

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



Peer Leaders in Action

Introducing our new **PEER ADVISORY COUNCIL**

This team is bringing YOUR voice to the management at Restoration Society!

The mission of the Peer Advisory Council is to allow customers to have input on the business systems and services that Restoration Society, Inc. (RSI) provides.

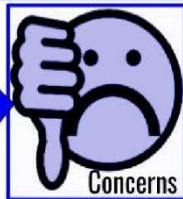
RSI is one of the pioneers in the peer field and we try to embody the philosophy of person centered services:
NOTHING ABOUT US WITHOUT US



See a problem? Be part of the solution!



CUSTOMER SUGGESTION ENVELOPE



Let Your Voice Be Heard!

Use the new CUSTOMER SUGGESTION envelopes posted at all of our locations to give us your input!

Interested in joining the Peer Advisory Council?

Call Kate Parker at (716) 832-2141 x 230

UPcoming EVENTS

JULY



FIDELIS CARE®

Fidelis Care will be at Empowerment Academy
Mondays and Thursdays from 9am-12pm
 to assist individuals to sign-up for insurance and
 determining eligibility for

Home and Community-Based Services

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

Inclusion, Awareness, Visibility



Disability Pride

FREE!

Parade & Festival

Saturday, July 27, 2019
Canalside

Parade 10:30 a.m.

Parade route will be released shortly

Festival 11:00 a.m. - 2:00 p.m.

Live performances, food, vendors, giveaways and activities

Dozens of Western New York organizations invite you to join us to celebrate the
 Americans with Disabilities Act and Disability Pride with food, fun, and games.

We look forward to having you celebrate with us!

For more information contact Marykate Waringa at
 716-836-0822 ext. 146 or mwaringa@wnyl.org

FREE Legal Clinic

@ Empowerment Academy

327 Elm Street, Buffalo, NY 14203

Wednesday, JULY 24th
 9am-12noon

- Social Security Disability
- Supplemental Security Income
- Housing Laws; Family Law
- For more information, please call 884.5216 ext. 415 or 416

Special Thanks To:

mental health advocates of WNY
 BE HEARD. BE HELPED.



7-ELEVEN DAY



7-ELEVEN DAY

**SNAG A
FROZEN
FREEBIE**

Come in on 7/11 from 11am-7pm and get a free
 small Slurpee.

*Participating 7-Eleven stores only. Expires 7/11.

INTERNATIONAL JOKE DAY

1 JULY

WHY COULDN'T THE
 SKELETON GO TO THE DANCE?
 BECAUSE HE HAD
 NO BODY TO GO WITH

WHY DID TIGER
 LOOK INSIDE
 THE TOILET?
 HE WAS LOOKING
 FOR POOH!

HOW DID THE
 SPACE TEDDY BEAR
 CROSS THE ROAD?

EWOKED...





American
Foundation
for Suicide
Prevention
Western New York

Join us at Resurgence for a beer, Kan Jam, Ladder Ball, and Corn Hole tournament (with prizes!), and to learn about what you can do to help prevent suicide in your community. Help us to build a community of hope, right here in Buffalo!

hops for hope

Tuesday, July 16th

6pm – 9pm

Resurgence
Brewing Company

OLIVE THY NEIGHBOR

2019 Olive Thy Neighbor Black & White Bash

June 2019

Dear Loyal Participant:

Our Olive Thy Neighbor Annual Fundraiser will be postponed this year! It is traditionally held every August, but due to availabilities and other obligations of Committee Chair Members, we will schedule the event when there is more time and flexibility to put on a great event and raise even more funds for the Buffalo Restoration Society!

We thank you all for your past support and hope we can look forward to a great event in the near future. We will keep everyone updated as we solidify a new date.

If you would still like to donate to the Buffalo Restoration Society before the event, please contact Nancy Singh at 716-832-2141 or mail donation to:
66 Englewood Ave.
Buffalo, NY 14214

Sincerely,

Olive Thy Neighbor Committee Members

happy national ice cream month!



AMERICA
loves ICE CREAM



VANILLA'S
POPULARITY RANK IN THE US

87% of AMERICANS HAVE
ICE CREAM IN THEIR FREEZER
at any given time

the average number of
ICE CREAM PINTS
AN AMERICAN ENJOYS EACH YEAR.



