

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

Western New York 

2-1-1™

Get Connected. Get Answers.

Please do not hesitate to call 2-1-1 if you see someone in need of shelter during a CODE BLUE. It is vital that all citizens work together as a community to protect those at risk.



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!



ONE LIFE LOST IS ONE TOO MANY – IN MEMORY OF LARRY

The harsh storm of 2019 hit Western NY quite hard. Due to the snow, wind and frigid temperatures we lost a good man by the name of Lawrence Bierl. He was better known in the community as Larry and we always knew him to be a kind, respectful man who unfortunately was homeless at the time of the storm. Please consider purchasing one of these shirts or sweatshirts, where 100% of the proceeds will go to Code Blue services. We have many "Larry's" out there that need our help...

T-Shirts are available in both Mens and Ladies, Short or Long Sleeve and printed on Gildan Brand products. Save on the shipping & handling by picking up from our store, just click the "Pickup in Store" option when you checkout.

Get one HERE : www.rsiwny.org

UPcoming EVENTS

MARCH

FREE Legal Clinic

at the Empowerment Academy
Fourth Wednesday of Every Month

- Social Security Disability
- Supplemental Security Income
- Housing Laws; Family Law
- For more information, please call (716)884-5216 ext. 415 or 416

9am - 12pm

Clothe Me Co-Op (CMC) is a children's clothing ministry and is open for general shopping once a month on the 2nd Saturday each month from 8:30-11:30am. We are located at Kenmore Alliance Church 175 Bonnett Ave in Tonawanda (Delaware Ave near 290 Thruway). We carry all sizes and types of items for children from pregnancy through teens to include: children/teen clothing in sizes preemie to adult large; maternity clothes; shoes/boots; baby/toddler gear; children's books.

UPCOMING SCHEDULE:

- Saturday, March 9th (Spring clothing/shoes & Easter outfits/dresses)

PRICING (cash only): Gently used clothing is \$.25 (\$1 NWT). Shoes are \$.50 (\$2 NWT). Seasonal clothing items (winter coats, holiday outfits, etc.) are \$.50-\$1 (\$2-\$3 NWT). Baby and kid gear (highchairs, strollers, bikes, toys) are \$10 or less. Children's books, movies & CDs are \$1 or less. We also have a host of different free items available each month (baby food, formula, onesies, bibs, blankets, infant items, children items, etc.). And, each family can receive 2 free sets of diapers, pull-ups, and/or wipes each month.

FREE CHILDCARE WHILE YOU SHOP from 8:30-11:00am (Ages 0-10 years old)!!!



BRING IT HOME

Better funding for better care
bringithomenys.org

THE BRING IT HOME CAMPAIGN REQUESTS YOUR ATTENDANCE AT WEEKLY RALLIES DEMANDING THAT NEW YORK STATE

INCREASE MENTAL HEALTH HOUSING PROGRAM FUNDING

- 40% - 70% of funding in New York State mental health housing, depending on program type, has been lost to inflation.
- 40,000 Mental health community-based housing units in New York State are in jeopardy due to years of inadequate funding

Join together to let our legislators know that they **MUST** include an increase to Community-Based Mental Health Housing Rates in the 2019 - 2020 New York State budget!

FIRST ROUND OF RALLIES

NYC-LONG ISLAND-BUFFALO-ROCHESTER-SYRACUSE

EVERY THURSDAY 11AM

FEB 14-MARCH 28

SEE LINK BELOW FOR LOCATIONS

ALBANY

EVERY TUESDAY 11AM

FEB 26-MARCH 26

NYS CAPITOL



To attend, please register here:
<https://www.surveymonkey.com/r/BringItHomeRallies>



MARCH 29TH
VIETNAM VETERANS DAY



International Ask a Question Day



March 14
every year

Do more
of what
makes you
feel whole
—again.

- Lalah Delia



DO YOU WANT YOUR PET FEATURED IN THE NEWSLETTER?? SEND A PICTURE AND A SHORT BIO TO newsletter@rsiwny.org

MEET CAROL'S DOG, **THUNDER!!!**



Breed: German Shepherd

Age: 2-years old

Likes: Peanut Butter, watching Animal Planet

Dislikes: Snow; Cats

Nicknames: Thunder-Roo, Thunder-Pop,
Thundo, Thundy

Fun Fact: Grew up in Texas



Pet Food is available to everyone 18 years of age or older, no questions asked. No paperwork or identification required.

