April 2019
Volume 11, Issue 4

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

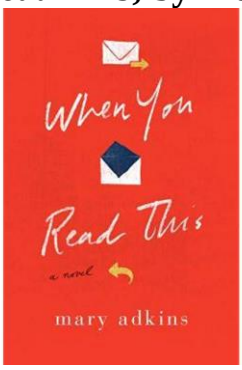
My Corner of the World.
by Tim Malley

In my corner of the world I have very few things to make me happy. I have my books, my CDs, and my DVD's to make me happy, but other than that I really don't have much in my corner of the world. But what I do have is precious to me because even though I live at an institution such as Leroy Manor I have my little corner to call my own its my own so to speak because it's my corner of the world.





When You Read This, by Mary Adkins



When publicist Iris Massey is diagnosed with terminal lung cancer at only 31 years old, she begins chronicling her life and final days online. When her longtime business partner Smith and his new intern Carl discover Iris' blog months after her death, they set out to fulfill her last wish of turning her writings into a book. Mary Adkins' *When You Read This* is told in an epistolary style through emails, blog posts, travel bookings, texts, and more digital snippets (fans of *Where'd You Go, Bernadette* will love this) and is a bittersweet, often funny novel about hope, memory, and loose ends.

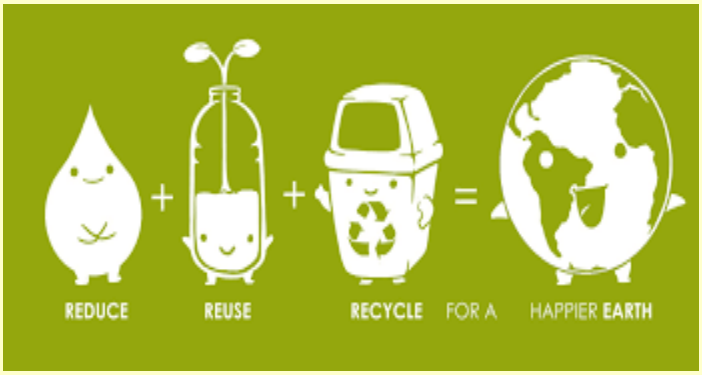


amazonsmile
YOU SHOP. AMAZON GIVES.

Restoration Society, Inc. is on AmazonSmile!

Here is how you can help us!

1. Sign into smile.amazon.com with your Amazon login info.
2. Under "Your Account" select "Change Your Charity"
3. In the "Find Your Charity" search bar, type Restoration Society, Inc. and click "Search"
4. Click "Select" next to "Restoration Society, Inc."
5. Shop until your heart is content!







April 22nd

HA-HA

Healthy Alternatives through Healing Arts

Co-sponsored by the Center for Self Discovery at Buffalo Psychiatric Center



18th Conference

It All Starts With Self Love

Friday, April 27, 2018

8:00 a.m. - 3:30 p.m.

Butler Building, Buffalo Psychiatric Center

400 Forest Avenue, Buffalo, NY

(Please park in the Elmwood Avenue lot)

Keynote speaker 9:00 a.m. sharp

Carolyn Zimmerman

Carolyn Zimmerman is the founder and executive director of WHYME House Foundation, a non-for profit organization dedicated to offering support, education, healthy lifestyle options to help those living beyond cancer. Carolyn herself is a cancer survivor.

Carolyn is a Health RHYTHMS facilitator, Certified Reiki Practitioner, Yoga instructor as well as an accomplished runner. She has been named South Buffalo Runner of the Year and Buffalo New Age leader. She now trains to push her wheelchair bound husband, a former internationally ranked marathoner in local races.

Since 2003 Carolyn has been the owner of Drum4Health providing Health RHYTHMS programs to nursing homes, adult day care centers, senior centers, mental health facilities, schools and businesses.

Carolyn welcomes the opportunity to share her enthusiasm for the positive power of rhythms and music with everyone. Through her own personal trials she has learned true self love.

Questions? Call Becky 903-6083 Limited space, get your registration form in ASAP!

FREE Legal Clinic

@ Empowerment Academy
Fourth Wednesday of Every Month
9am-Noon

- Social Security Disability
- Supplemental Security Income
- Housing Laws; Family Law
- For more information, please call

(716)884-5216 ext. 415 or 416

Join Us for a Presentation On SNAP Benefits

at Empowerment Academy
327 Elm Street, Buffalo, NY 14203

TUESDAY, APRIL 9th, 11am-12pm
(followed by lunch at noon)

Guest Presenter
Valerie - SNAP Coordinator
from Salvation Army



Mental Health Flash Mob

May 2nd, 2019

Buffalo Public Library - Downtown

Meet Kate P's dog,

Riker!!!



