

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

WNY COALITION
FOR THE HOMELESS

HOMELESS PERSONS' MEMORIAL DAY

DECEMBER 21, 2021

5:00 PM

Matt Urban Hope Center
385 Paderewski Drive, Buffalo

For the last 30 years, the National Coalition for the Homeless has honored those who have passed on the winter solstice, or the longest night of the year. This year, we hope to continue the tradition. Please join us at the Matt Urban Hope Center to honor those who have passed while homeless or formerly homeless.

This event will include an opening speaker and an opening prayer. After, we will share the names and honor those who have passed. There will be an opportunity for guests to speak.

Refreshments and live music will be provided in the Urban Diner.





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



PLEASE JOIN US
for a free, homemade, take out/to-go

Christmas Dinner

DECEMBER 25 | 10 AM - 2 PM
Dinners Distributed 11:30 AM - 1:30 PM
THE EMPOWERMENT ACADEMY
327 Elm Street, Buffalo, NY 14203

Call Us at (716) 884-5216 ext. 498
Masks & Social Distancing Required
TAKE OUT dining is preferred due to capacity limitations

Due to the ever-changing circumstances of COVID-19,
please call beforehand, as plans may change!

DECEMBER 10
INTERNATIONAL HUMAN RIGHTS DAY



The formal inception of Human Rights Day dates from 1950, after the Assembly passed resolution 423 (V) inviting all States and interested organizations to adopt 10 December of each year as Human Rights Day. Human rights are moral principles or norms that describe certain standards of human behavior and are regularly protected as natural and legal rights in municipal and international law.

The Empowerment of Using Face Masks

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!

Drawing by Mark Schenk

Drawing is something that I have been doing for over 10 years and by no means am I a professional (nothing hanging in a gallery, etc.) I draw with colored pencils (a tiny bit with marker) in a style with no specific image or picture in mind. I enjoy drawing for the following reasons:

There is no specific image or picture that is asked, requested, or demanded of me.

I choose what color pencils that I use. It does not matter how long the drawing takes to draw.

I think the biggest reason that I enjoy drawing is the first reason that I mentioned

(nobody asks, or demands I draw a specific image or picture)



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SCAN ME

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FOR THE ENTIRE FAMILY

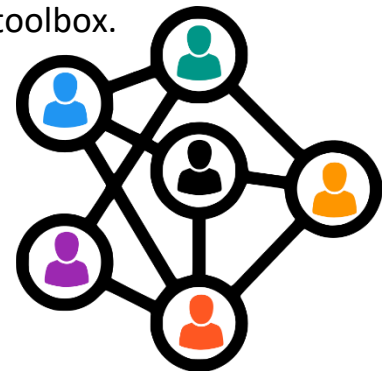
500 Seneca Street
Buffalo, NY 14204

The time has come for me to tell you goodbye.
It's not going to be easy son, I won't lie. At times it hurts so bad, it takes
my breath away.
So many things, that I never got to say. Your memories will live in my
heart through the years.
They will make me smile and dry up my tears. God has a journey for you
that has just begun.
Rest in peace my only son.



A Peer Run Agency Xavier Prim

What is a peer run agency? A peer run agency is a group of different individuals coming from different races, creeds and sexual orientations. No one is exempt. We all are a tool in a larger toolbox that is Restoration Society, Inc. What we do is network with one another, sharing resources, and dissecting the common problems of life to be able to come up with a common cure. Each one teaches one. Different people bring different skill sets to the toolbox.





Kwanzaa - Diversity Community History:

Kwanzaa ("First Fruit" in Swahili) is celebrated throughout the African Diaspora. In 2021 it runs from December 26 to January 1, 2022.

Founded in 1966 by Professor Dr. Maulana Karenga Chairman of Black Studies at California State University in long beach after the Watts Riots in Los Angeles California. The basis is inspired by the Ashanti and Zulu people.

7 Basic Principles:

1. **Unity:** Maintain and strive for unity in the family, community, nation and race.
2. **Self Determination:** Define ourselves, name ourselves and create for ourselves, speak for ourselves.
3. **Collective Work:** Build and maintain our community together. My problems are our problems and we work together to solve them.
4. **Cooperative Economics:** Build and maintain our own stores, and businesses to profit from them together.
5. **Purpose:** Develop and build our own community to restore our people to their traditional greatness.
6. **Creativity:** Do as much as we can in the way we can in order to leave our community more beautiful and beneficial than we inherited it.
7. **Faith:** Believe with all our hearts in our people, our parents, teacher, leaders, and the righteousness and victory of our struggle.

