November 2019 Volume 11, Issue 11

# 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

# CODE BLUE:

When the temperature drops, the shelters open! Code Blue (15°F) and Code Blue (32°F) will be in effect throughout the winter.

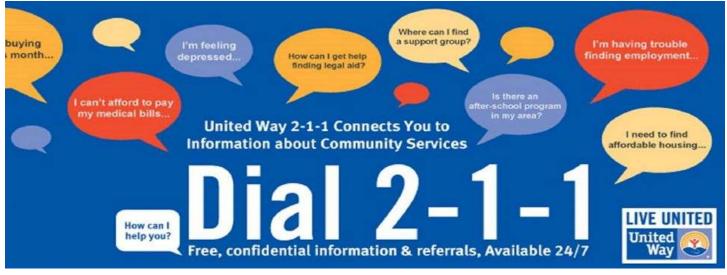
Please encourage anyone experiencing homelessness to call 2-1-1 to be picked up and provided shelter and/or go to the Harbor House (241 Genesee St.) or the Downtown NFTA Metro Transportation Center (beginning at 7PM)

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

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

-Thank You!









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, 2<sup>nd</sup> Floor Buffalo, NY 14203



# RSI Housing Solutions' **Informational**

### Classes & Seminars:

Join us for light refreshments and conversation about how to live our best life in our homes!

@ 66 Englewood Ave. 14214

November 7<sup>th</sup> 10:00AM - 10:45AM Budgeting & Shopping (Hosted by University at Buffalo

Occupational Therapy Students)

November 21<sup>st</sup> 12:30PM-2:00PM Landlord/Tenant Relations (Hosted by RSI Housing Solutions)

### FREE Legal Clinic

@ Empowerment Academy
 327 Elm Street, Buffalo, NY 14203
 Wednesday, November 20<sup>th</sup>
 9am-12noon

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

Special Thanks To:





November 6<sup>th</sup>, 2019 Buffalo Job Fair 11 AM – 2 PM

The Buffalo Grand
120 Church St
Buffalo, NY 14202

FREE FOR ALL JOB SEEKERS!

Whether you are a seasoned executive-level professional, just beginning your career, or anywhere in between, our events can connect you with as many valuable employer contacts in three hours as you would make in weeks of job searching on your own.





"I needed clothes and you clothed me..." Matthew 25:36 NIV

USABLE, CLEAN clothing, shoes, etc. and SMALL household items (dishes, linens/blankets, small working appliances, may be dropped off at the annex

> Monday-Thursday ovember 4th-7th from 6-830 PM Friday

November 8th 9 AM-12 Noon

See Sis. Barbara Smith or Deaconess Eloise Hunter for more information

To volunteer to help, stop by the annex during any of the above times



#### 1280 Main St Floor 2, Buffalo, NY 14209

8:30AM-4:30PM Monday Tuesday 8:30AM-4:30PM Wednesday 8:30AM-4:30PM 8:30AM-4:30PM Thursday Friday 8:30AM-4:30PM

- Benefits counseling services
- Education Services
- Employment Services
- Legal Services
- Financial Counseling - Readjustment counseling
- Housing and Emergency Services

\*Services available to all veterans regardless of discharge status,

active duty, or reserve. '



#### **Need Warm Clothes for the Winter? By Holly**

Check out these local clothing pantries \*Hours/Availability Varies - Call ahead to confirm!

**Urban Christian Ministries** 967 Jefferson Avenue Buffalo, New York 14204

(716) 882-9472

Tuesday, Thursday, & Friday 11am-2pm

**Grace Lutheran Church Clothes Pantry** 174 Cazenovia Street Buffalo, NY 14210 (716) 822-0553

Tuesday & Friday 10am-1pm

St. Francis Parish Outreach Clothing Closet -\*Children's Clothing Only\*

73 Adam Street Tonawanda, New York 14150 (716) 693-6247

Wednesday 9:30am-12pm, Thursday 6:30pm-8pm.