Breed: Chihuahua Mix (unknown)
Age: 4 Years Old
Likes: Chasing squirrels, Playing with his red tennis ball
Dislikes: Snow Boots
Nicknames: Commander, Riker, Doggo

Fun Fact: Riker was rescued from the streets of Texas by Pixie Mama's Rescue.

PET FOOD PANTRY

Pet Food is available to everyone 18 years of age or older, no questions asked. No paperwork or identification required.
716-833-1151

When: April 7th, 2019; 3-4pm
Where: Pete's Pet Food Pantry @
96 Jewett Pkwy, Buffalo, NY 14214

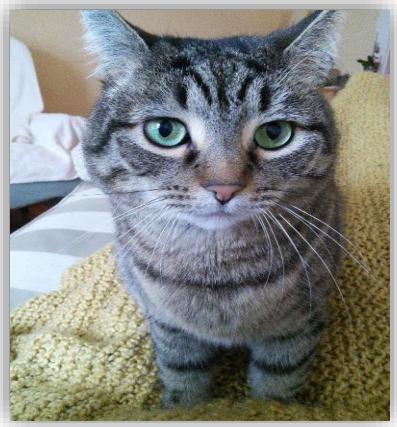




DO YOU WANT YOUR PET FEATURED IN THE NEWSLETTER?? SEND A PICTURE AND A SHORT BIO TO newsletter@rsiwny.org

Meet Carolyn B's cat,

Fiona!!!



Carolyn refers to her unstoppable 3-legged cat as "9 lbs of resilience."

How does *your* pet inspire you?



NEW in the Tank @ Empowerment Academy:

Striper!!!

Silver Angelfish

ACE Employment Services

Get to know us at our
INFORMATIONAL SESSIONS

TUESDAY April 9th @ 10:30am

FRIDAY April 26th @ 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

RESTORATION SOCIETY, INC.

TICKET TO WORK

RESTORATION SOCIETY, INC.

Employee Spotlight

Gary Foster



What is your role at Restoration Society, Inc.?
Maintenance

What are three words to describe RSI?
Good Place, Friendly, and Safe

What has been your favorite part of your job at RSI?
Working around people

What do you do in your free time?
Going to bingo and playing cards

Where would you like to go on a dream vacation?
Jamaica, Africa, and Caribbean

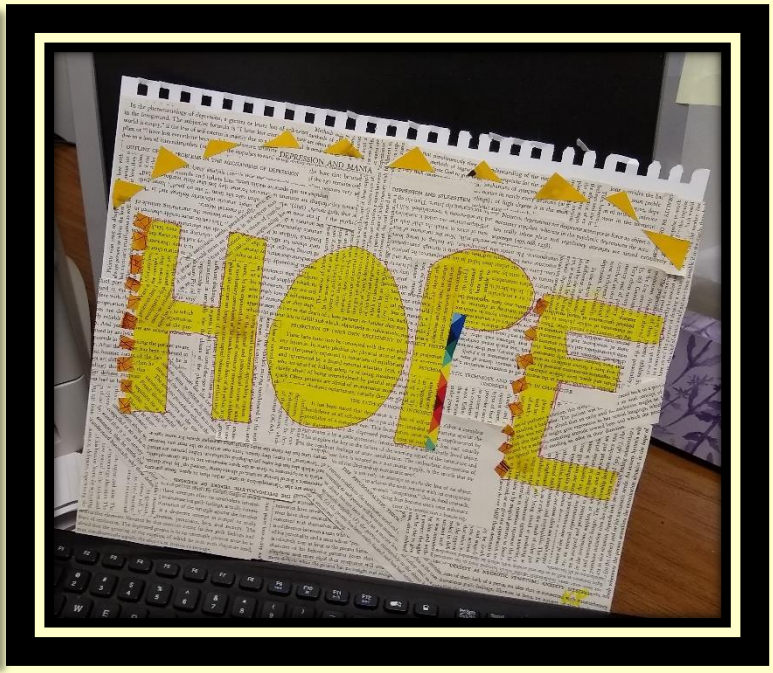
You're happiest when?
I am able to wake up in the morning!

What is your Least Favorite Food? I don't have one!

Are you messy or organized?
I can be a mixture of both messy and organized.

Do you have a pet?
Yes, 3 dogs





Peer Perspective



Free Training!