7 Symbols:

1. **The Crops:** Joy, sharing unity, and thanksgiving.
2. **Mkeka Placemat:** Symbolize the history, culture and tradition.
3. **Ear of Corn:** Symbolize children and fertility. The future and hopes of the family brought to life. (Light and Vision)
4. **The seven Candles:** Red is self Determination & Freedom, Green earth, Black is the people
5. **Knara the candle holder:** Representation of our ancestors.
6. **The unity cup:** Used for libation rituals during the 6th day of Kwanza.
7. **Zawadi (Gifts):** Last day and it encourages Growth Self-determination, achievement and success.

As we approach Kwanzaa and the general holiday season it's important to recognize an unfortunate reality of the work we do at the Restoration Society. Black identified people of color (BIPOC), members of the African diaspora, are disproportionately represented among our customers. [40% of homeless folks are Black while only 13% of the United States population is Black](#). There are reasons that Black folks more often suffer from serious and persistent mental illness like PTSD or live with a substance use disorder. These reasons are rooted in the history and the infrastructure of the world and most especially our country. This is precisely the kind of thing we discuss during our meetings of the Diversity Community on the third Wednesday of every month.

In the meantime, let's take a moment to contemplate how the principles of Kwanzaa are pertinent to the work we do.

Unity - Whether at Housing Solutions or the Empowerment Academy our work is rooted in connection and as peers we need to approach the work as moving together in the same direction. We work together with our customers because our liberation is tied up in each other's.

Self Determination - It is necessary work on ourselves and encourage each other to do the same. As social workers, rehab practitioners, or resource coordinators we do not simply do the work for our customers. We seek the balance point between responsibility and interdependence as we encourage our customers to grow in their own capacity.

Collective Work - We cannot do this work alone. We need each other's skills and expertise as well as emotional support. Most crucially we need to remember that it's okay to need and ask for help.

Cooperative Economics - Economic systems should be centered around the needs of the people rather than the concentration of wealth into the hands of the few. I recommend reading [Collective Courage - A History of African American Cooperative Economic Thought and Practice](#) by Jessica Gordon Nembhard for more.

Purpose - In order to work towards our collective liberation we must focus ourselves toward the goal of understanding how we got here.

Creativity - Addressing the issues we see in front of us is not enough. We must imagine and create a better world within the problematic world we have.

Faith - It is necessary to keep working in spite of struggle and even contrary evidence. To continue to show up and perform the work that is necessary when it feels like the odds are stacked against us is an act of faith.

The National Museum of African American History and Culture of the Smithsonian has an excellent list of the principles as well as related songs, readings, and even children's activities for each day of Kwanzaa.

I hope to see folks at future Diversity Community meetings to discuss and grow together.



My Reduced Fare Card for NFTA

Carlos Velez

I have a reduced fare card for the NFTA which is good until 2024. I was able to get my card through the Empowerment Academy.

I usually ride my bike to get around, but sometimes I do take the bus or train, especially when it's cold outside

I am grateful to the Empowerment Academy for helping me get my reduced fare card, which enables me to pay only half fare when I ride the bus or train.



APS Article-Part 2

Barriers and Facilitators

Decisions, decisions to author this article instead of jumping to Insurance Parity (BTW, not like these amount to extracurriculars although taxpayers pay, including myself, so let us get well ASAP). I met a person online who hated the concept of going to a local pantry. Even if in need, due to what he called lack of freewill. Hmm, so those pinto beans, shudder at the thought, might weigh on my conscience if I do not find something to do with them. Weren't they donated from the heart? In this article, a "barrier" prevents people from achieving financial wellness. As well, a "Facilitator" are things that facilitate growing and give us a sense there are options and opportunities. A barrier to economic inclusion may, for example include misinformation about Social Security and horror stories (I had one) of overpayments, and fear of losing benefits. Those of us depending economically on others (for e.g., a representative payee) may lack financial skills due to limited exposure and although there are, a multitude income and asset building supports, those in Recovery lack information. As the module shifted to facilitators, I gathered information to mentally file such as "matched savings programs to purchase a home/pursue an education" and/or mainstream poverty relief programs. My hope crescendo during the "focus on shame", and the segment during which customers share (such as an Access-VR story). I remember one of my first times entering RSI and learning about the policy to not go beyond the counter. I had not entered as a suspect with a prior history of "stealing snacks". I loved the Brene Brown video, especially about blame. I had the opportunity to assimilate the definition of "my agency": your ability to be an agent, an active participant in your financial wellness.

