



# RECOVERY HAPPENS



Illuminating pathways toward opportunity, possibility, wellness and independence.

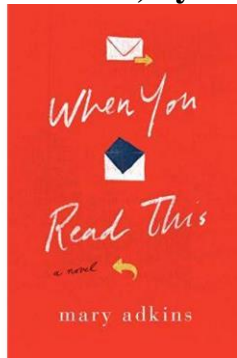
Restoration Society, Inc., 66 Englewood Avenue, Buffalo, NY 14214  
[www.rsiwny.org](http://www.rsiwny.org) (716) 832-2141 Fax (716) 832-0021

## **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.



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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



### Go with the Flow



# Save the Date

## 19<sup>th</sup> Conference

Keynote speaker 9:00 a.m. sharp

**Karl Shallowhorn**

Karl Shallowhorn is the Education Program Coordinator at the Community Health Center of Buffalo. He has a Master's Degree in Student Personnel Administration from SUNY Buffalo State, is a New York State Credentialed Alcoholism and Substance Abuse Counselor (CASAC) and has worked in the field of addiction and mental health for over 17 years. Karl is the author of *Working on Wellness: A Practical Guide to Mental Health* (2010), is a contributing writer and blogger for [www.bphope.com/author/karlshallowhorn/](http://www.bphope.com/author/karlshallowhorn/) BP magazine, coordinates and writes for the United Church of Christ blog *The Journey* and also writes his own blog: *The Hope Shot*. He is the Chair of Affiliate Relations for the Mental Health Association in New York State Board of Directors, as well as serving on the boards of the Mental Health Advocates of WNY, the Erie County Mental Hygiene Community Services Board, the UBMD Hope Advisory Council and the New York Conference of the United Church of Christ.

Karl has lived with bipolar disorder since 1981 and has been able to successfully manage his condition through self-care tools and family support. He is an avid cyclist and believes that all can recover in their own way.

**FRIDAY**  
**April 26, 2019**  
**8:00 a.m. - 3:30 p.m.**

**Butler Building**  
**Buffalo Psychiatric Center**  
**400 Forest Avenue**  
**Buffalo, NY**

(Please park in the Elmwood Ave. lot)

**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 9<sup>th</sup>, 11am-12pm**  
(followed by lunch at noon)

### **Guest Presenter**

Valerie - SNAP Coordinator  
from Salvation Army



Mental Health Flash Mob

**May 2<sup>nd</sup>, 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 is available to everyone 18 years of age or older, no questions asked. No paperwork or identification required.

716-833-1151

When: April 7<sup>th</sup>, 2019; 3-4pm

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

## Pet Corner



DO YOU WANT YOUR PET FEATURED IN THE NEWSLETTER?? SEND A PICTURE AND A SHORT BIO TO [newsletter@rsiwny.org](mailto: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**

Adult Career and Continuing Education Services Vocational Rehabilitation







# 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?**

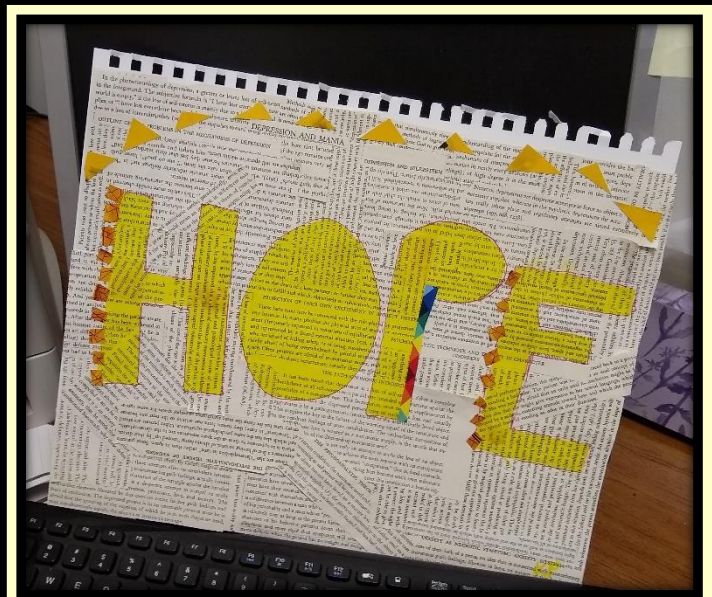
Jamaica, Africa, and Caribbean

**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](mailto:newsletter@rsiwny.org) to get a be featured in the Customer Spotlight, a **NEW** feature for the May Newsletter!

## RSI's 1<sup>st</sup> Annual



# SAVE THE DATE!

## Friday, May 17, 2019

Email [info@rsiwny.org](mailto: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

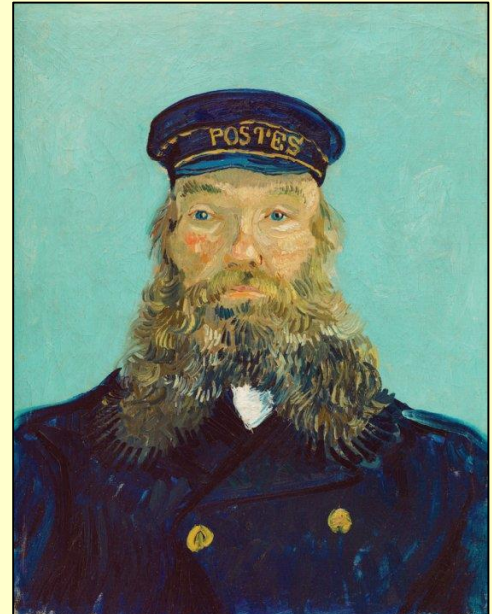
Try something new...

[THURSDAY EVENING]

**April 18th**  
**@ 66 Englewood**  
**from 6PM—8PM**

Please join us for our monthly group  
**Every 3<sup>rd</sup> 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!



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 5<sup>th</sup> & May 3<sup>rd</sup>) @1285 Elmwood.

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](http://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	<b>Hours of Operation</b> 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	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  6:00pm Karaoke 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 Warwick, 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 Warwick 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)
  - o 3330 Main St. Buffalo, NY 14214
  - o 716.836.7660
  - o Tuesday and Thursday 12pm - 4pm
- St. Faustina's Gate (0.9 miles)
  - o 263 Claremont Ave. Tonawanda, NY 14223
  - o 716.837.2544
  - o Tuesday, Wednesday, and Friday 11am - 2pm
- Salvation Army - Kensington (1.2 miles)
  - o 21 Westminster Ave. Buffalo, NY 14215
  - o 716.832.2467
  - o Monday & Friday 11:30-1:30

### Food Pantries near 327 Elm Street

- City Mission Society Pantry (0.2 miles)
  - o 100 E. Tupper St. Buffalo, NY 14203
  - o 716.854.8181
  - o Tuesday 1-3 & Thursday 9-11
- Citizens Community Development (0.3 miles)
  - o 134 William St. Buffalo, NY 14204
  - o 716.852.2324
  - o Thursday, and Friday 9am - 1:30 pm
  - o Wednesday 9am - 4 pm
- Buffalo Urban League Pantry (0.5 miles)
  - o 86 Pine St. Buffalo, NY 14204
  - o 716.847.8951
  - o 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, 2<sup>nd</sup> Floor Buffalo, NY 14203

(716) 884-5216

ACE Employment & Empowerment Academy

220 East Main Street Batavia, NY 14020

(585) 343-9162

Genesee ACE Employment



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

