January 2022
Volume 14, Issue 1

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

A New Year is upon us! Presenting new challenges but also new opportunities… Some members of our RSI community had these resolutions as they enter 2022:

What You Can do if You are at Higher Risk of Severe Illness from COVID-19

Are you at higher risk for severe illness?

Based on what we know now, people who are at higher risk for severe illness from COVID-19 include:

- Older adults

People of any age with the following:

- Cancer
- Chronic kidney disease
- COPD (chronic obstructive pulmonary disease)
- Heart conditions, such as heart failure, coronary artery disease, or cardiomyopathies
- Immunocompromised state (weakened immune system) from solid organ transplant
- Obesity (body mass index [BMI] of 30 kg/m2 or higher but < 40 kg/m2)
- Severe Obesity (BMI ≥ 40 kg/m2)
- Pregnancy
- Sickle cell disease
- Smoking
- Type 2 diabetes mellitus

Here's what you can do to help protect yourself:

Get a COVID-19 vaccine.

Limit contact with other people as much as possible.

Wash your hands often.

Avoid close contact (6 feet, which is about 2 arm lengths) with others outside your household.

Clean and disinfect frequently touched surfaces.

Avoid all unnecessary travel.

Call your healthcare professional if you are sick.

For more information on steps you can take to protect yourself, see CDC's How to Protect Yourself.

cdc.gov/coronavirus

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Winterize Your Boots!

Do you need to winterize your boots or shoes? Stop by to waterproof them for **FREE!**
@ 327 Elm Street, 2nd Floor, Buffalo, 14203

(716) 884-5216 ext 498

Join us at Empowerment Academy (327 Elm St.)
or virtually: meet.google.com/tfn-zvjy-abn

Every 2nd & 4th Thursday

10am - 11:30am

RSI's Peer Advisory Council PAC

Are you a current or former customer of Restoration Society Inc.?

We need YOU to join us to help envision, create and sustain our community and ensure it reflects our peer philosophy, vision, and values!

for more information contact Adam at 716-208-8126

ACADEMY OF PEER SERVICES

The Academy of Peer Services (APS) 1st Term for 2022 is now open from January 7th - April 1st.

So if your goal is to become a Certified Peer Specialist in 2022 the time to start is now!

For more information and to get assistance starting the required courses contact RSI's Peer Services Coordinator Adam Selon at 716-208-8126

Come Join RSI's Diversity Community!

Recognizing that the world is shaped by interacting systems of oppression such as racism, misogyny, and ableism, our group seeks to better educate ourselves and understand the impact these systems have on our everyday life.

Every 3rd Wednesday of the month at 2pm

This month we are going to be discussing the documentary *Lead Me Home*.

Please join us at the Empowerment Academy on January 19th where we will be showing the film at 11am and hosting our discussion at 2pm.

Welcome to our OPEN HOUSE

AT

CLUBHOUSE BUFFALO

Time: 4pm-5pm *OR* 6pm-7pm
When: Thursday, January 27th 2022
Where: 66 Englewood Ave.
Buffalo, NY 14214

We offer our members a safe and supportive environment as they travel the road of recovery. Our focus is on youths ages 16-21 who may have or be at risk for developing a substance use disorder. We use a non-clinical approach that encourages them to build positive relationships within our community.

Here are just a few of the activities we offer:

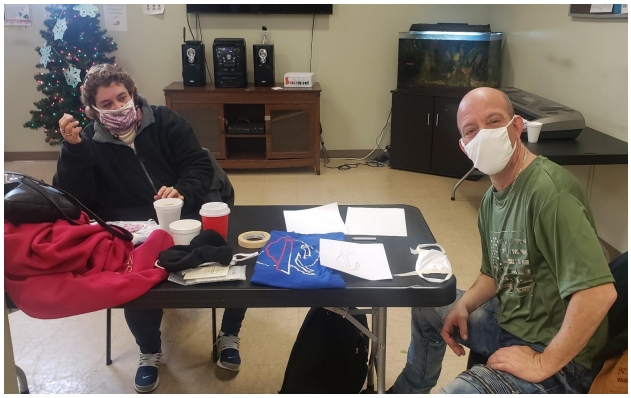
- Recovery Support
- Meals Prepared Nightly
- Game Night (pool tournaments, air hockey, & ping pong to name a few)
- Group Outings (festival of lights, ice skating, Darien Lake and more)
- Arts & Crafts
- Exercise (weekly exercising with our treadmills, weight machine and free weights)
- Movie Night w/ Popcorn
- Family Night