Best Things To Say To Someone Struggling With A Mental Health Issue:

"I know it may be hard to explain, but take your time, I'm here for you"

"Can I get you a cup of tea or something else to comfort you?"

"My ears are open if you'd like to tell me more about it"

"You are not alone"

"If you don't want to talk, do you want me to put on your favourite TV show and sit by you?"

"Even if I don't understand, I'll listen"

"We are in this together"

"If you want to be alone it's okay, but I'm here when you're ready"



@RealDepressionProject



In respects to life and recovery:

Life is an auto poetic cognitive process (healing) meaning it is self regenerative and aware. Our bodies execute the process holistically in the form of resilience or better understood- by the way we "bounce back". Our suffering itself has it's benefits and it's non benefits alike i.e., when we feel and process trauma/pain our body create a memory file (like it does on a molecular level in creating antigens of imposing viruses) to make the next encounter less affective. The non benefits of suffering is not knowing that the individual has the control to minimize encountered harm via preventive measures in the choices and decisions one makes when engaging the external world in combination with the knowing that life itself is always at work doing it's part in the growing/healing process with or without ones conscious support.

- Brandon La'Ron



Being part of the community and staff here at Restoration Society is an honor. I am excited to come to work every day and I learn many things from the individuals and groups. Throughout my day, there are plenty of laughs and learning opportunities.

The "empowerment" in Empowerment Academy rings true. There are many services available that can help one feel they are on their right path. The staff here can help connect you with housing, medical care, benefits, social activities of interest, and help you apply for further education. If you are interested in becoming a Certified Peer Specialist, and beginning a career helping others through their recovery, ask any of our staff. We can help you gain your certificate and the courses are educational and interesting.

We also have a multitude of groups such as anger management, recovery stories, current events, self advocacy, yoga, art therapy, and the list goes on. All are welcome to these groups. In the downtime, we play pool, watch movies, eat lunch, play board games, and cards.

I extend a sincere thank you to all of the individuals here that I have had the pleasure of working with. Keep up the positive energy!

- Rachael Carlson

Creating a Meditation Notebook

Heidi Olson

It is the end of year and you may be in the frame of mind of making goals for the next year. One small project that you may consider doing at the end of the year or at the beginning of 2022 is to create a meditation notebook.



Meditation notebooks can be used for a variety of reasons. They can help you pause in the middle of a busy day at work or other events. They can also help you focus your mind on the present moment.

When I was in the early stages of my recovery, I created a meditation notebook for when I needed to pause during a day that did not seem obvious to others. My meditation notebook consists of positive and inspirational quotes, and scenic pictures. You can print off the inspirational quotes with pictures you get from friends you find on Facebook or other social media.

Develop your meditation notebook in a way that works for you.

December Playlist: Holiday Music by Carolyn B.

For December, I chose 10 of my favorite holiday-season songs.

1. [“Sleigh Ride”- The Ronettes](#)

From the narcissistically-titled 1963 album *A Christmas Gift for You From Phil Spector*, this song helped establish Phil Spector’s wall of sound as an iconic Christmas sound. I have seen Ronnie Spector perform it live several times, and it is amazing.



2. [“You’re a Mean One Mr. Grinch”- Aimee Mann](#)

“The three words that best describe you are as follows, and I quote, ‘Stink! Stank! Stunk!’” This is what the holiday season is truly about, am I right?

3. [“Happy New Year”- ABBA](#)

This song is slightly depressing, but it is kind of how I tend to feel every New Year. Maybe you identify, too. If you do, know that you’re not alone. It is also the only ABBA song that fits into the holiday theme.

4. [“Have Yourself a Merry Little Christmas”- The Carpenters](#)

This is my favorite Christmas song, and I think the Carpenters have the perfect sound for it.

5. [“Jingle Bells”- The Springfields](#)

This is not a favorite Christmas song of mine, but I always need to include Dusty Springfield on my playlist. She recorded this with her folk trio the Springfields before going solo. She is featured throughout the song.

6. [“O Holy Night”- Eric Cartman](#)

It is time we add a little sophistication to this list, don’t you think?

7. [“Christmas at Hogwarts”- John Williams](#)

For a nice instrumental interlude, here is “Christmas at Hogwarts” from *Harry Potter*. It sounds like a warm hug. Enjoy.

8. [“Let It Snow! Let It Snow! Let It Snow!”- Jo Stafford](#)

Jo Stafford is one of my favorite singers, and this is one of my favorite winter songs.