**Lincoln Memorial United Methodist Church** 

641 Masten Avenue Buffalo, NY 14209 (716) 884-7664 Tuesday & Saturday 10am-12pm

Friends of the Night People

**Hudson Street** Buffalo, NY (716) 884-5375

Clothing closet is open during most meal periods 11:30am-1pm (lunch) and 5pm-7pm (dinner)

Requests to receive toys opens November 3rd through December 7th



For information about eligibility, how and where to register, please call:

2-1-1 WNY by dialing 211 or 888-696-9211





NATIONAL STRESS AWARENESS DAY First Wednesday in November

How do you restore your calm?

Post your ideas using

#StressAwarenessDay on social media.

### **Stress**

#### PHYSICAL SYMPTOMS

Aches and pains Upset stomach Rapid heartbeat Frequent illness Low energy

#### BEHAVIOURAL SYMPTOMS

Nervous habits: nail biting, fidgeting
Under or overeating
Increased use of alcohol, drugs,
Sleeping too little/much
Avoiding responsibilities

#### **EMOTIONAL SYMPTOMS**

Agitated, frustrated, moody Overwhelmed Depression/unhappiness Difficulty relaxing Difficulty switching off mind

#### COGNITIVE SYMPTOMS

Constant worrying
Forgetfulness/disorientation
Inability to focus/concentrate
Pessimism

# Nov 12<sup>th</sup> Chicken Soup for the Soul Day

Six Can Chicken Tortilla Soup



#### Ingredients:

- 1(15 ounce) can whole kernel corn, drained
- 2(15 ounce) can of chicken broth
- 1(10 ounce) can chunk chicken
- 1(15 ounce) can of black beans
- 1(10 ounce)can diced tomatoes with green chile peppers, drained

#### **Directions:**

Open the cans of corn, chicken broth, chunk chicken, black beans, and diced tomatoes with green chilies. Pour everything into a large saucepan and simmer over medium heat until the chicken is heated through.

### **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:

**NEW YORK** 

Empowerment Academy Staff 327 Elm Street, Buffalo, NY 14203

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



# MENTAL HEALTH

- · Important
- · Something everyone has
- · Intrinsically Linked to (+ probably Inseparable from) physical heath
- · On a continuum
- · Worth making time for
- · Part of being human
- Something we need to book after Positive + Negative
- · Changeable
- · Complex
- · Real 1

### ISN'T ...

- · A sign of weakness
- · Shameful
- · All in your mind
- · Always something negative
- · Something you decide to have
- · Something to think about only when it feels broken
- · An interchangeable term
- with mental illness
  - · Feeling good all the tim
    - Something you can
    - . Fixed
      - · Fake news

SHe walked into my Life, And made iT Complete. MY HEART Felt so LISHT, I WAS Floating on AIR, FOR Her Live For me, is so Benutiful and FAIR. JAMES 4.

# Golden Leaves [poem] by Tim Malley

Its November and the golden leaves are falling, which leaves a colorful blanket of golden hues on the ground but now the spectacular colors of the leaves are awash with like a sea of beautiful colors some are red some are yellow and some are brown that are found in this mound of autumn beauty. but these golden leaves are falling, falling falling ever so gently the leaves are still turning as they swirl past me and now it is surely autumn as the golden leaves are falling, falling ever so gently past me that. It doesn't seem to affect me. but soon it will be winter with the barren leaves of branches of trees that look like hands reaching up to heaven but its November so let's enjoy those golden leaves that are falling which leaves a colorful blanket of golden hues on the ground so as to never to be bound in there trees again as the golden leaves are falling, falling, falling ever so gently past me that it doesn't affect me but rather it entices me but now the golden leaves continue to fall as the blackbirds continue to call but now its late fall as those golden leaves continue to fall.



### Vegan What???!!

Eating vegan, or plant-based as it is commonly referred to, means that you try to eat to avoid foods that are made of animal. This means that a person chooses to not eat meat, chicken, fish, dairy, eggs or other foods containing animal ingredients. Why eat this way? For a few reasons!