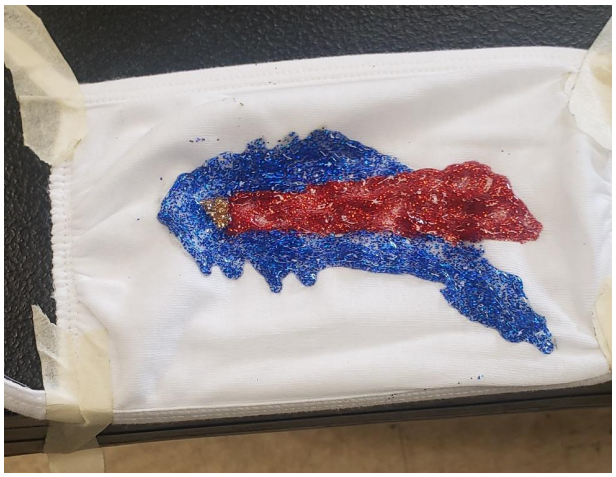
And so much more!

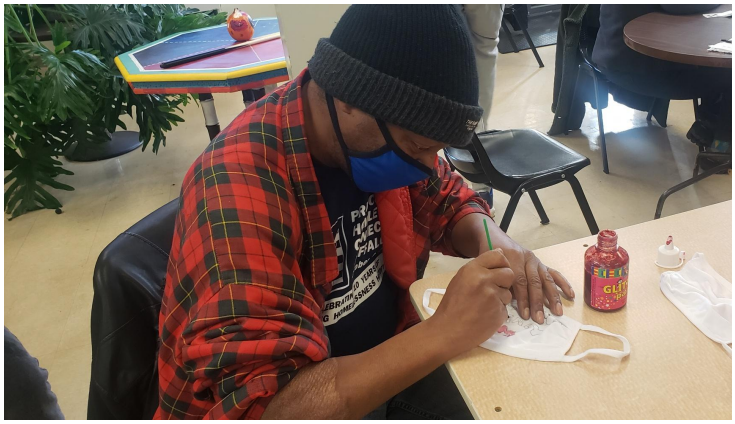
Please RSVP No Later Than January, 19th
You May Call or Email
(Make sure to choose the 1st hour or 2nd hour)
Diane Smith, Program Manager
(716)832 2141 Ext. 217
dsmith@rsiwny.org

During the uncertainty of Covid-19, just know we will be here!

At Empowerment Academy we all about turnign our struggles into our Streghts and finding the Positive and in the midst of the Negative… so Renee had the bright idea to beautify our face masks with a artistic workshop. *"When life gives you lemons make Lemonade"*







The Empowerment of Using Face Masks
By Tracy Murphy

Wearing face masks can be so cool at the EA, different colors and designs can have staff and members asking "where did you get that from?", admiring the unique styles you wear, bringing out your tastes of styles in face masks. Keeping your masks up and on can not only give respect and honor to staff, but also give respect showing respect to others in the honor of safety and responsibility of not spreading viruses to others.

Doing so will give staff a shorter time in reminding us to pull up our masks, and even more respect towards us. These staff care enough to make sure our welfare is their responsibility, and their hearts speak louder. Fortunately, the majority of EA staff, who, I call “unsung” or “unnoticed heroes” are always here to inspire and encourage us. They get involved personally to create great topics for discussion and get our feedback from our past involvements from where we’d been and encountered in life. They also provide us with outings and activities that are fun and adventurous. We have an awesome time playing Stephen’s Macho Koro board game, and Stephen’s coffee is worth a mile walk. I must say, I really appreciate most of the EA staff – who, as peers, have not forgotten where they came from, show their unselfish regard for customers, and increase RSI’s traditional reputation for Empowerment.Such staff that make a tremendous difference to our lives are: Nancy S., Fran G., Amanda K., Stephen B., Larry N., Renee L., Ajayla, and our new hire Rachael C.. Their personal involvement with us inspires them to do but dedicate them to help us on our path to achievement but success to show what the word “empowerment” the true meaning of its name and why they use its name to represent them. Thank you all!