9. [“Silver Bells”- Eddie Fisher](#)

I have always loved this song. I had many recordings to choose from, and I chose Eddie Fisher as a shoutout to his daughter Carrie Fisher, who is my most favorite person of all time. She is also my Christmas tree topper.

10. [“Winter Wonderland”- Darlene Love](#)

Another song from *A Christmas Gift for You From Phil Spector*.



Contents of My Toolbox

Terry Johnson

In last month's newsletter, I expressed how my toolbox serves to help me manage my anger and control my behaviors when I get frustrated. This month, I would like to expand on what my tools are:

1. Think before I act.
2. Walk away from problematic situations
3. Go for coffee
4. Do yoga
5. Breathe
6. Think about my freedom and my future
7. Respect myself and others
8. Talk to someone
9. When I take the above steps, T.J. wins!



sending love to



crazyheadcomics



the people
battling mental
illness during the
holidays



the people
feel lonely during
the holidays



the people
who are caregivers
to someone
who's ill



the people
who struggle to
afford a holiday
celebration



the people
who are grieving
a loss during
the holidays



the people
who are spending
the holidays with
people who aren't
supportive

"Damn the Torpedoes!"

Larry Nowell

It is 1864 at the height of the American Civil War. Admiral David Farragut is commanding the Union Squad of navel gunboats tasked with capturing the harbor at Mobile Bay Alabama. There are numerous explosive mines spread strategically throughout the bay -- in those days called "torpedoes." One of Farragut's ships hits a mine/torpedo and almost immediately sinks to the bottom of the bay with the loss of its crew of 90 sailors.

Despite this horrific event, Farragut orders his squadron to continue the attack, famously saying "Damn the Torpedoes full speed ahead." The attack is a success; Mobile is taken; it is a tremendous Union victory leading to a significant shortening of the war. Most of us with recovery goals are bound to encounter obstacles in our paths. Such obstacles may often seem as threatening and insurmountable as Farragut's torpedoes. We do not risk our lives, of course, as was the case of Farragut's squadron. But we do risk a sense of failure and the loss of our self-esteem whenever we set out to achieve our recovery goals and objectives.

Fortunately, there are many resources that we can tap to assist us with maneuvering around the obstacles in the path to recovery. So, let's bravely move forward using all the resources at hand to realize our goals. "Damn the torpedoes full speed ahead!"



Admiral Farragut upon entering
Mobile Bay Damn the torpedos.
FULL SPEED AHEAD!

~ David Farragut

AZ QUOTES



On Wings of Eagles

Nothing is any lighter than the weight we have when we forgive ourselves. It is second only to that which we forego by choosing to leave the guilt of our bad choices at the cross for our forgiveness, our redemption and liberation.

Our feather weight let's us fly on wings of eagles high into the realm of Divine Intention.

They are so impertinent all those nay say do not play most negatory constituents of the dark side.

Do we really have to be given instruction on a means to fail. Is there no respite for the weary now set to climb one more hill, an other mountain.

Or do we really just need the truth of our most Divine intention. That our future has been written in ink so indelible as to stand the test of time.

If we would only let go of this the past and to surrender to our destiny our written futistory.

To know the truth is to be set free. If you live in your mind you live in the future tense. Let is endeavor to persevere in our quest to our dearly, costly ransomed freedom. Never again to fall a victim to the past memory but free to live in the realization of what has already been bought and paid for.

We are eternal now in truth for death or life, our own choice and option.

Choose today if you will serve the demise of the past or the eternal living future.

Speak the heart language and enjoy your Divine License to create the love dimension where only joy and happiness dwell and tears never fall.

Peace on Earth. by Tim Malley.

Let the heavens rejoice! it's Christmas time and the savior Jesus is born in Bethlehem a time of happiness, joy and mirth so let's proclaim the Saviors birth. Peace on Earth let the heavens rejoice, when the three wise men saw the star in the East to worship the newborn King so let the valleys sing because let's have Peace on Earth because Jesus is born in Bethlehem, Jesus is the King of Kings and Lord of Lords he is Yahweh he is El shaddi he is Yeshua and he is Peace on Earth yes! Peace on Earth and Goodwill towards men, Peace on Earth! Peace on Earth! Jesus was born on Christmas time and the savior Jesus is born in Bethlehem so Peace on Earth and when the three wise men saw the star in the East to worship the newborn King so let the valleys sing so let's have mirth and let's be full of joy over the divine birth, He was the incarnation that will one day rule all the nations, He is Jesus Christ my lord and savior. Peace on Earth and Goodwill towards men Jesus is Born in Bethlehem. he is born on Christmas day! and by looking to him as there savior Peace! and Goodwill towards men Jesus Christ is the King of Kings and Lord of Lords so let the valleys sing because Jesus is born at Christmas.