PRODUCES THE MOST ICE CREAM
in america



the world's
TALLEST ICE CREAM CONE
WAS OVER

9 FT TALL.
IT WAS SCOOPED IN ITALY.

most of the VANILLA USED
TO MAKE ICE CREAM comes from
MADAGASCAR & INDONESIA



Chocolate Syrup
IS THE WORLD'S MOST POPULAR
ice cream topping



Italian
Heritage Festival
BUFFALO, NEW YORK

JULY 19TH – 21ST 2019

BUFFALO'S OUTER HARBOR TURNS ITALIAN!

Meet Adam's Dog... TESLA!



Breed: Rat Terrier Poodle Mix "RatPoo"

Age: 6 Years (A Perpetual Puppy)

Likes: Apples, Carrots, The Dog Park

Dislikes: Baths

Nicknames: Chicken Nugget, Lil T, Scrump

Fun Fact: Enjoys howling along to the Game of Thrones intro music

ANIMAL FACT

YOUNG TURTLES ARE MOSTLY CARNIVOROUS AND EAT EVERY DAY. OLDER TURTLES ARE OMNIVOROUS AND NEED TO EAT EVERY OTHER DAY



Pet Corner



PET FIRE SAFETY

KNOW THE FACTS • BE PREPARED • PROTECT YOUR PETS

THE SCARY TRUTH ABOUT FIRES

40,000 pets die each year in house fires

1,000 fires are started by pets each year

MAKE AN EMERGENCY KIT

Assemble a portable emergency kit with enough supplies to last 7 days.

It should include:

- Medications and medical records
- Leashes, harnesses or carriers for safe transport
- Current photos in case they are lost
- Bowls, cat litter and pan, can opener
- Plastic bags and paper towels to clean up waste
- Toys and pet beds
- Emergency contact numbers
- Food and bottled water

TIPS FOR PREVENTING HOUSE FIRES

Remove or lock the knobs on your stove
your pet may nudge the stove knobs just enough to ignite a burner. Knob covers are an inexpensive and effective way to prevent this from happening.

Do not leave candles unattended
extinguish all open flames when you leave a room so they aren't tipped over with a paw or tail. Consider using flameless candles.

Pet-Proof your home
go through your home as if you're baby-proofing and eliminate any loose wires or other potential hazards.

Beware of water bowls on wooden decks
the hot rays of the sun, when filtered through a glass water bowl can actually ignite the wooden deck below. Use ceramic or stainless steel instead.

BE PREPARED FOR AN EMERGENCY



GET A RESCUE ALERT STICKER

These stickers, placed on a front-facing window, will alert rescue workers of the presence of pets inside your home.



ARRANGE A SAFE HAVEN

Arrange a place for pets to stay if you evacuate. Do not leave your pets at home. If it isn't safe for you, it isn't safe for them!



MAKE AN EMERGENCY KIT

Have your kit made and keep it in a safe location near your front door for easy access.



KEEP IDENTIFICATION ON YOUR PET

Keep up-to-date license and contact info on your pet at all times. Consider having pets microchipped.

Share this important information with all your pet loving friends.
Learn more about Pet Fire Safety at www.DogingtonPost.com

JULY 15TH IS NATIONAL PET FIRE SAFETY DAY!





ACE Employment Services

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

TUESDAY July 2nd @ 10:30am

FRIDAY July 26th @ 1:30pm

**327 Elm Street
Corner of Elm and Genesee**



Seth K.

**Successful ACE Graduate
Restoration Society Inc.**

Works at: AMC

Position: Usher

Years Working: 1

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.*





Employee Spotlight

Nthanda Longwe-Pearson

What is your role at Restoration Society, Inc.?

I am a Rehabilitation Practitioner I

What are three words to describe RSI?

- Empowering
- Game-Changer
- Exciting - because there's always something new happening.

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

My favorite has been seeing clients believing they will never leave rock bottom to then seeing them housed and working. Seeing them finally happy has been rewarding.



Where would you like to go on a dream vacation?

Turks & Caicos.

You're happiest when?

I am with my family.

What is your Least Favorite Food? Tofu

Are you messy or organized?

Very Organized.

Do you have a pet?

Absolutely not.

What do you do in your free time?

Read. Exercise. Play with my Kids.