January 2022 Playlist: All ABBA

by Carolyn B.

Happy New Year, everyone! January is my birth month, so I made a playlist exclusively of my most favorite band of all time: ABBA. I have loved them since I was a kid, and when I listen to them, I experience pure happiness. In November, SiriusXM had an ABBA radio station that played ABBA 24/7. I listened to it every time I was in my car and when doing other tasks. It was my first time really listening to them in a while, and I didn't know I could feel as happy as I felt then. It was exciting, and I want to share some of that excitement with you. Also- It is my New Year's Resolution to listen to at least one ABBA song every day.

1. "Ring Ring" (Swedish version)
   "Ring Ring" is one of my favorites, and here is the Swedish-language version.

2. "Disillusion"
   Benny and Bjorn wrote most of ABBA's songs, but Agnetha wrote the music for this one. I love the chord progression and meter change. They are not predictable at times, and that makes it more fun.

3. "Bang a Boomerang"
   The lyrics are kind of silly, but I love the driving rhythm throughout the song. And when the groove changes in the pre-chorus? That's where it's at.

4. "Tiger"
   From the opening riff to its closing chords, "Tiger" musically represents a sinister predator. The driving drumbeat alludes to its heavy pursuit, and I love every moment of it.

5. "When I Kissed the Teacher"
   Although this song's lyrics did not stand the test of time, "When I Kissed the Teacher" is the feel-good song that I need on my bad days. Press "play," and 3 minutes later, everything is right in the world.

6. "As Good As New"
   I love everything about this song. It perfectly demonstrates how ABBA is multidimensional. The disco groove followed by the uplifting chorus is fantastic.

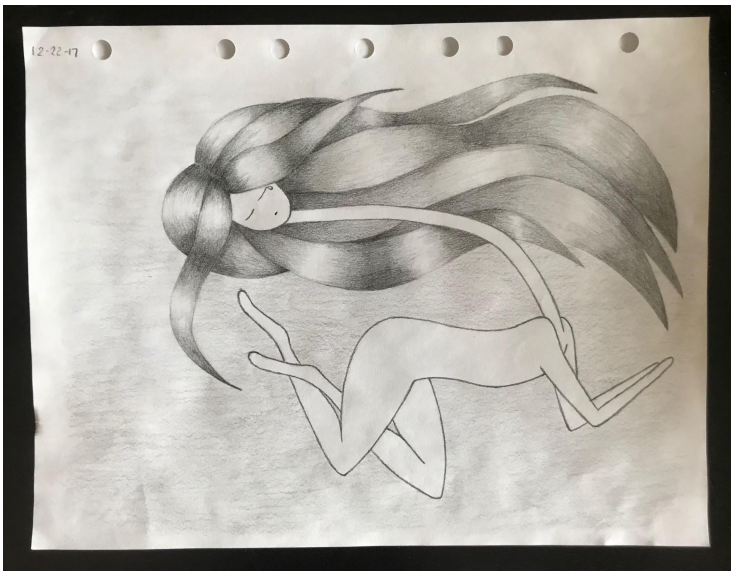
7. "He's Your Brother"
   The lyrics are somewhat cheesy, but they sends a good message. "On the road that we're going, we all need words of comfort and compassion."

8. "Under Attack"
   I have always loved "Under Attack." The lyrics would not hold up today because it is about stalking. But I love it anyway.

9. "Waterloo" (German Version)
   In 1974 ABBA won the Eurovision Song Contest for their native country, Sweden. This is the German-language recording.