I hope everybody has a wonderful Christmas!





Holiday Word Search Challenge



Solve each clue to reveal the holiday-related words to find in the puzzle going across, down, and diagonal.

1. December 25th holiday: _____
2. Jolly man in red suit: _____
3. Hung by the chimney: _____
4. December holiday celebrating African-American heritage: _____
5. Family customs passed down to next generation: _____
6. Kwanzaa candle holder: _____
7. Hung on a door at Christmas: _____
8. Jewish Festival of Lights: _____
9. Special Jewish candelabra: _____
10. Red and white striped Christmas sweet: _____
11. A wax light that is used as a ceremonial symbol of many holidays: _____
12. Number of days of Hanukkah: _____
13. Santa's vehicle: _____
14. Kwanzaa feast: _____
15. Gifts given on the last day of Kwanzaa: _____
16. Christmas songs: _____
17. Potato pancakes: _____
18. They pull Santa's sleigh: _____



N Z R D C C J Y H C H R I S T M A S
T L C X U C A N D L E L L S T I J
H F D Z N N O Z H R J E C E Q R G R
V O G R C L U A C E W M N R J A Q R
G M O B N O K W H K V A E P O D J K
G C E W Q K O A N R C E W X K I I A
S A F N U C G D E Y D K Q S V T L R
B T S N O O Z I D N R N E W K I X A
D G A T E R E N I L O K N R W O Q M
O H N R O K A E F S T T E A N L U
N G T R H C R H L A K N H A N S F W
W Q A Q Q O K O L W N G J T Z G G G
S R C B X I R I H K I C F H A W I P
R M L W A A F F N E I W Y S A G F N
P E A Y C T X P L G I N X T R X T F
O Z U G Q G U S O D S G A C R D S U
S G S V Z N W V F C D X H R U N E L
V W V C E L E B R A T E F T A W M I

Bonus: Find 5 more holiday words hidden in the word search grid



What is Family?

By Mark Schenk @ Empowerment Academy

Family is a group of people anywhere between 2 to at least 5 (perhaps more)

A family usually includes parents, brother (s) sister (s) and grandparents (you can include aunts, uncles and cousins)

One thing that families do is listen to each other's problems (financial, health and/or mental health) and offers words of wisdom based on their experience with the problem

They do not have experience with the problem, they research the problem and offers their words of wisdom based on their research

Family is patient with each other (especially when it communication phone calls, emails, etc.)

In the last 30 years my family has been extremely supportive of me when it come to my having problems with financial, health and/or mental health

The biggest support my family has been listening to me about my problems but most of all being there for me when my grandparents and parents died in about a 11 year span

I greatly appreciate all the support that my family has given me the last 30 years

This time of year is the hardest time for me because I miss my parents and grandparents greatly

Fortunately for me I will not be alone for Thanksgiving because I will be visiting one of my sisters that day (no idea about Christmas yet)

Have a Merry Christmas and a Happy New Year!



Happy Holidays

Developing A New Appreciation for the Lawrence Welk Show Part II

By Tim Malley



A few other reasons as to why I like The Lawrence Welk Show is because it's sophisticated, wholesome, and because it was Lawrence Welk who helped to make the music of the Big Band era popular again. In fact Lawrence Welk never really succumbed to Rock music because he was all about making big band music popular for everyone (in fact Champagne music was originated by Lawrence Welk in 1937 when he and his big band played it for the first time at The William Penn Hotel in Pittsburgh, PA. Lawrence Welk was born March 11th, 1903 in a German- speaking community in Strasburg, North Dakota. He then became very acquainted with the music of The Big Band which then was in its infancy and he was influenced by big band leaders of that time such as: Paul Whiteman for example. In fact he played many big band songs such as: Count Basie, (in fact on one of his later television shows he had Marshall Royal as a guest on his show, Marshall Royal played alto sax for the Count Basie Orchestra). Woody Herman, and of course Glen Miller among many others who played Lawrence Welk music from the big band era. Lawrence Welk, who along with Myron Floren and Joann Castle, was also an excellent accordionist in his own right. In 1941 Lawrence Welk and his orchestra recorded originally on Mercury Records as well as The Coral record label, but in 1967 he started his own record label that was called Randwood records. He and his orchestras records still sell well. I still have sentimental feelings regarding The Lawrence Welk Show... why? Because it's still one of the best variety shows in tv history that's one reason but another reason, is because it helped to renew interest in music from the big band era for this is the reason as to why I remain a fan of The Lawrence Welk Show even to this day.