When: March 3rd, 2019

Where: Pete's Pet Food Pantry @
96 Jewett Pkwy, Buffalo, NY
14214

Happy Birthday
— to you —

Is Your Birthday in April?

Send us an e-mail at newsletter@rsiwny.org to get a "shout-out" in April's Newsletter!

ACE Employment Services

Get to know us at our **INFORMATIONAL SESSIONS**

TUESDAY March 5th @ 10:30am

FRIDAY March 22nd @ 1:30pm

327 Elm Street
Corner of Elm and Genesee

INTRODUCTION TO THE THREE DIFFERENT EMPLOYMENT SERVICES ACE PROVIDES

We work with ACCES-VR to provide three different services tailored to your needs as well as the Social Security Administration for TICKET TO WORK.

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.*



ACCES-VR

Adapted, Customized, Community, Educational, Vocational, Rehabilitation





by S. MONTGOMERY TAYLOR

I WANT YOU
TO JOIN THE
NEWSLETTER



Employee Spotlight

Jeremy Johnson

What is your role at Restoration Society, Inc.?

My role at RSI is that of Resource Coordinator. Assisting individuals obtain, and maintain permanent stable housing.

What are three words to describe RSI?

Person Centered Care

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

I get Ginuwine satisfaction when I hand someone the keys to their new place. Their joy becomes my joy.

What do you do in your free time?

Listen to music, go fishing, and play video games.



Where would you like to go on a dream vacation? For my Dream vacation I would love to go to the Ice Hotel in Sweden. I'm a winter baby so I don't mind the cold.

You're happiest when?

I am usually happiest when I'm fishing with my buddies.

What is your Least Favorite Food? Liver

Are you messy or organized?

Unfortunately, I am messy and unorganized. See my work desk for proof.

Do you have a pet?

I have a house full of pets. Three Cats, Nala, Sandie, and Sasha. One Dog, Zoey

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

23 years – Mike Broadus
2 years – Karen Feger
8 years – Michelle Wnek
5 years – Robyn Wolfberg
2 years – Alexis Vangelista
1 year – Yolanda Pompey
1 year – Cheryl Netter
11 years – Nancy Mongiovi





ART WORKS!

**Artistic Opportunities and
Happenings in the Community**

"Creativity is that marvelous capacity to grasp mutually distinct realities and draw a spark from their juxtaposition."

--Max Ernst

Come see what all the excitement is about ...

[THURSDAY EVENING]

March 21st

**@ 66 Englewood
from 6PM—8PM**

Please join us for our monthly group
Every 3rd Thursday of the month
Where you can:

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

Those who participate throughout the year will have the opportunity to be a part of a final exhibition to have their art displayed at a public gallery!

Let your creative spirit out in 2019!!!

Have Questions? Or want to get involved...

Contact: Adam @ 716-208-8126



Max Ernst by Man Ray 1934



A collage by Max Ernst 1929

Interested in more **FREE** access to
art and theater in Buffalo?...

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



THE IMPACT OF RSI IN MY LIFE

I discovered RSI when I had relocated to Buffalo, NY to obtain my masters degree at Buffalo State College about a year ago. Unfortunately, the business I worked for closed and I found myself living in my car with my laptop/printer typing up term papers! I had a job interview and needed a shower and searched for "buffalo, ny, homeless, shower" and Harbor House popped up; the rest is history...

Charles Bostick who was my initial contact circa 2007 educated, supported, and guided on navigating the various community and government resources. To this day, I say he had a huge part of making me who I am today. About a year later, I no longer needed their services and was doing very well with a full time annual salary job with benefits, secure housing, and more knowledge of community resources than I could ever need. I paid it forward by passing on my knowledge and experience to others in need throughout my life since then.