10. "I Do, I Do, I Do, I Do, I Do"
    The opening saxophone hooks me in, and everything else holds my attention for the rest of the song. From start to finish, I love it.

Featured Writing and Artworks from the RSI Community:



Social Skills Are imperative
By Dave M

A much ignored truth in our culture is that we are an interdependent people. No one is an island. We depend on others to supply our food, shelter, clothing, health care needs and most of the essentials for our daily survival. Yet, if we have not developed the social skills necessary to interact well with others, they may not help us with even our basic needs. If we have alienated our friends, family members and our service providers, we need to develop the social skills to repair or replace those crucial relationships.

We need to learn how to be more polite, considerate and cooperative. We need to learn how to compromise with others. While out mental health symptoms may make these skills challenging to improve, social skills are so important that our efforts to increase them will be richly rewarded with better relationships.

When we build better relationships with everyone we encounter and work with, we build up tools in our toolboxes. We build up a network of people who are helpful to us. And we maintain this network by being helpful to those who help us. Try to remember that everyone is interdependent. Those people who are helpful to us also need out help in return. They may need a different kind of help, but everyone needs help.

We can help people by simply being kind to them. Everyone needs kindness. And kindness is free for us to give. An act of kindness can be as easy as calling someone by their name, or asking them how they are doing. An act of kindness can be conversing politely. kindness may be the most basic and most powerful social skill of all!

If you would like to see your writing or art featured please send your submissions to newsletter@rsiwny.org

Getting Help Before Tragedy
By David Meyers

Throughout my life, there are many things I have said or done that I regret. From self inflicted injuries to things said to other people, it really is difficult to sort through all the wrongs which have occurred in my life. I feel accountable for every last thing which I have engaged in which have hurt people I care for. I think of the days growing up: those days of joy, and how they contrast to the stark worlds I encountered in later adolescence to adult years. That inner world of jubilation and joy was tampered with somehow as a teenager. The life of innocence was completely lost to a dark cloud. Spontaneity and freedom of life was no longer present as young as 16 years old. Now at 39, I have more than half of my life to look back on where I have been separated from expression of that pure joy.

It can be described as bipolar and schizoaffective illness which have a heavy part to play in this sudden and lasting change. Other factors may be described as abuse from peers, or lack of recognition for the need for counseling. In any case, is it really a return to myself that I need? Or is it perhaps something at a higher level- love of others and a higher spiritual level that I could connect to more fully? However, the placement of extreme moods in my daily life has made it difficult to arrive at this peace of mind. Additionally, the interaction of these moods with medicine and mental health practitioners complicates my level of functioning. Therefore, the importance of counseling and mental health to help others emotionally cannot be overstated. It is not usually as simple as “picking up your bootstraps” or being strong. When there are repeated disturbances of mood and behavior it is important to address the problem.

I know in my case I spent well over 5 years in my childhood suffering in silence before being able to talk to a mental health professional about my thoughts and feelings. I had no idea what it meant for me to be experiencing what I was. The trauma of these unaddressed concerns left me in a bad position the second half of high school. The effect of my unaddressed needs as an adolescent was to leave me hospitalized repeatedly, and in an incapacitated state at 25. So, yes, I feel bad for the wrongs which I have committed. However I do think it’s fair to say that most of this did not need to happen. The biggest culprit is untreated mental illness. It is the delay in treatment that had the worst effect on the course of events, even years later. This is also true for countless others.

When treatment is stigmatized and the reality of serious mental illness is not recognized, there will continue to be instances of heartache and preventable tragedy. The heartaches of a loved one should be heard through, because lack of caring can create unthinkable tragedy.

Veterans Corner: “Thank You For Your Service!”

2021 Recipients of Certificates of Recognition

By Jewelean Magee

On Monday, December 13, 2021, Certificates of Recognition were presented to the following from the African American Veterans Arts and Culture Corporation in conjunction with the Johnetta R. Cole AMVETS Post No. 24 and Ransom House, Inc.:

Shown above from left:

Shango Oya – for continuing to provide outstanding information and insight into African Consciousness for our Veterans, their families and Western New York.