Intro to Peer Mentoring and Coaching

April 24th

12:30pm-4:30pm

Snacks provided!

66 Englewood Ave., Buffalo, NY 14214

To RSVP please contact Kate Parker
716-832-2141 x 230

Customer Corner by Carolyn B., Peer Volunteer

Jim came to RSI 3 years ago when he became homeless for the first time. He chose RSI because "I was out in the street and I met this interesting guy and he said 'Hey I know a club where you can go and work out and they give you lunch.' I went with him one day found out about [how they can help you find] housing." But this is not the beginning of Jim's story. He was in the army for 5 years in active duty (including fighting in Desert Storm and 10 months in Iraq and Afghanistan) and he was in the National Guard for 3 years. During this time, he learned the survival skills that got him to where he is today. "In the army you're out there in the field for 96 hours straight," he said. He continued, "They'll blindfold you, dump you in the middle of nowhere, give you a Rambo knife, a compass, a canteen of water, and you're on your own. You have 4 days to come back. You learn to eat things you wouldn't normally eat." "When I first became homeless," he said, "the first thing I said is 'I know it's gonna be tough out there but I know I'll survive.'"

Continuing to serve his country, Jim went to Manhattan to help with the recovery effort after 9/11 where he "saw things no human being should ever see." But what is most inspiring about Jim is how he relates to his struggles. During an ambush, he lost 27 soldiers. He asks himself, "Why didn't *I* die? Now I look at it, there's gotta be a reason…Maybe helping homeless people is part of God's plan for me. Or maybe it was just to make me stronger." In March, Jim finally found housing, but his journey is far from over. Demonstrating strength and resilience, he wants to take his adverse experiences and use them to help others. He wants to volunteer with RSI and he is considering becoming a peer specialist to work with military veterans so they get what they need.

Words of Wisdom from Sandra B

"If you never walk in the path of light, how would you know you in darkness?

When things get rough, get tough."

Did you find a new job recently?? We want to talk to you!!!

Send us an e-mail at newsletter@rsiwny.org to get a be featured in the Customer Spotlight, a ***NEW*** feature for the May Newsletter!

RSI's 1st Annual



SAVE THE DATE!

Friday, May 17, 2019

Email info@rsiwny.org for more information
Tickets on sale April 1, 2019
Official Flyer to follow

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!

Amanda Kopacz
Jonathan Lafferty
Tony Vega

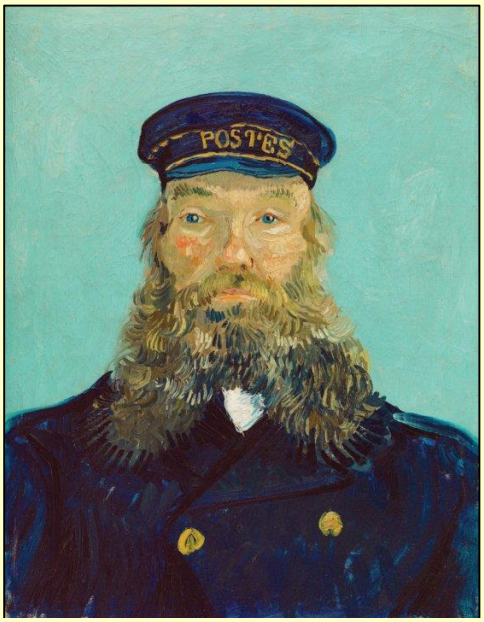


RSI's

ART WORKS!

Artistic Opportunities and Happenings in the Community

"If you hear a voice within you saying, 'You are not a painter,' then by all means paint and that voice will be silenced."
~ Vincent van Gogh



Portrait of Postman Roulin (1888) by Vincent van Gogh (Dutch, 1853-1890). Currently on view at The Albright-Knox (visit for FREE on First Fridays--April 5th & May 3rd) @1285 Elmwood.

Try something new...

[THURSDAY EVENING]

April 18th

@ 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! No prior artistic experience needed!