Some common reasons that people (like staff members Joy or Emma at RSI!) choose a plant-based diet include: health benefits like a decrease in almost all of the major illnesses, like cancer/heart disease/diabetes; caring about the welfare of animals; political and racial justice activism; just not liking the taste meat/dairy; and convenience (YES! Eating this way can actually be way cheaper and easier than eating like a carnivore). Google it! Try looking up the vegan hip-hop movement (it's cool!). Or, if you're interested in veganism, ask Joy or Emma about plant-based eating! Vegan people LOOOVE talking about veganism, just so you know!

An article about Gratitude By Holly Martin

Life is messy but we all got to....

Clean our room at some point (truly, I am grateful for having one after times of living amongst strangers or dysfunctional family)

At some point, refresh aka change Lightbulbs...sometimes I am grateful to have to do this because then I get to track the way towards Dollar General in the vicinity.

Empty the dishwasher (and fill it speaking of which I am grateful for having dishes, some of which are from a deceased mother, for which I am also grateful)

Adapt (this could be a long hard winter and for example today I brought out my magic gloves just in time), and

Respond to someone besides myself even if it means texting something I feel means nothing to the other.

At least where I live, take out the garbage.

Never forget where you come from throughout working or wherever you started...it is always a shame to stand in aghast or judgment, as I did about another cleaner they called "sweatpants so and so" who had forgotten where he came from. It made me nervous enough to shed my sweatpants and put them back into the running drawer.

Communicate whether it be in Spanish or ASL (American sign language0, and animals do so also. It does not have to be scholarly or unfun (remember Harry Potter and the gang studying perhaps a version of wizardry communication).

for enjoy. I stumbled upon some recipes that I felt almost like running home to and found another one for tomorrow...something to

Spells **Clearance** racks or areas...whether it be discounted crushed garlic or a dog bed from Walmart.com, in the end it is something for which I am grateful (by the way there were lightbulbs there)



Congratulations Seth!!!
Seth has been working for 1
year at AMC.
He was recently awarded
"Associate of the Month"











# RESTORATION Employee Spotlight

Valerie Day

### What branch of service were you in?

Active Army, Louisiana and New York National Guard

#### What made you choose to join?

Initially it was to honor my father (also a veteran) who died unexpectedly a year prior to my joining. I decided to stay to honor those I served with.

#### What was your occupational specialty?

63J Quartermaster for Chemical Equipment Repair (mechanical technician) and also trained in Supply

#### What was your favorite part of serving?

Working alongside so many unique and amazing soldiers from all over the US with some of the most interesting histories.

#### How long did you serve? 12 years total

What places were you stationed?
Fort Jackson South Carolina,
Aberdeen Proving Ground
Maryland, Fort Polk Louisiana,
Camp Beaureguard Louisiana and
the Connecticut Street Armory
here in Buffalo NY

#### Did you ever tour overseas?

Honduras in the Aguan Valley. I assisted in managing all our generators on site.

## Any unique experiences from when you were overseas?

I used to have a wild iguana as big as a full grown alligator walk past my tent every morning at 4am. Like clockwork. I was too scared to take his picture.

#### What is one cool thing you had the opportunity to do while serving?

I painted a rock. My company commander commissioned me to create the artwork to represent our unit at the front gate at Fort Irwin California. My unit was there supporting troops about to be deployed to Afghanistan. It was tradition for units at the training site to "make their mark" on the rock faces at the gate.



**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!!!

Jean Bennett

Stephanie Berent

Renee Law





# **Customer Spotlight**

Moody

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

Harbor House, Empowerment Academy

Where would you like to go on a dream vacation?

Disney Land

What are three words to describe RSI?

Very nice place

What do you do in your free time? Spend time with my kids as much as I can.

You're happiest when? When I'm up at EA winnin' games at pool.

What has been your favorite part of coming to RSI?

Groups, activities, food

Are you messy or organized?

Organized! Always!

Do you have any pets?

No, but I'm about to get one when I get my new apartment.

What is your Least Favorite Food?

Eggs (I'm allergic to them)

### **Peer Advisory Council is**

# LOOKING FOR NEW MEMBERS!

Join us November 13<sup>th</sup> and 27th 11am - 1pm

@ Empowerment Academy 327 Elm St.
at the BAC and enjoy free sp.