What Peers Can Do



Once a goal, for e.g., a car, is accomplished, peer support must include reengagement in conversation about financial goals, hope-building and so forth. There are three components of hope in Snyder's Hope Theory: having goals, agency, and pathways. I went through maybe 150-200 Uber rides and getting to and from to work walking and riding the bus. The last activity featured a person "Ronke" displaced from Africa. I could relate to the message that such and such goal is not "realistic" for me. I once received a letter wishing for my "well-being". I had gotten stick-ums of malcontent after bringing pantry reserves to the individual's house without "permission." Somehow, remembering this letter, it put me in a slump. I felt no one would ever take my side. I did not own a car. One of my other neighbors there, gainfully employed chided me. I did not own a suitable wardrobe. I lost hope. In this module, I enjoyed following with the probe (National Enquirer, as I recall said "you want to know"). I utilize the support of the Achieving Better Life Experience Act, which allows for \$15,000 savings per year and \$100,000 per lifetime. During one of the activities, Ronke says, "After being hospitalized, a social worker helped me get SSI and found me a place in a residential housing. That is when I got a rep payee. I haven't done anything since then." The one thing I have not considered before is an Individual Development account and need to give myself a "smart" deadline for this. Would you say 30 days? I went on disability and blah blah blah. I remember my job coach doing intake about my material capital. The concept of shame comes up again. Time to do my budget!

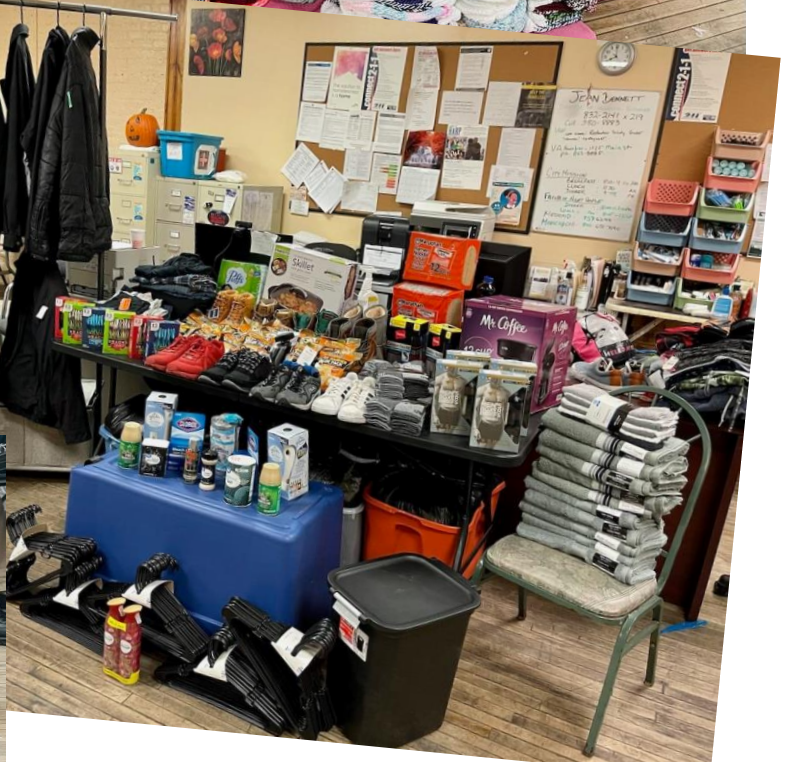
Incredible Donations Received at Harbor House Resource Center

Wow! What a week it has been at Harbor House Resource Center. A month ago, we asked for assistance in keeping those without a home warm this winter. Our post reached over 5,000 people and the result, left us speechless. Numerous donations have been brought to us from anonymous neighbors. Our shelves went from bare to almost completely full within one month. It was truly shocking how one post could bring warmth, a smile, and a sign of relief to so many.

And then....

This week we received an unbelievable (3 full size SUVs packed pulled into Harbor House Resource Center) donation. A close friend(s) of our Program Manager and our neighbors SaveonSP who recently moved their office to Buffalo brought in over 300 pairs of gloves, 200 hats, 350 socks, 200 hand warmers, 50 jackets/sweaters, hygiene products of every kind, boots/shoes, scarves, a new clothing rack, hundreds of shirt/pants and so much more. This could not have been done without the assistance of our neighbors near and far and we are so thankful.

We are speechless and will be spending the winter months ensuring all who walk through our doors will not fear the cold when they leave. We couldn't do this alone and thank all of those who donated.