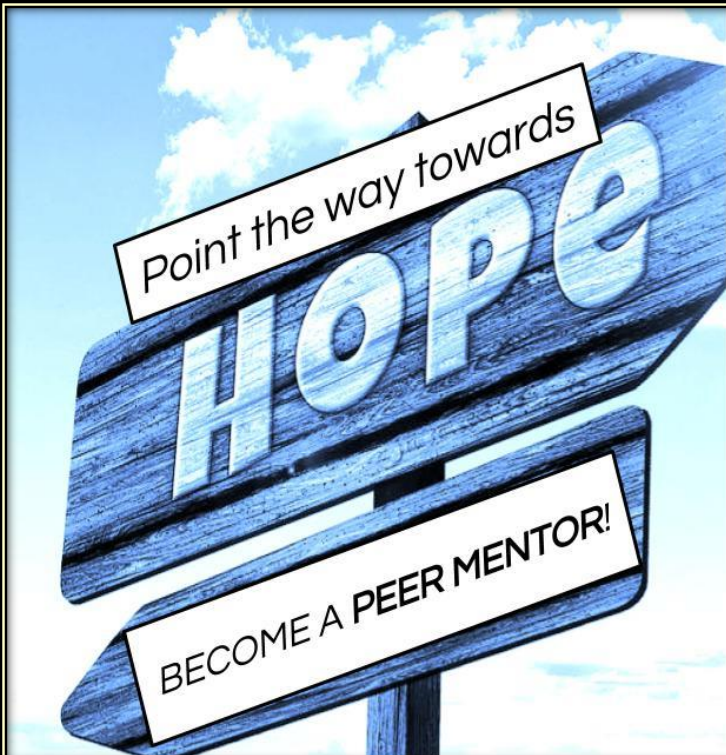
Happy Anniversary to the employees of RSI who help keep this place running!

If you see them this month, wish them a Happy Anniversary!

Congratulations on another year of employment with RSI!!!

Jason Hans
Gail McKee





USE YOUR EXPERIENCE TO INSPIRE OTHERS

FREE TRAINING OPPORTUNITY!
 Help others and become a part of one of the fastest-growing career fields in human services!

INTRODUCTION TO PEER MENTORING AND COACHING
 66 Englewood Ave., Buffalo, NY 14214
JULY 24TH
 12:30pm - 4:30pm - Snacks provided!

TO RSVP PLEASE CONTACT KATE PARKER AT 716-832-2141 X 230



Customer Spotlight

Nafisa A.



Which programs have you participated in at Restoration Society, Inc.?

Harbor House and Empowerment Academy (EA)

What are three words to describe RSI? Striving, grassroots, non-judgmental

What has been your favorite part of coming to RSI?

The psycho-social rehab from Eric, Denis, and Charlie at EA has been invaluable to me; I wouldn't be where I am today had I not crossed paths with them.

What do you do in your free time?

I founded the RSI Spades Club that meets every Friday 4pm to 8:30pm at EA. I enjoy smartphone games, watching TV, and taking long drives with loud music

Where would you like to go on a dream vacation? Anywhere indoors surrounded by technology.

You're happiest when?

I'm spending time with my mentor so I can not only enjoy his company but pick his brain to develop myself as a peer mentor. He's my role model.

What is your Least Favorite Food?

Vegetables! Because I'm a child at heart

Are you messy or organized? My organizational skills are beyond reproach.

Do you have any pets?

NOPE, I'm not an animal person at all

Where do you see yourself in 5 years? To be as skilled as Jamel Clark as a peer support specialist, as renowned as Maura Kelly in the peer field, and to be a passionate and shrewd CEO like Nancy Singh (mom)



Do you want to be in our Newsletter?

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

Submit your work to the Empowerment Academy or email us at newsletter@rsiwny.org

There Will Be Other Days. by Tim Malley

When you get down with depression its good to know that there will be other days because depression can literally crush our souls but its good to know that there will be other days because the sky may get black for us and we may get very discouraged with life but don't get down and get sad because there will be other days that will be filled with happiness and joy but presently were subjected to great despair sometimes we can barely bare but just remember that there will be other days and these days will give us time to reflect on who we really are because these days that we experience depression will soon be gone and the bright days will soon follow because just remember that there will be other days.so don't get down and don't get into despair because just remember that we will start experiencing the good days that we deserve to be experiencing in our lives so don't get down and fall into despair because this time that we are subjected to our depression is only a temporary time so remember there will be other days.