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

## **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.





Watch Buffalo Playwrights share their original works about stigma

# <u>November Meetups\*</u>

November 1st 3:00pm-7:00pm Holiday Card-Making Party @ Clubhouse Buffalo

66 Englewood Ave., Buffalo NY 14214



November 17th 2:00pm-4:00pm

Inclusive Theater of WNY Festival of Shorts: Exploring Stigma

@The Foundry

298 Northampton St, Buffalo, New York 14208

\*Featuring an Original Play by ArtWorks' Member Kate Parker! Please call Kate to RSVP and arrange transporation (716) 361-7884

"The Joy of brightening other lives, bearing each other's burdens, easing each other's loads and supplanting empty hearts and lives with generous gifts becomes for us the magic of the holidays." – W. C. Jones

### November 21st 5:30pm-8:00pm

Open Studio Time

@ 66 Englewood Ave. 14214 (Use Side Door)

Please join us for our monthly group

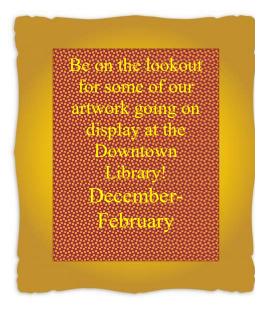
Every "Third Thursday" Where you can:

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



### Interested in more FREE access to Art and Theater in Buffalo?...

Apply for the **ArtsAccess** pass online at www.arts-access.org





November 2019 Tel. 884-5216 Fax 884- 2847	Empov Open 7 Da	327 Elm Street, Buffalo NY 14203		
Monday	Tuesday	Wednesday	Thursday	Friday
November	** EA Hours **  Sun: 9am-1pm  Mon: 9am-9pm  Tue: 9am-9pm  Wed: 9am-9pm  Thu: 9am-9pm  Fri: 9am-9pm  Sat: 9am-1pm	Please Note:  *= workshop is held in the community and EA will be closed except for appointments and emergencies only	Interested in having your voice heard?  The Peer Advisory Committee is looking for new members!  See Kate Parker for more info	1. *10-12pm: Albright Knox Art Gallery (Free)  1-2pm: Social Hour  *3-7pm: RSI Holiday Card Making! (Clubhouse Buffalo)
4. 10-11am: Safety First! 11-12pm: Team Activities 1-2pm: Brain Teasers 5-9pm: Social Hour	5. Happy Election Day! 10-11am: How to Vote 11-12pm: Current Events Workshop *1-4pm: Open Hours to go Vote *6-8pm: Open Hours to go Vote (See an EA staff to sign up to go)	6. *10-12pm: Computer Basics (Central Library)  1-2pm: Ted Talk Series  *6-7pm: Communicating in Tight Spots	7. Staff Training! (EA Closed from 9a-1pm) 1-2pm: Adult Coloring 6-8pm: Movie Club	8. 9-10am: Fitness Friday! 10-11am: Journaling Workshop 1-2pm: Social Hour 4-9pm: Spades Club
11. Happy Veterans Day! 10-11am: Safety First! 11-12pm: Leadership Skills 1-2pm: Brain Teasers 5-9pm: Social Hour	12. 10-11am: Challenging Negative Thoughts 11-12pm: Personal Responsibility Workshop 1-2pm: Coffee & Conversation 6-8pm: Board Game Tournament	13. 10-11am: Talking about Addiction 11-12pm: The Joy of Laughing 1-2pm: Ted Talk Series 6-7pm: Relaxation Through Art	14. 10 – 11am: Time management skills 11 -12pm: Fire Safety Tips 1-2pm: Adult Coloring 6-7pm: Coping with Holiday Stress	15. 10-11am: Fitness Friday! 11-12am: Signs of the Road 1-2pm: Social Hour 4-9: Spades Club
18. 10-11am: Safety First! 11-12pm: Managing Anxiety 1-2pm: Brain Teasers 5-9pm: Social Hour	19. 10-11am: Qualities of a Good Friend 11-12pm: Working Through Fear 1-2pm: Coffee & Conversation 6-8pm: Pool Tournament	20. 10-11am: Preventing Interpersonal Violence 11-12pm: Healthy Living: HIV/STI Awareness 1-2pm: Ted Talk Series  *7:30-9:30pm: UB Football Vs. Toledo	21. 10-11am: Winter Safety Tips 11-12pm: Germ Prevention 1-2pm: Adult Coloring 6-8pm: Movie Club	22. 10-11am: Fitness Friday! 11-12pm: Holiday Nutrition Tips 1-2pm: Social Hour 4-9pm: Spades Club
25. 10-11am: Thanksgiving Day Prep 11-12pm: Thanksgiving Day Prep 1-2pm: Thanksgiving Movies 5-9pm: Social Hour	26. 10-11am: Thanksgiving Day Prep 11-12pm: Thanksgiving Day Prep 1-2pm: Thanksgiving Day Movies 6-8pm: Card Game Tournament	27. MHA Legal Clinic 9am-11am 10-11am: Thanksgiving Day Prep 11-12pm: Thanksgiving Day Prep 1-2: Thanksgiving Day Movies 6-7pm: Budgeting Workshop	28. 10-11am: Current Events Workshop 11-12pm: Finding Supports 1-2pm: Adult Coloring 6-7pm: Talking about Forgiveness	29. *10-12pm: Ice Skating @ Fountain Plaza (\$3 skate rental) 1-2pm: Social Hour 4-9pm: Spades Tournament