Made possible through a grant from
ARTS SERVICES INITIATIVE OF WESTERN NEW YORK INC

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

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

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







April 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! Meeting 11-12pm: Relationships 101 1-2pm: Brain Teasers 5-9pm: Social Hour	2. 10-11am: Springtime Fun on a Budget 11-12pm: Fraud Prevention (Peer Led) 1-2pm: Coffee & Conversation 5-9pm: Pool Tournament	3. ***10am-12pm: Wednesday Wellness Walk** 1-2pm: Socialization Hour 6-7pm: Benefits of Exercise	4. **Opening Day at the BallPark!** *** Agency Staff Meeting** **EA Closed from 9a-12pm** **(EA Re-opens at 1pm)** ***2-4pm: Buffalo Bisons Game** 6-7pm: Relaxation Activities	5. *** 10a-12p: Albright Knox Art Gallery (Free)** **1-2pm: Nutrition Presentation w/ Buff State Students** 4-8:30pm: Spades Club
8. 10-11am: Safety First! Meeting 11-12pm: Preventing IP Violence 1-2pm: Brain Teasers 5-9pm: Social Hour	9. 10-11am: Managing Anxiety 11-12pm: Healthy Living: Proper Nutrition 1-2pm: Calendar Planning 5-9pm: Spades Tournament	10. ***10-12pm: Money Smart Fair** ***1-3pm: Wednesday Wellness Walk** 6-7pm: Community Resource Knowledge	11. 10-11am: Coping Skills Workshop 11-12pm: Healthy Relationships 1-2pm: Adult Coloring 6-8pm: Movie Club	12. 10-11am: Fitness Friday! 11-12pm: Self Reflection – Hobbies 1 -2pm: Social Hour 4-8:30pm: Spades Club
15. 10-11am: Safety First! Meeting 11-12pm: Socialization Vs. Isolation 1-2pm: Brain Teasers 5-9pm: Social Hour	16. 10-11am: Conflict Management 11-12pm: Financial Literacy Workshop 1-2pm: Coffee & Conversation 5-9pm: Bingo Tournament	17. ***10-12pm: Wednesday Wellness Walk** 1-2pm: Socialization Hour 6-7pm: Understanding Defense Mechanisms	18. 10-11am: Art Expressions 11 – 12pm: Healthy Living: (HIV/STI Awareness) ***2-4pm: Microsoft Word Basics (Central Library)** ***5:30pm-7:30pm: Narcan Training (Central Library)**	19. 10-11am: Fitness Friday! 11-12pm: Easter Egg Hunt 1-2pm: Social Hour 4-8:30pm: Spades Club
22. ***10a-12pm: Dyngus Day @ The Broadway Market** 1-2pm: Brain Teasers 5-9pm: Social Hour	23. 10-11am: Loving Yourself (Self-Esteem Workshop) 11-12pm: Teambuilding Activities 1-2pm: Coffee & Conversation 5-9pm: Board Game Tournament	24. ***10am-12pm: Health & Wellness Fair (Buffalo Central Library)** **1-3pm: Wednesday Wellness Walk** 6-7pm: Creative Writing Workshop	25. 10-11am: Musical Expressions 11-12pm: Life Skills Group 1-2pm: Adult Coloring 6-8pm: Movie Club	26. 10-11am: Fitness Friday! 11-12pm: Recovery Stories 1-2pm: Social Hour 4-8:30pm: Spades Club
29. 10-11am: Safety First! Meeting 11-12pm: Creative Writing 1-2pm: Brain Teasers 5-9pm: Social Hour	30. 10-11am: Let's Talk: Depression 11-12pm: Challenging Neg Thoughts 1-2pm: Coffee & Conversation 5-9pm: Trivia Tournament	31. ***10am-12pm: Wednesday Wellness Walk** 1-2pm: Socialization Hour 6-7pm: DBT Skills: Emotional Regulation	**Hours of Operation** Sun:9a-1p Mon:9a-9p Tues:9a-9p Wed:9a-9p Thur:9a-9p Fri:9a-9p Sat: 9a-1p	**Please Note:** *****= workshop is held in the community and EA will be closed except for appointments and emergencies only