SHe walked into my
LiFE, And made iT
Complete, MY HEART
FELT so LiGHT, I WAS
FLoATING on AIR, For
Her Love For me, is so
BEAuTiFuL and FAIR.



Well, summer is upon us and it is time to bring out the white. Does anyone really understand why this is the proscription about not wearing white after Labor Day and before Memorial Day? It began in the early 20th century when the wealthier classes wanted to ensure being comfortably cool in the South because white (as we all recall from high school physics) does not absorb heat. During the mid-century the middle class also fed into this philosophy, again especially within the Southern culture. So how do we accomplish a summer wardrobe without having the wealth of those people originally involved in the rules about wearing white? Besides poking around Walmart's clearance spindle, I have found a neighborhood liquidator famous for providing my solo $\frac{3}{4}$ length Gloria Vanderbilt capris. I noticed the other day a slight discoloration. For me, I go-to Oxyclean (sometimes Purex never bleach) to make my look less sloppy and just cross my fingers that I can catch it on the next wash (experiencing difficulty throwing things out) and hope that no one notices. As the official amount of light increases, I wonder about this.

When I went away to school, I met a roommate named Lisa who sported cut-off shorts. Since that time, I have really never asked anyone about how to fray them to get the right look until recently I measured a pair of old jeans (Amvets) so that each inseam was equal and simply used fabric scissors to cut off the bottom portion. I feel like the only part I was missing was the need to manually fray the bottom. You certainly could do so with white denim, which I would advise as a go-to during these warmer weather months, and would suggest asking your team about this.

- HOLLY

RSI's ARTWORKS!

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

Artistic Opportunities and Happenings in the Community

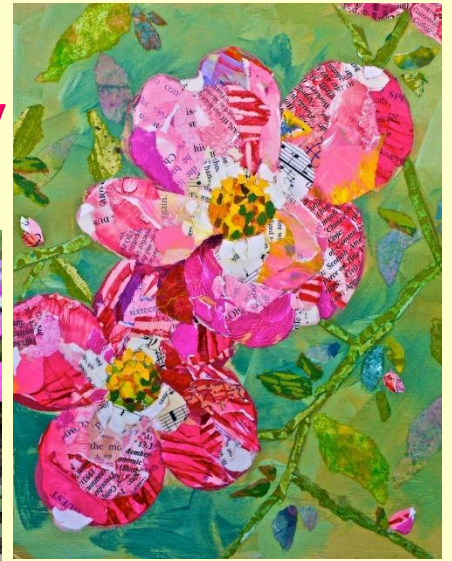
Bringing artwork to a garden near you...
Share your painted rocks with the community!

July Art Meetups



☺ **July 5: Shakespeare in Delaware Park: The Tempest**

Meet @ 6pm
Delaware Park Rose Garden
199 Lincoln Pkwy 14222



Garden Walk July 13th

☺ **July 13: Garden Walk: Rock Painting Workshop w/ Cinda**

Meet @10am-4pm
3107 Main St. 14214

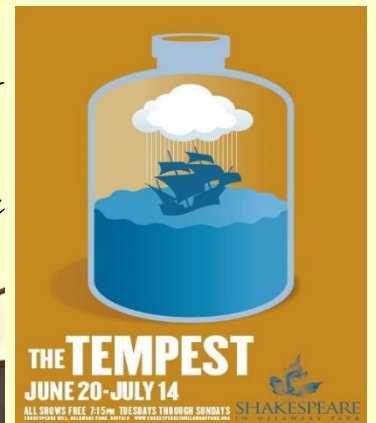
*"Half the interest of a
garden is the constant
exercise of the
imagination."*

*~Mrs. C.W. Earle, Pot-Pourri
from a Surrey Garden, 1897*

☺ **July 18: Open Studio Time** from 5:30pm-8pm 66 Englewood Ave. 14214

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 ArtsAccess Pass
(Medicaid required)
- Eat Pizza
- Make art and have fun with friends!



The Tempest July 5th

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!
No prior artistic experience needed!