### Clubhouse Buffalo

### November, 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
Meals are FREE!!!! Dinner is served at 5:30pm during the week. Please be here one hour before to sign up and participate in prepping	Help with Homework 3 to 4 pm is dedicated for help with homework for ages 16 and 17 year olds	What's Next 5 to 7pm on Wednesday's are dedicated for personal development meetings with a coach. You can set up an appointment outside of these times if you need.		1 3pm to 7pm: Holiday Cards Contest with Empowerment Academy at the Clubhouse
4:30pm to 5:30pm Boys to Men dinner  6pm to 7pm ART PROGRAM-Drawing and painting	5:15pm to 6pm Getting to know me 6:30 to 8:30pm Game Night	4:30pm Peer Government Meeting 5:30pm to 6:30pm LIFE SKILLS	Z 5pm to 5pm TED TALKS	8 5:30pm TO 6:30pm Crochet night LADIES NIGHT !!!!!!!!!!!!!
CLOSED FOR VETERAN'S DAY	12 5:30pm to 6:30pm Earning and Giving RESPECT	13 6pm to 7:30pm SIBLING NIGHT	14 4pm Educational Pledge guest speaker 5:30pm to 6:30pm Discussing Boundaries	15 6pm to 8pm Reiki with Ashley 5:30pm to 6:30pm Crochet night LADIES NIGHT !!!!!!!!!!!!!
18 4pm to Boys to Men dinner group Sandwich day 5:30pm to 7:30pm BASKETBALL	19 5:30pm to 6:30pm EXPLORING HEALTHY RELATIONSHIPS	20 4:30pm Peer Government Meeting 5:30p, to 7:30pm SOY: Spotlight On Youth	21 Thanksgiving Dinner	22 5:30pm TO 6:30pm Crochet night LADIES NIGHT !!!!!!!!!!!!!
25 4:30pm to 5:30pm Boys to Men Dinner 6pm to 7pm Life skills How to write a RESUME	26 Monthly Birthday Celebration	5pm to 6pm Guided Meditation	THANKSGIVING DAY CLUBHOUSE IS CLOSED	29 5:30pm TO 6:30pm Crochet night LADIES NIGHT !!!!!!!!!!!!



# **ACE Employment Services**

Get to know us at our INFORMATIONAL SESSIONS

TUESDAY November 5th @ 11am

FRIDAY November 22nd @ 1:30pm

327 Elm Street
Corner of Elm and Genesee



Linda H.
Successful ACE Graduate
Restoration Society Inc.
Works at: Harbor House Resource Center
Position: Resource Specialist
Years Working: 8 months

## 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 Countyl

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.





#### 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, 2<sup>nd</sup> Floor Buffalo, NY 14203</u> (716) 884-5216

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

#### 220 East Main Street Batavia, NY 14020 (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