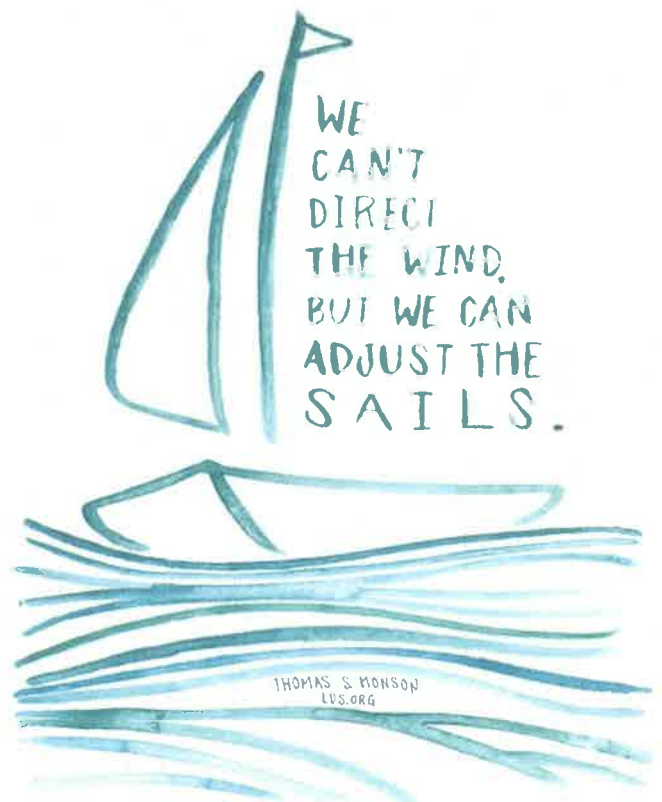
In 2014, I had severe medical issues and could no longer continue working in my current industry and unfortunately lost my housing due to finances. However, thanks to Charles, I was well educated and knew exactly which resources to reach out and within five months, I had secured housing and was linked with the correct agencies to use as a support system. I used the Harbor House services for a few months, joined the empowerment academy program, and volunteered at the EA Snack Bar and at Amity Club.

Currently I am still an active member of EA and since January 2019, I've secured the position of the very first ACE peer support specialist intern. Throughout the years, I've also advocated for my fellow customers to the RSI administration (usually Nancy Singh, Amanda Kopacz, or Fran Gullo) to update program policies. Thanks to the exposure of this industry via RSI, I've decided to pursue a new career path and am in the process of obtaining my Peer Support Specialist certification via New York State.



Nice to meet you

Nafisa Ahmad




Clubhouse Buffalo

March, 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
<p>Help with Homework 3 to 4 pm is dedicated for help with homework for ages 16 and 17 year olds.</p>	<p>Meats are FREE!!! Dinner is served at 5:30pm during the week. Please be here one hour before to sign up and participate in prepping.</p>	<p>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.</p>	<p> Everyone's Irish On March 17th.</p>	<p>1. Albright Knox's Art Gallery Hands on Art Project 5pm to 7pm 6pm Ladies Night</p>
<p>4. 4:30pm Music Appreciation Written Rap Battle 5:30pm My Brother's Keeper Dinner Club 7pm Game Night Tournament</p>	<p>5. 4:00pm Let's Talk About It. 5:30pm Buffalo Renaissance Foundation Community Center Open Gym/ Swim</p>	<p>6. 4:00pm Guided Meditation/Mindfulness 6pm Family In-house Popcorn and a Movie Night</p>	<p>7. 4:00pm Karaoke 5:00pm Tech as a Recovery Resource 6pm Game Night bring a friend</p>	<p>8. 3:00pm Clubhouse Advisory Board Meeting 5:30pm Gloria J Parks Open Gym (guys) 6pm Ladies Night</p>
<p>11. 4:30pm Music Appreciation using our words through our favorite songs 5:30pm My Brother's Keeper Dinner Club 7pm Game Night Tournament</p>	<p>12. 4:00pm Let's Talk About It 5pm Zen Coloring 6:00pm Karaoke /Spoken Words (Words have Meaning)</p>	<p>13. 4:00pm Cooking with Unique from The Erie County SNAP Program 5pm Apollo Media Center</p>	<p>14. 4:00pm Beginner Yoga Workout 5pm Tech as a Recovery Resource 6pm Family Game Night bring a friend</p>	<p>15. 5:00pm Book and Coffee Club (Continue)Every Thing Every Thing By Nicola Yoon 6pm Ladies Night</p>
<p>18. Celebrating St. Patrick's Day with festive snacks</p>	<p>19. 4:00pm Let's Talk About It 6pm Family Coloring night</p>	<p>20. 4:00pm Guided Meditation/Mindfulness 5:00pm Movie Night Regal Cinema. Must RSVP BY 3/13/19</p>	<p>21. Monthly Clubhouse Meet and Greet. Come out and tour our location and, have all of your questions answered by Clubhouse Staff.</p>	<p>22. 4:00pm Family Support Discussion 4:30pm Karaoke 6:00 Ladies Night</p>
<p>25. 4:00 Music Appreciation Karaoke Night 5:30pm Staying Healthy and Focused 6pm My Brother's Keeper Dinner Club</p>	<p>26. 4:00pm Let's Talk About It 5pm Life Skills workshop 6pm Zen Coloring night</p>	<p>27. 4:00pm Cooking with Unique from The Erie County SNAP Program Leaving at 6:30pm for Bowling at Kenmore Lanes</p>	<p>28. 4:00pm Beginner Yoga Workout 5pm Tech as a Recovery Resource 6pm Family Board Game and snack night</p>	<p>29. 4:00pm Youth Meeting 6pm Ladies Night</p>