☺ **July 25: Inclusive Theater of WNY's Shakespeare in the Parking Lot: Midsummer Night's Dream**

7:00pm @ The Foundry
298 Northampton St. 14208




Midsummer Night's Dream July 25th



Made possible through a grant from

ARTS SERVICES INITIATIVE
OF WESTERN NEW YORK INC

Have Questions? Or want to get involved... Contact Adam @ 716-208-8126

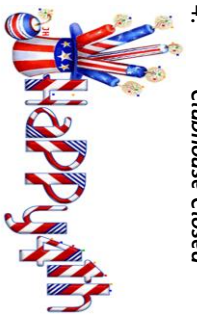

July 2019 Tel. 884-5216 Fax 884-2847		Empowerment Academy Workshops Open Monday – Friday for hours please look below		327 Elm Street, Buffalo NY 14203
Monday	Tuesday	Wednesday	Thursday	Friday
1. 10-11am: Safety First! 11-12pm: Challenging Neg. Thoughts 1-2pm: Brain Teasers 5-9pm: Social Hour	2. *10am-12pm: Silver Sneakers Dance (Canalside) 1-2pm: Coffee & Conversation *6-8pm: Trivia @ Canalside	3. *10am-12pm: Wednesday Wellness Walk 1-2pm: Social Hour 6-7pm: DBT Skills: Interpersonal Effectiveness	4. EA Open from 10am-2pm Happy 4th of July 	5. Nat'l Ice Cream Sundae Day! 10-12pm: Cinema Therapy (Watch & Discuss) 11-12pm: Shopping for Sundae Items! 1-2pm: Create Your Own Sundae! *6-8pm: Shakespeare in the Park (Delaware Park)
8. 10-11am: Safety First! 11-12pm: Benefits of Exercise 1-2pm: Brain Teasers 5-9pm: Social Hour	9. 10-11am: Therapeutic Journaling 11-12pm: Understanding Defense Mechanisms 1-2pm: Coffee& Conversation 6-8pm: Pool Tournament	10. *10am-12pm: Wednesday Wellness Walk 1-2pm: Social Hour 6-7pm: Art Expressions	11. 10-11am: Healthy Living: Proper Nutrition 11-12pm: Benefits of Exercise 1-2pm: Adult Coloring 6-7pm: Anger Management	12. 10-11am: Fitness Friday! 11-12pm: Emotional Regulation 1-2pm: Social Hour 4-8pm: Spades
15. 10-11am: Safety First! 11-12pm: Art Expressions 1-2pm: Brain Teasers 5-9pm: Social Hour	16. 10-11am: Mindfulness Activities 11-12pm: Setting Healthy Boundaries 1-2pm: Calendar Planning *6-8pm: Trivia (Canalside)	17. *10-12pm: Wednesday Wellness Walk (Niagara Falls) 1-2pm: Social Hour 6-7pm: WRAP Workshop	18. 10-11am: Time Management 11 – 12pm: Anti-Bullying Workshop 1-2pm: Adult Coloring 6-8pm: Movie Club	19. *10a-12p: Buffalo History Museum (Free) 1-2pm: Social Hour 4-8pm: Spades Club
22. 10-11am: Safety First! 11-12pm: Recovery Stories 1-2pm: Brain Teasers 5-9pm: Social Hour	23. 10-11am: Challenging Stigmas of MH 11-12pm: Create Signs & Shirts for Disability Pride Parade 1-2pm: Coffee & Conversation 6-8pm: Family Feud (MH Edition)	24. *10-12pm: Wednesday Wellness Walk 1-2pm: Social Hour 6-7pm: Effective Vs. Ineffective Communication	25. 10-11am: Summer Fun on a Budget 11-12pm: Conflict Management 1-2pm: Wellness after a Romantic Relationship 6-7pm: Gratitude Workshop	26. 10-11am: Fitness Friday! 11 – 12pm: Writing Workshop 1-2pm: Social Hour 4-8pm: Spades Club
29. 10-11am: Safety First! 11-12pm: Ted Talk Discussion 1-2pm: Brain Teasers 5-9pm: Social Hour	30. 10-11am: Living W/O Substance Use 11-12pm: Letting Go of the need to Control 1-2pm: Coffee & Conversation 6-8pm: Board Games	31. *10-12pm: Wednesday Wellness Walk 1-2pm: Social Hour 6-7pm: Summer First Aid	EA Hours Mon-Fri: 9am-9pm Sat & Sun: 9am-1pm	March with us in the Disability Pride Parade! Saturday July 27, 2018 Coca-Cola Field 10am-3pm