Positive Nation Production – for providing outstanding Full Media Production service to our Veterans, their families and Western New York.

Veronica Johnson – for service to your Country and Continued service to our Veterans and their families.

Debbera M. Ransom – Certificate Presenter

Level Upp Sound Company – For being experts in the field of Sound Engineering for our Veterans, their families and Western New York.

Richard Dread – For being a Tremendous and Continuous Partner to Veterans and their families from both Ransom House, Inc. and the Johnetta R. Cole AMVETS Post No. 24.

Certificate of Recognition

Awarded to

RICHARD DREAD

For being a Tremendous and Continuous Partner to Veterans and their families for both Ransom House, Inc. and the Johnetta R. Cole AMVETS Post No. 24

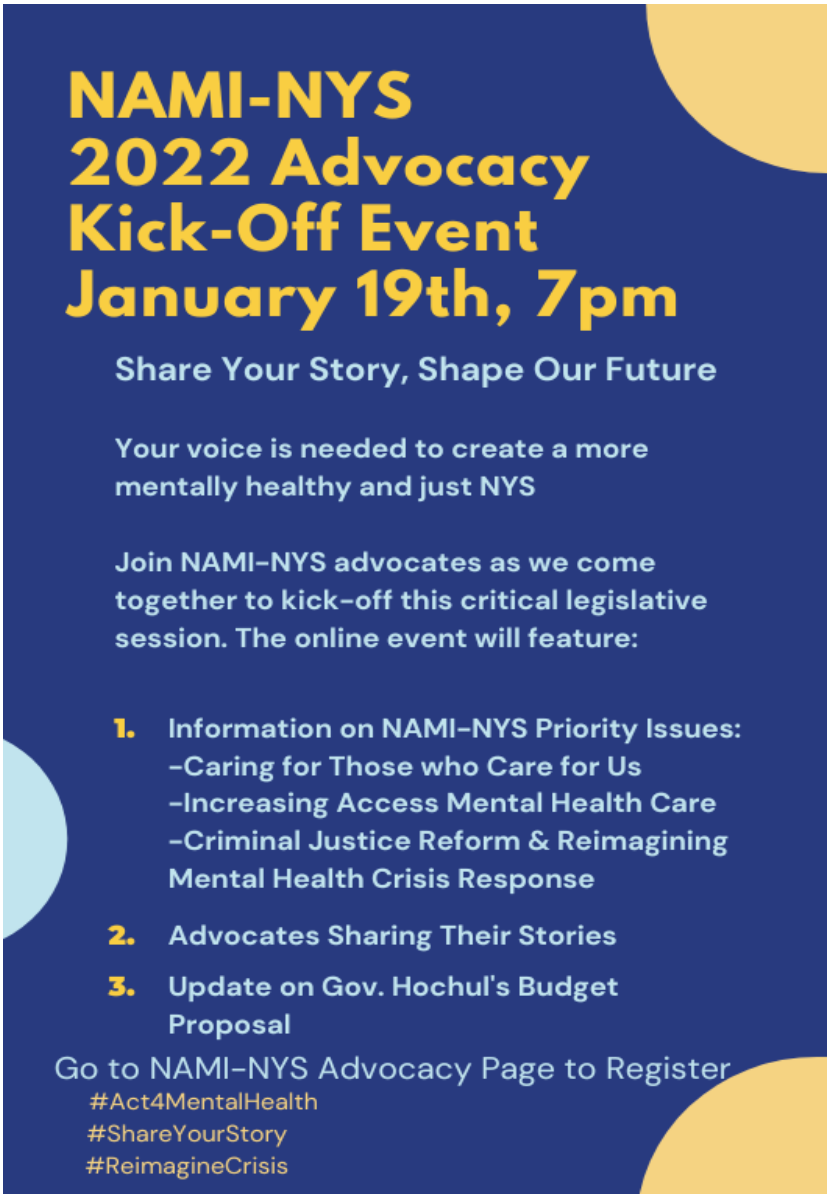
Issued this 13th day of December, 2021

Founder Debbera M. Ransom
Ransom House, Inc.

