are not a Fidelis Care Member, come in to speak with:

Empowerment Academy Staff 327 Elm Street, Buffalo, NY 14203

Or Call 716-884-5216 ext. 498 for more information



Characterize people by their actions and you will never be fooled by their

fabQuote.co

We have been hearing stories of people who are misleading others by misrepresenting themselves as Mental Health, Social, or Housing workers.

Always ask for Agency ID
when meeting with a
worker for the first
time. Protect yourself.





No Meat? No Problem!

Stay warm with this 3- ingredient MICROWAVE vegetarian chili recipe!

Directions:

In a microwave-safe mug, mix salsa, chili beans, and refried beans. Microwave on high for about 45-seconds to 1 minute, or until hot.

Top with toppings of your choice.



Do you want to be in our Newsletter?

- Poems
- Creative Writing Pieces (300 words or less)
- Art and Photography
- Original Quotes
- Short Stories
- Feedback from our Readers!!!

Submit your work at Empowerment Academy or email us at

newsletter@rsiwny.org



meditative music is calm and relaxing. by Tim Malley

I think some of the most beautiful music is meditative music instrumental music that's designed to relieve stress it could be the sounds of nature such as listening to nature cds of thunder and rain or some other nature cds or listening to cds of classical guitar or the instrumental sounds of jazz guitar listening to instrumentation music is both beneficial and relaxing its beneficial because it not only helps to relieve stress but it also helps to calm a person as well. In fact, meditative music is so good and beneficial that many doctors [including Dr. Andrew Weil] endorse meditative music because they know that meditative music is good for a persons [as well as their mental health.] health and general overall equilibrium and that's why I also highly recommend listening to meditative music.

Fry Fread: By: Trinity Hawk

Memories of the past:
My grand mother's fingers,
Crooked and hooked,
From her anthritis,
Showing her grandchildren,
How to roll the dough,
Just 30.

Hot out of the pan, Pipped in honey, A white coating of sugar, And just a touch of cinnamon.

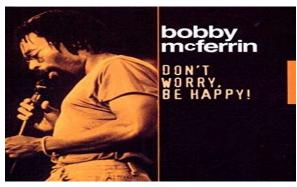
Memories of a delicacy:
Golden brown,
Puffy and hight,
Sweet to the taste,
Deep fried in a cast iron pan.
Memories of Fry Bread.





NOT IN MY HEART BY DONNA E.

The sky is blue and sun shines
But not in my heart and my mind.
People are having fun
But not in my heart and my mind.
People are loving
But not in my heart and my mind.
Darkness shines in my heart and my mind.
Why am I in the darkness
Because people I love
and care for, they broke my heart into
a million pieces and drove me into darkness.



don't worry be happy. by Tim Malley

Bobby McFerrin's phrase sounds so cliché don't worry be happy' but the fact of the matter is being happy, upbeat, and having a good positive mental attitude can really help a person to stop worrying besides worry is just focusing on the negative or worst case scenario which helps to create an environment where a person becomes filled with anxiety, stress, and because of worry a person may even develop full blown panic attacks because of constant worrying but is worry really necessary? no its not so next time you feel tempted to worry don't instead keep a positive mental attitude and don't worry be happy' yeah it really sounds cliché but it really works remember to utilize positive thinking and remember to don't worry be happy.

October is Emotional Intelligence Awareness Month

The purpose of emotions in general are to focus our attention and motivate us to action. Think of a feeling you have had lately...What is it telling you to focus on? To do? This is an Emotion Wheel. There are many variations of Emotion Wheels. Any one of them can help you articulate how you are feeling when finding the right words to express yourself is hard. Additionally, if you wanted to track your emotions there are some really useful apps for your phone that are free. The Daylio app is an easy to navigate app for emotion tracking. You could try out for yourself.

-Val

HOW ARE YOU?

Today, January 23

12:38

rad good meh bad awful

Emotional Description Word Wheel worried overwhelmed detestable anxious awful frightened disgust avoidance scared terrified hesitant remorseful startled dismayed ashamed abandoned confused disillusioned ignored perplexed victimized astonished

October 3rd is Poetry Awareness Day!

Poetry can be an awesome tool for helping us in our recovery! It is also a great way to get your thoughts out, or even a great way to pass the time and relax!

Never written a poem? Try one of these:

<u>Free Verse</u> - A free verse poem does not follow any rules. Their creation is completely in the hands of the author! Rhyming, syllable count, punctuation, number of lines, number of stanzas, and line formation can be done however; the author wants in order to convey the idea. There is no right or wrong way to create a Free Verse poem!

Haiku -

A HAIKU HOW-TO

Five syllables in the first line

Seven syllables in the second line

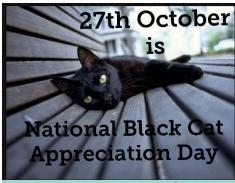
Five syllables in the last line















Superstitious people believe black

Black cats have a hard time getting adopted in shelters!