Clubhouse Buffalo
April, 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
1.4:30pm Healthy Relationships 5:30pm My Brother's Keeper Dinner Club 7pm Family Board Game Night	2. 4:00pm Let's Talk About It. 6pm Game Night bring a friend	3. In house Sibling Popcorn and Movie Night 5 to 7pm. Bring your sisters and brother	4. 4:30 Recovery Education 6:00pm Basketball at Gloria J. Parks	5. Albright Knox's Art Gallery Hands on Art Project 5pm to 7pm 6pm Ladies Night
8. 4:30pm Music Appreciation Written Rap Battle 5:30pm My Brother's Keeper Dinner Club 7pm Game Night Tournament	9. 4:00pm Let's Talk About It. 5:30pm Buffalo Renaissance Foundation Community Center Open Gym/ Swim	10. 4:45pm-5:45 Free Beginner Yoga Class leaving at 4:15pm 6pm Family In-house Popcorn and a Movie Night	11. 4:00pm Karaoke 5:00pm Tech as a Recovery Resource 6pm Game Night bring a friend	12. 4:00pm Youth and Staff meeting 5:30pm Gloria J Parks Open Gym (guys) 6pm Ladies Night
15. 4:30pm Music Appreciation using our words through our favorite songs 5:30pm My Brother's Keeper Dinner Club 7pm Game Night Tournament	for16-027 16. 4:00pm Let's Talk About It 5pm Egg Coloring 6pm Family Night bring a friend to Make Easter Baskets	17. 4:30pm Open Access Voice Men's Safe Sex Discussion with Tom Green 6pm Apollo Media Center	18. 4:00pm Beginner Yoga Workout 5pm Tech as a Recovery Resource 6:00pmKaraoke night with Mental Health Advocates	19. 5:00-7pm Easter Dinner 
22. 4:00pm Book Club 5:30pm My Brother's Keeper Dinner Club	23. 4:00pm Let's Talk About It 6pm Game Night Uno Tournament	24. 4:45pm Free Beginner Yoga Class leaving at 4:15pm 5:00pm Movie Night Regal Cinema. Must RSVP BY 4/12/19	25. Monthly Clubhouse Meet and Greet. Come out and tour our location. Have all of your questions answered by Clubhouse Staff.	26. 4:00pm Family Support Discussion 4:30pm Karaoke 6:00 Ladies Night
29. 4:30pm My Brother's Keeper Dinner Club 6:00pm Tyler Street Community Garden Workday at 73 Tyler Street	30. 4:00pm Let's Talk About It 5pm Life Skills workshop (Dress for Success) 6pm Paint Chips and Dip Night	**Help with Homework** 3 to 4 pm is dedicated for help with homework for ages 16 and 17 year olds	**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	**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.

THE MOODY BLUES

Why I Love the Moody Blues

by Tim Malley

The Moody Blues would have to rate as one of my favorite rock groups of all-time because these songs are so special to me songs such as; 'Nights in White Satin', 'Tuesday Afternoon', and 'Ride My See-Saw', among others. The original Moody Blues lineup consisted of Clint Warwicke, Denny Laine, Ray Thomas, Mike Pinder and Graeme Edge.

Then, in 1966 came the second incarnation of the Moody Blues with the departure of Denny Laine and Clint Warwicke and with the arrival of Justin Hayward and John Lodge to fill their void. They were an excellent R&B group, and this only enhanced that image with their massive 1965 hit, 'Go Now' (which was originally written by Bessie Banks). The year 1966 marked the beginning of their second incarnation; the Moody Blues purchased a mellotron, which is a keyboard-like instrument that can make the sounds of a full orchestra.

So, why do I love the Moody Blues? I love the Moody Blues because they have a mystical (when you think of 'mystical', think of King Arthur and His Knights of the Round Table, for example), as well as a very philosophical message; maybe that's why they were called the cosmic philosophers? I love the Moody Blues because their music helps to ease any problem I have in my life. That's why I love the Moody Blues.





Food Pantry

Food Pantries near 66 Englewood Ave

- University Presbyterian Church (0.2 miles)
  - 3330 Main St. Buffalo, NY 14214
  - 716.836.7660
  - Tuesday and Thursday 12pm – 4pm
- St. Faustina's Gate (0.9 miles)
  - 263 Claremont Ave. Tonawanda, NY 14223
  - 716.837.2544
  - Tuesday, Wednesday, and Friday 11am – 2pm
- Salvation Army – Kensington (1.2 miles)
  - 21 Westminster Ave. Buffalo, NY 14215
  - 716.832.2467
  - Monday & Friday 11:30-1:30

Food Pantries near 327 Elm Street

- City Mission Society Pantry (0.2 miles)
  - 100 E. Tupper St. Buffalo, NY 14203
  - 716.854.8181
  - Tuesday 1-3 & Thursday 9-11
- Citizens Community Development (0.3 miles)
  - 134 William St. Buffalo, NY 14204
  - 716.852.2324
  - Thursday, and Friday 9am – 1:30 pm
  - Wednesday 9am – 4 pm
- Buffalo Urban League Pantry (0.5 miles)
  - 86 Pine St. Buffalo, NY 14204
  - 716.847.8951
  - Monday – Friday 9am – 1pm

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

Visit us on the web at:

www.rsiwny.org

Facebook

www.facebook.com/Restorationsocietyinc



Next Newsletter meeting: **April 17th** at **9:00 am** at **66 Englewood Avenue**, Buffalo, NY 14214

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

RESTORATION SOCIETY, INC.