Founder Debbera M. Ransom
Johnetta R. Cole AMVETS Post No. 24

Our very own Richard Dread was featured in The Criterion in an article honoring his and other local veteran's service

NAMI-NYS 2022 LEGISLATIVE ACTION WEEKS



Empowerment Academy: January 2022

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 – Saturday New Year's Day EA Open 10a-2p **2 – Sunday** Open 9a-1p **3** 10a-11a: The Value Of… w/ Brandon 11a-12p: Anger Mgmt w/ Dave 2p-3p: Recovery Stories w/ Renee 6:30p: Movie Night w/ Anthony	**4** 10a-11a: Addiction and Recovery w/ Stephen 11a-12p: Newsletter Club 1p-2p: WRAP Plans w/Dave 2p-4p: Board Games with Stephen 6p-7p: Newsletter Writing w/ Dave	**5** 10a-11a: Anxiety & Depression w/Christopher 11a-12p: Dreaming w/ Rachael 2p-3p: Public Speaking w/Stephen 6-8p: Movie Club w/ Anthony	**6** 9a-12p: Staff Training (Snack bar closed) 1-3pm: Winter Crafts w/ Rachael 3p-5p: RSI Art Studio w/ Adam* 7:30p-8:30p: Current Events w/ Anthony	**7** 10a-11a: ACE Employment Staff at EA 10a-12a: Pool Tournament (Day One) 1p-2p: Communicating w/Dave 3p-5p: Academy of Peer Services Classes w/ Adam* 4p-8p: Spades Club
10 10a-11a: The Value Of… w/ Brandon 11a-12p: Recovery Stories w/ Renee 1p-2p: Crafts with Liz 6:30p: Movie Night w/ Anthony	**11** 10a-11a: Addiction and Recovery w/ Stephen 1p-2p: Journaling w/Dave 2p-4p: Board Games with Stephen 6p-7p: Current Events w/ Dave	**12** 10a-11a: Anxiety & Depression w/Christopher 11a-12p: Make Your Own Naan Pizza for lunch w/Stephen 1-2p: Social Hour w/ Renee 6p-8p: WRAP Workshop w/ Anthony	**13** 10a-12p: Peer Advisory Council (PAC) w/ Adam (Free Coffee and Biscotti)* 2p-4p: OMH Virtual Town Hall 3p-5p: RSI Art Studio w/ Adam*	**14** 10a-11a: Fitness Friday! w/ Renee 1p-2p: Bullying w/Dave 3p-5p: Academy of Peer Services Classes w/ Adam* 4p-8p: Spades Club
17 **Martin Luther King Jr. Day!** **EA Open 10a-2p**	**18** 10a-11a: Addiction and Recovery w/ Stephen 11a-12p: Newsletter Club 1p-2p: WRAP Plans w/Dave 2p-3p: Meal Planning w/ Stephen 6p-7p: Newsletter Writing w/ Dave	**19** 10a-11a: Anxiety & Depression w/Christopher 11a-12p: Diversity Community Documentary – *Lead Me Home* 2p-3:30p: Diversity Community Event 6p-8pm: Movie Club w/Anthony	**20** 10a-11a: Open Group w/Christopher 11a-12p: Newsletter Check-in 1-2pm: Get Creative w/Christopher 3p-5p: RSI Art Studio w/ Adam* 7:30p-8:30p: Current Events w/Anthony	**21** 10a-11a: ACE Employment Staff at EA 10a-12p: Pool Tournament (Day Two) 1p-2p: Chair Yoga w/ Dave 3p-5p: Academy of Peer Services Classes w/ Adam* 4p-8p: Spades Club
24 10a-11a: The Value Of… w/ Brandon 11a-12p: Customer Topic w/Christopher 6:30p: Movie Night w/ Anthony	**25** 10a-11a: Addiction and Recovery w/ Stephen 11a: Talk to a Lawyer for FREE! (MHA) 1p-2p: Journaling w/Dave 2p-4p: Board Games with Stephen 6p-7p: Current Events w/ Dave	**26** 10a-11a: Anxiety & Depression w/Christopher 11a-12p: Dreaming w/ Rachael 2p-3p: Advocating for Yourself w/ Stephen 6p-8p: WRAP Workshop w/ Anthony	**27** 10a-12p: Peer Advisory Council (PAC) w/ Adam (Free Coffee and Biscotti)* 2p-4p: OMH Virtual Town Hall 3p-5p: RSI Art Studio w/ Adam* 7:30p-8:30p: Current Events w/ Anthony	**28** 10a-11p: Stress management w/Dave 11a-12p: Writing Workshop w/ Renee 3p-5p: Academy of Peer Services Classes w/ Adam* 4p-8p: Spades Club
31 10a-11a: The Value Of… w/ Brandon 11a-12p: Anger Mgmt w/ Dave 2p-3p: Recovery Stories w/ Renee 6:30p: Movie Night w/ Anthony		**Check It Out!** **"The Value of…" Series!** facilitated by Brandon! ---------- * For these events, please contact Adam directly with questions! 716-208-8126	**The events on this calendar are subject to change due to unforeseen circumstances** **Please call ahead to confirm** 716-884-5216 ext. 498	**Join Us On-site or by Phone!** 327 Elm St. Buffalo, NY 14203 Phone: 716-884-5216 ext. 901 (PIN 1234) **Hours of Operation** Mon-Fri 9am-8:30pm Sat & Sun 9am-1pm