Some shelters do not allow the adoption of black cats during the month of october, due to fear of intentional violence against the cat.

In some cultures, black cats are considered lucky!

October is National Book Month

National Book Month is held each October. The month-long celebration focuses on the importance of reading, writing and literature. National Book Month is also a time to honor the country's best books and author's.



1. Mark Twain (1835 - 1910)

Twain was most famous for "Tom Sawyer" and "The Adventures of Huckleberry Finn," which has been called "the Great American Novel."

2. Ernest Hemingway (1899 - 1961)

Hemingway's classics include "The Sun Also Rises," "A Farewell to Arms," "For Whom the Bell Tolls," and "The Old Man and the Sea."

3. Edgar Allen Poe (1809 – 1849)

Poe is best known for his short stories and dark poetry, including one of his most famous: "The Raven." He is largely viewed as the creator of the detective fiction genre.

4. John Steinbeck (1902 - 1968)

Steinbeck is most well-known for his work "The Grapes of Wrath." Steinbeck won the 1972 Nobel Prize in Literature.

5. F. Scott Fitzgerald (1896 – 1940)

Fitzgerald was only moderately successful while alive, but has achieved notoriety as one of the best American authors of all time in the decades since. Think "The Great Gatsby."

Ode to the Humble Hot Dog by Holly M.

Now, I am a pretty simple woman. Let's admit it, when it comes down to commemorating the hot dog (after all, July was National Hot dog month who knew) my first inclination is to run to the store (read Dollar Tree, perhaps Dollar General) and I really should have stocked up for the occasion (next year). My refinding of the hotdog hook probably came from service animal training when Sophie was trained with them rather consistently. Maybe she is doing her job that today at work, I tangentially discussed the company picnic (read hidden agenda= hotdogs). Not to error on the side of a meatless hotdog or entree... What would you folks think is the best option to eat with hotdogs?. I'd be interested in knowing. So what's your favorite?

- 1. Oscar Mayer
- 2. Boar's Head
- 3. Hebrew National
- 4. Wellshire Farms
- 5. Nathan's
- 6. Sahlens
- 7. Ball Park
- 8. Bar-S
- 9. Frev's
- 10. Wardyndkis's



I had always wondered about the charms (read advantages) of the natural casing hot dogs. According to a 2018 USA today article, Forget wings - Buffalo is a hot dog town, "Hot dogs that are grilled should have a natural casing, which is designed for the high heat of an open flame grill".

Here's a few options for those going out bravely with or without company. Check the article out, go Buffalo and here are a few places that offer hotdog (and for weight conscious, maybe try a kids meal)

- 1. Mississippi Muds
- 2. Old Man River
- 3. Louies'
- 4. Ted's
- 5. Frank's Gourmet Hot Dogs
- 6. Checkers
- 7. Seneca Texas Red Hots
- 8. Zorbas Texas Red Hots
- 9. Hot Dog Heaven
- 10. Taffy's Hot Dogs
- 11. Reds hot dogs (East Aurora).

And don't forget the Coney Sauce!













ACE Employment Services

Get to know us at our INFORMATIONAL SESSIONS

TUESDAY October 8th @ 10:30am

FRIDAY October 25th @ 1:30pm

327 Elm Street Corner of Elm and Genesee



Trenton G.
Successful ACE Graduate
Restoration Society Inc.
Works at: CDJ Investigations
Position: Security Guard
Years Working: 1 year

INTRODUCTION TO THE THREE DIFFERENT EMPLOYMENT SERVICES ACE PROVIDES

We work with ACCES-VR to provide three different services tailored to your needs.

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.

ELIGIBILITY:

Must have a primary mental health diagnosis.

Must be located in Erie County.







Employee Spotlight

Cornelius Delaney

What is your role at Restoration Society, Inc.?

I am a Trainer for our H.O.P.E team and a Certified Peer Specialist. I also help to run the peer study group.

What are three words to describe RSI?

HOPE, Advocate and Empowering

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

My favorite part of my job would be helping individuals meet their goals, and to see how happy they are to achieve it is just priceless.

What do you do in your free time?

In my free time I'm home with my kids, 3 Boys and 1 girl. I am a single dad with custody of my children.

Where would you like to go on a dream vacation?

My dream vacation would have to be Italy, it's so beautiful.

You're happiest when?

I'm happiest when my kids are smiling.

What is your Least Favorite Food? My least favorite

food would have to be liver, I absolutely hate it

Are you messy or organized?

I would have to say I'm a little messy, but not messy to the point where I can't find what I'm looking for, if that makes since haha

Do you have a pet?

I have a brindle Pit Bull named Khalid he's the best lol(DJ Khalid voice), he's not a pet he's family.