December 2021 Empowerment Academy Calendar

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Join Us On-site or by Phone! Call: 716-884-5216 Ext 901 PIN 1234 Mon-Fri 9am-8:30pm Sat & Sun 9am-1pm 327 Elm Street Buffalo, NY 14203 *Please contact Adam directly with questions! 208-8126</p>	<p>Check It Out! <i>"The Value of..." Series!</i> facilitated by Brandon! **The events on this calendar are subject to change due unforeseen circumstances** Please call ahead to confirm** 884-5216 ext. 498</p>	<p>1 10a-12p: Wellness Walk around town (customer choice!) w/ Stephen 11a-12p: Coffee & Conno w/ Renee 1-2p: Healthy Eating w/ Stephen 2p-3p: Art Expressions w/ Amina 6-8p: Movie Club w/ Anthony</p>	<p>2 10a-11a: Mindful Breathing w/ Stephen 11a-12p: Coffee & Conversation w/ Renee 1-3pm: Winter Crafts w/ Rachael *3p-5p: RSI Art Studio w/ Adam 7:30p-8:30p: Current Events w/ Anthony</p>	<p>3 10a-11a: ACE Employment Staff at EA 1p-2p: Women's Group with Margie 2p: Assistive Tech with OT *3p-5p: Academy of Peer Services Classes w/ Adam 4p-8p: Spades Club</p>
<p>6 10a-11a: The Value Of... w/ Brandon 11a-12p: Anger Mgmt w/ Dave 1p-2p: Blame Game w/ Amina 2p-3p: Recovery Stories w/ Renee 6:30p: Movie Night w/ Anthony</p>	<p>7 10a-11a: Newsletter Mtng w/ Larry 1p-4p: Board Games with Stephen 6p-7p: Newsletter Writing w/ Dave</p>	<p>8 10a-11a: Wellness Walk to Tim Horton's (bring \$) with Renee 11a-12p MYO: Naan Pizza for lunch with Stephen 1-2p: Social Hour w/ Renee 2p-4p: Art Expressions w/ Amina 6p-8p: WRAP Workshop w/ Anthony</p>	<p>9 ***OPEN 9a – 5p TODAY*** 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 EA CLOSING AT 5PM TONIGHT</p>	<p>10 10a-12p: Fitness Friday! w/ Stephen 11a-12p: What's On Your Mind w/ Renee 2p: Assistive Tech with OT *3p-5p: Academy of Peer Services Classes w/ Adam 4p-8p: Spades Club</p>
<p>13 10a-11a: The Value Of... w/ Brandon 11a-12p: Holiday Dinner Planning 1p-3p: Chat w/ Amina 6:30p: Movie Night w/ Anthony</p>	<p>14 10a-11a: Newsletter Mtng w/ Larry 1p-3p: Meal Planning & Kitchen Cleaning w/ Stephen 6p-7p: Current Events w/ Dave</p>	<p>15 10a-11a: Mindful Breathing w/ Stephen 11a-12p: Coffee & Conversation w/ Renee 1p-2p: Prioritize Yourself w/ Stephen 2p-3p: Art Expressions w/ Amina 6p-8pm: Movie Club w/ Anthony</p>	<p>16 Christmas Meal Prep 10a-12p: Christmas Planning & Shopping 1-3pm: Chair Yoga with Renee *3p-5p: RSI Art Studio w/ Adam 7:30p-8:30p: Current Events w/ Anthony</p>	<p>17 Christmas Meal Prep 10a-1p: Fitness Friday! w/ Renee 10a-11a: ACE Employment Staff at EA 1p-2p: Women's Group with Margie 2p: Assistive Tech with OT *3p-5p: Academy of Peer Services Classes w/ Adam 4p-8p: Spades Club</p>
<p>20 Christmas Meal Prep 10a-11a: The Value Of... w/ Brandon 11a-12p: Chair Yoga w/ Dave 1p-2p: Chat w/ Amina 6:30p: Movie Night w/ Anthony</p>	<p>21 Christmas Meal Prep 10a-11a: Newsletter Mtng w/ Larry 11a: Talk to a Lawyer for FREE! (MHA) 1p-4p: Board Games with Stephen 6p-7p: Newsletter Writing w/ Dave</p>	<p>22 Christmas Meal Prep 10a-12p: Wellness Walk around Delaware Park w/ Renee 11a-12p: Advocating for Yourself w/ Stephen 1p-3p: Social Hours w/ Stephen 6p-8p: WRAP Workshop w/ Anthony</p>	<p>23 Christmas Meal Prep 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</p>	<p>24 CHRISTMAS EVE 10a-12p: Fitness Friday! w/ Stephen 11a-12p: Writing Workshop w/ Renee 2p: Assistive Tech with OT *3p-5p: Academy of Peer Services Classes w/ Adam 4p-8p: Spades Club **WE ARE OPEN CHRISTMAS DAY 10am-2pm**</p>
<p>27 10a-11a: The Value Of... w/ Brandon 11a-12p: Anger Mgmt w/ Dave 1p-2p: Blame Game w/ Amina 2p-3p: Recovery Stories w/ Renee 6:30p: Movie Night w/ Anthony</p>	<p>28 9a-10: HARP/HCBS/HH Information 10a-11a: Newsletter Mtng w/ Larry 1p-3p: Meal Planning & Kitchen Cleaning w/ Stephen 6p-7p: Current Events w/ Dave</p>	<p>29 10a-11a: Mindful Breathing w/ Stephen 11a-12p: Coffee & Conversation w/ Renee 1p-2p: Prioritize Yourself w/ Stephen 2p-3p: Art Expressions w/ Amina 6p-8pm: Movie Club w/ Anthony</p>	<p>30 New Year's Meal Prep 10a-12p: New Year's Planning & Shopping 1-3pm: Chair Yoga with Renee *3p-5p: RSI Art Studio w/ Adam 7:30p-8:30p: Current Events w/ Anthony</p>	<p>31 NEW YEAR'S EVE New Year's Meal Prep 10a-1p: Fitness Friday! w/ Renee 10a-11a: ACE Employment Staff at EA 2p: Assistive Tech with OT *3p-5p: Academy of Peer Services Classes w/ Adam 4p-8p: Spades Club</p>