Clubhouse Buffalo

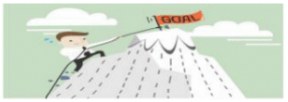
JANUARY 2022

66 Englewood Ave, Buffalo, NY 14214

(716)832-2141 ext. 212, 242, 249, or, 217

Hours for Ages 16-21 years of age

Monday to Friday 3 to 8pm

Monday	Tuesday	Wednesday	Thursday	Friday
Continue to wear your mask and practice social distancing!	Meals are free and prepared nightly by staff until further notice.	**Happy New Year!!!** Clubhouse Buffalo is getting a make-over!! Check the board for updates!	Feel free to see any staff member for any questions or concerns you may have. Whether it's school, work, home, friends, anything. We're here to help in any way we can.	
3 Art Therapy/Draw your feelings Agency Night Recovery Support	4 LGBTQ+ Dinner Ted Talk Discussion 20 Min. Exercise	5 Healthy ways -Anger management Craft team Time	6 Peace Hub-Physical and Verbal Boundaries Movie and Popcorn	7 Communication Skills FRIDAY FUNDAY/Bingo Night
10 Art Therapy/likeness of one another Recovery Support/Agency night	11 LGBTQ+ Dinner Ted Talk Discussion 20 Min. Exercise	12 Goals Check in Resume and Job Search 	13 Fieldtrip – Ice Skating and Cocoa	14 FRIDAY FUNDAY/Bingo Night TED Talks; WHO INVENTED MODERN DAY HOCKEY
17 Clubhouse Closed	18 LGBTQ+ Dinner Ted Talk Discussion 20 Min. Exercise	19 Mock Interviews/ Dress for success discussion Healthy Ways	20 Fitness Day/Yoga and Smoothies	21 National Poetry Day RAP NIGHT Karaoke
24 Art Therapy/ Recovery Support Agency Night 31Art Therapy/ Recovery Support Agency Night	25 LGBTQ+ Dinner Ted Talk Discussion 20 Min. Exercise	26 Feelings Check in Board Games	27 **OPEN HOUSE!**	28 FEELINGS CHECK FRIDAY FUNDAY/Bingo Night MONTHLY BIRTHDAY PARTY

COME VISIT US AT ANY OF OUR LOCATIONS:

66 Englewood Ave, Buffalo, NY 14214
(716) 832-2141
Administration Office, Housing Solutions & Clubhouse Buffalo, CV-19 Housing Solutions

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

220 East Main Street Batavia, NY 14020
(585) 343-9162
Genesee ACE Employment

Visit us on the web at:

www.rsiwny.org

www.facebook.com/Restorationsocietyinc

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