July, 2019

Monday and Friday 1pm to 9pm
Tues, Wed and, Thurs 11am to 7pm
66 Englewood Ave, Buffalo, NY 14214
(716)832-2141 ext. 212, 217 or, 249



Clubhouse Buffalo
Hours for Ages 16-23 years of age

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1. 2:00pm Game Time 5:30 Fitness in the Park Cardio Blast at Larking Square on the Pickle ball Court (Leaving at 4:30pm)</p> <p>6pm Boys to Men Dinner Group</p>	<p>2. 12:00pm Talk to me 2:00pm Yogis in Service 3:30pm Buffalo Renaissance Foundation Community Center Open Gym/ Swim</p>	<p>3. 4:30pm Ted Talk- (Crime and Punishment) 5:30 to 7pm. Sibling Movie Night. Bring your sisters and brothers</p>	<p>4. Clubhouse Closed</p> 	<p>5. Albright Knox's Art Gallery Hands on Art Project 5pm to 7pm 7:30pm Ladies Game Night</p>
<p>8. 2:00pm Game Time 5:30 Fitness in the Park Cardio Blast at Larking Square on the Pickle ball Court (Leaving at 4:15pm) 6pm Boys to Men Dinner Group</p>	<p>9. 12:00pm Talk to me 2:00pm Yogis in Service 4:00pm Sibling Game Day 5pm Art Attack</p>	<p>10. 3:30pm Family Lunch and In-house Movie Day</p>	<p>11. 4:00pm Recovery My Way 5:00pm Music Appreciation S. U. Related Lyrics with open discussion. 6:00pm Nature Walk</p>	<p>12. 6 to 8pm Leaving at 5:30pm for the 38th Annual Queen of Heaven Carnival at 400 Seneca St (Must RSVP with Marsha by 7/8) 7:30pm Ladies Night</p>
<p>15. 2pm Game Time 5:30 Fitness in the Park Cardio Blast at Larking Square on the Pickle ball Court (Leaving at 4:30pm) 6pm Boys to Men Dinner Group</p>	<p>16. 2pm to 5pm Canal Fest 15 Webster Street North Tonawanda (Must RSVP with Marsha 7/12)</p>	<p>17. 1:00 to 4pm Giving Back!! Volunteering our time at the WNY Feed more Food Bank 5:00pm Table discussion on the power of kindness and giving back</p>	<p>18. 4:00pm Recovery My Way 5:30pm Basketball shootout at Delaware Park</p>	<p>19. 4:30pm Music Appreciation Freestyle Rap Battles 6:00pm Family Bingo</p>
<p>22. 5:30 Fitness in the Park Cardio Blast at Larking Square on the Pickle ball Court (Leaving at 4:30pm) 6pm Boys to Men Dinner Group</p>	<p>23. 12:00pm Talk to me 2:00pm Yogis in Service 3:30pm Art Attack 4:00pm Clubhouse Meeting</p>	<p>24. 12pm to 6pm Shadowing Day at the Clubhouse. Bring a friend, sibling or family member to spend the day with. Showing them how you spend your time while hanging out at the clubhouse</p>	<p>25. 2:00pm Recovery My Way 3:00pm Clubhouse Staff and Members meeting 5:00pm Delaware Park Shoot-Out</p>	<p>26. 5pm Popcorn at the Round Table (Open discussion on social issues) 7:30pm Ladies Night</p>
<p>28. 5:30 Fitness in the Park Cardio Blast at Larking Square on the Pickle ball Court (Leaving at 4:15pm) 6pm Boys to Men Dinner Group</p>	<p>29. 12:00pm Talk to me 2:00pm Yogis in Service 3:30pm Life Skills (baking skills) 5pm Art Attack</p>	<p>30. 2:00pm Sibling Movie Day 5:00pm Sibling Game Day</p>	<p>31. July Birthdays Cookout</p> 	<p>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</p>

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

220 East Main Street Batavia, NY 14020

(585) 343-9162

Genesee ACE Employment



**Our Next
Newsletter Meeting**



9:00 am

66 Englewood
Avenue
Buffalo, NY 14214



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