Happy Anniversary to the employees of RSI who help keep this place running! If you see them this month, wish them a Happy Anniversary!

Congratulations on another year of employment with RSI!!!

Thanh Nguyen
Gary Foster
Jamíe Dolan
Rachel Físher
Heather Kemp
Adam Selon
Marsha West



Peer Advisory Council is hosting an

OPEN FORUM

October 9th

11am - 1pm

@ Empowerment Academy 327 Elm St.

Meet the PAC and enjoy free snacks!
This is your chance to give
RSI your ideas, questions,
& concerns!

New! Peer Study Group

Every Wednesday, 4pm-6pm @ Empowerment Academy! 327 Elm St.

Need help getting certified as a Peer Specialist? Having trouble with the Academy of Peer Services' online classes? Want to meet new peers and have fun?

Join us for this new study group! Walk-Ins Welcome!

For more information, contact Cornelius Delaney (716) 431-4673.



Customer Spotlight

Antonio

Which programs do you participate in at Restoration Society, Inc.?

Empowerment Academy

What is your Least Favorite Food?

Lobster salad

Where would you like to go on a dream vacation?

Africa

What are three words to describe RSI?

Awesome, helpful, helped me grow

You're happiest when? When helping people.



What has been your favorite part of coming to RSI?

All of the cooking and responsibilities, helping people.

Are you messy or organized?

Both

Do you have any pets?

No

What do you do in your free time?

Eat and go to church



The Future of Health in the City:

An exhibition of portraits by Charmaine Wheatley

Please join us for a public opening reception on Tuesday, October 8, 2019, from 5-7_{PM}.

The Connect Gallery at the Conventus Building 1001 Main Street Buffalo, NY 14203













October Meetups

October 8th 5:00pm-7:00pm Opening Reception for

The Future Of Health in the City: Portraits by Charmaine Wheatley 1001 Main St Buffalo, NY 14203

October 12th 8:30pm-10:00pm Karaoke Night @ Amity 340 Military Rd, Buffalo, NY 14207



"Behind every mask there is a face, and behind that a story."

- Marty Rubin





& Masks by Kyla Kegler





Mask-Making Workshop Series with local artist Kyla Kegler:

We are limited to 10 spaces! Interested participants must RSVP with Adam (208-8126) by 3:00pm on October 8th Workshops will be held

2:00pm-5:00pm on Tuesdays October 15th, 22nd, & 29th at the UB Anderson Gallery 1 Martha Jackson Pl, Buffalo, NY 14214

Must attend all 3 to participate!





Made possible through a grant from ARTS SERVICES INITIATIVE
OF WESTERN NEW YORK INC



Interested in more FREE access to Art and Theater in Ruffaln?... Apply for the ArtsAccess pass online at www.arts-access.org