March 2019
Tel. 884-5216 Fax 884-2847

Empowerment Academy Workshops
Open 7 Days a Week. For hours please look below

327 Elm Street, Buffalo NY
14203

Monday	Tuesday	Wednesday	Thursday	Friday
	**New EA Hours** Sun: 9am-1pm Mon: 9am-9pm Tue: 9am-9pm Wed: 9am-9pm Thu: 9am-9pm Fri: 9am-9pm Sat: 9am-1pm	EA is seeking customers to join the new Safety First! Committee Meeting!!! Meetings held every Monday 10am-11am (All Customers welcome)	Please Note: * = workshop is held in the community and EA will be closed except for appointments and emergencies only	1. Women's History Month! 10-11am: Dealing with Oppression 11-12pm: Women's History Trivia 1-2pm: Social Hour 4-8pm: Spades Club
4. 10-11am: Safety First! Meeting 11-12pm: Goal Setting 1-2pm: Brain Teasers 5-9pm: Social Hour	5. Mardi Gras - Fat Tuesday! 10-11am: * Guest Speaker* New Choices in Recovery Presentation 11-12pm: Creative Problem Solving 1-2pm: Bake King Cake for Mardi Gras 5-9pm: Trivia Contest	6. 10-11am: Sharing Voices: Life Story 11-12pm: Socialization Vs. Isolation 1-2pm: Socialization Hour *7-9pm: UB Women Vs. Bowling Green	7. EA Staff Development (EA Closed from 9am-1pm) 1-2pm: Adult Coloring 6-8pm: Movie Club	8. 10-11am: Managing Anxiety 11-12pm: Challenging Negative Thoughts 1-2pm: Social Hour 4-8pm: Spades Club
11. 10-11am: Safety First! Meeting 11-12pm: Stress Management 1-2pm: Brain Teasers 5-9pm: Social Hour	12. 10-11am: Healthy Boundaries 11-12pm: Self-Exploration (Values) 1-2pm: Coffee & Conversation 5-9pm: Pool Tournament	13. 10-11am: Mindfulness Activities 11-12pm: Universal Safety Precautions 1-2pm: Socialization Hour 6-7pm: Understanding Defense Mechanisms	14. 10-11am: Healthy Eating on a Budget 11-12pm: Creative Expressions 1-2pm: Adult Coloring 6-7pm: Impulse Control	15. *10am-12pm: Buffalo Historical Museum (free) 1-2pm: Social Hour 4-8pm: Spades Club
18. 10-11am: Safety First! Meeting 11-12pm: Working Through Fear 1-2pm: Brain Teasers 5-9pm: Social Hour	19. March Madness Begins! 10-11am: Qualities of a Good Teammate 11-12pm: Self-Exploration Workshop (Finding Hobbies) 1-2pm: Coffee & Conversation 5-9pm: Social Hour	20. 1st Day of Spring! 10-11am: Spring Clean Your Mind 11-12pm: Spring Fun on a Budget 1-2pm: Socialization Hour 6-7pm: Working Through Fear	21. 10-11am: You are Not Your Diagnosis 11-12pm: Dual Disorder Education 1-2pm: Adult Coloring 6-8pm: Movie Club	22. 10-11am: Tips for Emotional Resilience 11-12pm: Managing Chronic Illness 1-2pm: Social Hour 4-8pm: Spades Club
25. 10-11am: Safety First! Meeting 11-12pm: Eat Good, Feel Good 1-2pm: Brain Teasers 5-9pm: Social Hour	26. 10-11am: DBT Skills: Interpersonal Effectiveness 11-12pm: Listening Barriers 1-2pm: Coffee & Conversation 5-9pm: Social Hour	27. MHA Legal Clinic 9a-11a 10-11am: Anti-Bullying Workshop 11-12pm: Conflict Management 1-2: Social Hour 6-7pm: Circle of Control	28. 10-11am: Basic First Aid for the Spring 11-12pm: Computer Safety Tips 1-2pm: Adult Coloring 6-8pm: Movie Club	29. 10-11am: Free Write/Poetry Session 11-12pm: Organizational Skills 1-2pm: Social Hour 4-8pm: Spades Club