Clubhouse Buffalo

DECEMBER 2021

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 3pm to 8pm

Monday	Tuesday	Wednesday	Thursday	Friday
<p>MASKS MUST BE WORN AT ALL TIMES. IF YOU NEED ONE, WE WILL PROVIDE ONE TO YOU! CONTINUE TO SOCIAL DISTANCE AND WASH YOUR HANDS!</p>	<p>Meals are provided daily Come in and ask any staff members for help with homework, job searches, and resumes, anything you are struggle with, don't hesitate!!</p>	<p>1 Goal Check Ins Healthy Ways: Healthy food can be good food! (Dinner)</p>	<p>2 Road Recovery Trax Movie & Popcorn</p>	<p>3 Members Meeting Bingo Game Night Getting to know you! PIZZA</p>
<p>6 Recovery Support Agency Night Art Therapy</p>	<p>7 LBGTQ/Dinner Ted Talks/Discussion 20 min. Exercise</p>	<p>8 Craft Team Time Healthy Ways: The Basics</p>	<p>9 Road Recovery Trax Movie & Popcorn</p>	<p>10 Bingo Game Night PIZZA</p>
<p>13 Recovery Support Agency Night Art Therapy</p>	<p>14 LBGTQ/Dinner Ted Talks/Discussion 20 min. Exercise</p>	<p>15 FIELD TRIP: FESTIVAL OF LIGHTS (sign-up is required) </p>	<p>16 Road Recovery Trax Movie & Popcorn</p>	<p>17 Bingo Game Night CHICKEN FINGERS/FRIES Music & Poetry Night</p>
<p>20 Recovery Support Agency Night Art Therapy</p>	<p>21 (FAMILY WELCOME) HOLIDAY PARTY & TRAX FINALE </p>	<p>22 Craft Team Time Healthy Ways: Managing Anger</p>	<p>23 Movie & Popcorn RIDE TO LOOK AT CHRISTMAS DECORATIONS (sign-up is required)</p>	<p>24 CHRISTMAS EVE Christmas Bingo CHICKEN FINGERS/FRIES </p>
<p>27 Recovery Support Agency Night Art Therapy</p>	<p>28 LBGTQ/Dinner Ted Talks/Discussion 20 min. Exercise</p>	<p>29 Craft Team Time Board Games Goal Check Ins</p>	<p>30 Movie & Popcorn KWANZAA MEAL </p>	<p>31 NEW YEAR'S EVE New Year's Bingo FUN FINGER FOODS </p>

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

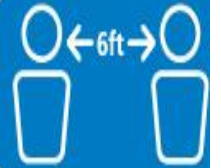
WASH YOUR HANDS



WEAR A MASK



KEEP YOUR DISTANCE



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66 Englewood Avenue
Buffalo, NY 14214