| October 2019 Tel. 884-5216 Fax 884- 2847 | Empow Open Mond | 327 Elm Street, Buffalo NY 14203 | | |
|--|---|--|--|---|
| Monday | Tuesday | Wednesday | Thursday | Friday |
| ** EA Hours ** Sun: 9am-1pm Mon: 9am-9pm Tue: 9am-9pm Wed: 9am-9pm Thu: 9am-9pm Fri: 9am-9pm | 1. 10-11am: Civic Duty (Voting) Education 11-12pm: Anxiety Reduction 1-2pm: Coffee & Conversation 6-8pm: Team Baking | 2. 10-11am: Talking About Forgiveness 11-12pm: Community Resource Knowledge 1-2pm: Ted Talk Series | 3. Staff Training EA Closed from 9am-1pm 1-2pm: Adult Coloring 6-7pm: Positive Affirmations | 4. 10-11am: Fitness Friday! 11-12pm: Beating Procrastination 1-2pm: Social Hour 4-8pm: Spades Club |
| 7. 10-11am: Safety First! 11-12pm: Goal Setting 1pm: Brain Teasers | 8. 10-11am: Positive Affirmations 11-12pm: Creative Writing 1-2pm: Calendar Planning Group | 9. 10-11am: Calendar Planning * PAC Meeting 11am-1pm (All Welcome to Attend) | 10. *Come Join us at Project Homeless Connect! (Buffalo Convention Center) 10am-4pm | 11. World Mental Health Day! 10-11am: Fitness Friday! 11-12pm: Mental Health Jeopardy 1-2pm: Social Hour |
| 5-9pm: Social Hour | 6-8pm: Pool Tournament | 6-7p: Fall Fun on a Budget | 6-7p: Movie Club | 4-8pm: Spades Club |
| 14. 10-11am: Safety First! 11-12pm: Fall Weather, Fall Health 1-2pm: Brain Teasers 5-9pm: Social Hour | 15. 10-11 am: Self Exploration (Values) 11-12pm: Managing Addictive Behaviors 1-2pm: Coffee & Conversation 6-8pm: Board Game Tournament | 16. 10-11am: Healthy Communication 11-12pm: Healthy Eating Tips 1-2pm: Ted Talk Series 6-7p: Healthy Boundaries | 17. 10- 11am: Exercise on a Budget 11-12pm: Organizational Skills 1-2pmL Adult Coloring 6-7p: Coping Skills Workshop | 18. *10am-12pm: Buffalo History Museum (Free) 1-2pm: Social Hour 4-8pm: Spades Club |
| 21. 10-11am: Safety First! 11-12pm: Managing Depressive Symptoms 1-2pm: Brain Teasers 5-9pm: Social Hour | 22. 10-11am: Tips for Emotional Resilience 11-12pm: Managing Chronic Illness 1-2pm: Coffee & Conversation 6-8pm: Bingo Tournament | 23. MHA Legal Clinic 9a-11a *Binge Learning: Microsoft Word (Central Library) 10am-3pm 1-2pm: Ted Talk Series 6-8pm: Assertive Communication | 24. *Great Pumpkin Farm (Free) Clarence, NY 10am-12pm 1-2pm: Adult Coloring *5:30pm-7:30pm: Narcan Training (Central Library) | 25. 10-11am: Fitness Friday! 11 – 12pm: Impulse Control 1-2pm: Social Hour 4-8pm: Spades Club |
| 28. 10-11am: Safety First! 11-12pm: Relationships 101 1-2pm: Brain Teasers 5-9pm: Social Hour | 29. 10-11am: Preventing Interpersonal Violence 11-12pm: Current Events Workshop 1-2pm: Coffee & Conversation 6-8pm: Card Tournament | 30. 10-11am: Fall Craft 11-12pm: Decorate EA for Fall Fest 1-2pm: Ted Talk Series 6p-8p: Fall Weather, Fall Health | Fall Fest Party! 10am-12pm (EA) 1-2pm: Adult Coloring 6-7pm: Healthy Relationships | Please Note: *= workshop is held in the community and EA will be closed except for appointments and emergencies only |

Clubhouse Buffalo

October, 2019

66 Englewood Ave, Buffalo, NY 14214 (716)832-2141 ext. 212, 217 or, 249

Hours for Ages 16-23 years of age Monday to Friday 3 to 9pm

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|---|---|
| | 1 4:30 pm Getting to know me (My Inner Critic activity) | 2 4:30pm TED TALKS | 3 5:00 pm Pumpkin and Apple Picking | 4:30pm Body Shaming 5:30pm Crochet Night |
| | 5pm Game night | 5:30 pm Life Skills: Kitchen Tasks | | 7:30pm Ladies Night!!!!! |
| 5:30pm Game Zone6:00pm Boys to Men Dinner Group; (eating etiquette) | 8 4:30pm Getting to Know Me (My world around me) | 5:00pm Order My Steps 6:00pm Sibling night | 10 10:00am to 4:00pm Project Homeless at Convention Center | 11 4:30pm Crochet Night 7:30pm Ladies Night!!!!!! |
| 14 6:00pm Boys to Men Dinner Group 7:00pm 2D – 3D What's the Difference? | 15 4:30pm Getting to Know Me (Giving and Earning Respect) 6:00pm Game Night | 16 4:30pm TED TALKS (Looks are not everything) 6:00pm Game Night 7:00pm Peer Pressure | 17 4:30pm TRIP to LOCUSTST ART! RSVP Ext. 212 or 249 | 18 5:00pm Popcorn Round Table Discussion (Open discussion on social issues) |
| 21 4:00pm Game Zone 5:00pm How to write a resume 6:00pm Boys to Men Dinner Group | 4:30pm Getting to Know Me (Exploring healthy relationships) 6:00pm Game Night!!!!!!!!! | 23 4:40pm TED TALKS 6:00pm Game Night 7:00pm Label Shaming | 24 Haunted House Expedition | 25 6:00pm to 8:00pm; Monthly Birthday Celebration |
| 4:00pm Game Zone 6:00pm Boys to Men Dinner Group 7:00pm Mock Interviews | 4:30pm Guided Meditation (Offered Daily @3:30pm) | 30 Meals are FREEEEEE!!!!!!!!!!! Dinner is served at 5:30pm Please be here one hour before to sign up and participate in prepping | Halloween Party !!!! | |

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

<u>327 Elm Street, 2nd Floor Buffalo, NY 14203</u> (716) 884-5216

ACE Employment, Empowerment Academy, HCBS Services, HARP Outreach Planning & Engagement

<u>220 East Main Street Batavia, NY 14020</u> (585) 343-9162

Genesee ACE Employment





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

- Poems
- Creative Writing Pieces (1/2 page/100 words 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

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