The Music of the Byrds Is Still Relevant

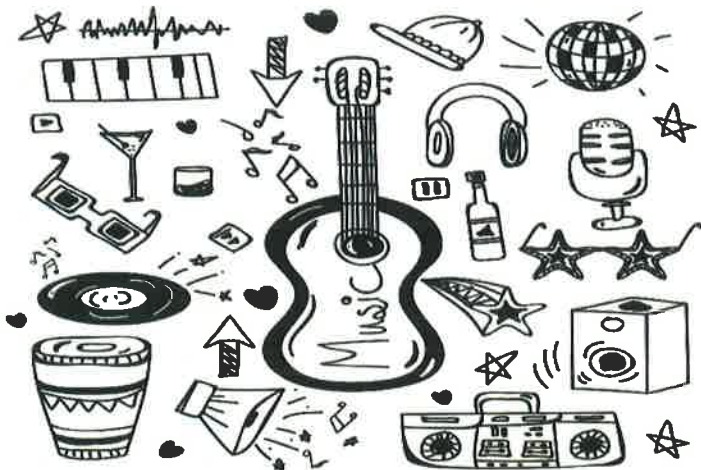
By: Tim Malley

With the classic hits such as 'Mr. Tambourine Man', 'Turn Turn Turn [To Everything There is a Season]' and 'Eight Miles High' among other massive hits, The Byrds churned out, they turned the music world upside-down with what was known as "jingle jangle music". The original Byrds' lineup consisted of the following: Roger [Jim] McGuinn, David Crosby, Chris Hillman, Gene Clark and Michael Clarke. With Roger McGuinn's 12-string Rickenbacker combined with The Byrds' angelic harmonies, they produced an incredible sound that was steeped in folk music. But, The Byrds were not just covering Bob Dylan's songs they in fact were Bob Dylan's interpreters in which The Byrds interpreted the music of Bob Dylan brilliantly, but with their songs such as 'Mr. Tambourine Man', 'Eight Miles High', as well as their other songs such as 'He Was a Friend of Mine' (which was about the assassination of president JFK), they weren't just Bob Dylan's interpreters, they were also the voice of the 1960's' generation and that's why the music of The Byrds remains so relevant today.



Hi Everyone:

We have set up our fish tank at EA. Thanks to all that have shown interest and our helping to keep our "fishies" happy. All are welcome to participate. If you have any suggestions or would like to contribute fish, ornaments, plants, etc. please speak with me, Steve T. or an EA staff member. Enjoy.



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

327 Elm Street, 2nd Floor Buffalo, NY 14203

(716) 884-5216

ACE Employment, Empowerment Academy & The Renewal Center

220 East Main Street Batavia, NY 14020

(585) 343-9162

Genesee ACE Employment



Sunday, March 10th, 2019

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



Do you want to be featured in our Newsletter in February??? 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

Visit us on the web at:

www.rsiwny.org

Facebook

www.facebook.com/Restorationsocietyinc

