

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

RSI is still here for you.



Need to talk to staff?

**CALL THE RSI RESPONSE TEAM FOR
ASSISTANCE AND GUIDANCE**

(716) 309-3330

or

(716) 309-3332



We are sorry we are unable to meet you face to face. RSI staff will be answering the phone and are available 24/7 !

Call us if you need anything from your RSI friends.

**ALL NFTA BUS
AND METRO
RAIL FARES
ARE FREE!!!**



Upcoming Events:

Get to know ACE during our Informational sessions via phone calls!!!

During the month of MAY Erie ACE will be taking phone calls, instead of having walk in open meetings, regarding our

ACE Informational Sessions

May 12, 2020 - 10am-12pm and

May 29, 2020 12pm-2pm

These calls will answer all your needs regarding our services, how we can help you choose, get and keep a job, and how to apply for Adult Career & Continuing Educational Services (ACCES-VR) services. **Please call (716) 884-5216 ext: 410.**

Please leave a message and someone will be call you back within the time frame.

All stay well and safe!!!

Peer Study Group Q/A Session



There will be a Q/A session live from the [RSI Staff](#) page on Facebook for the Peer Study Group attendees that's held every Monday and Wednesday. Cornelius Delaney of RSI's HOPE TEAM will be the facilitator, and will be able to answer any questions ask about Academy of Peers services. The live feed will begin at 2:00 p.m. and end promptly at 3:30 p.m. If there are any questions regarding this session, please do not hesitate to contact us by either direct message on Facebook or call at (716) 431-HOPE(4673).



**Need help because of COVID-19?
Don't know where to start?**

.....

Call 2-1-1

Text your zip code to 898-211

211wny.org

.....

Up-to-date info on community resources 24/7

Take Care of That Stimulus Check!

Many of us are receiving economic impact payments from the recent stimulus programs.

These may be going straight to rent or other bills for some. If you owe rent – pay it! You will have to after this crisis regardless.

For those who don't have immediate need of the money, think about future expenses. Who knows when things will be 'normal' again. Budgeting is more important now than ever.

Budget that money!

If you need help, ask! RSI here to help.

*Our streets are empty,
The hospitals are full
we are all out of work
the illness prevails for now
Not for long
For we are a race of compassionate people
And we are strong
We will fight for life
As in our nature
Tho some will be lost
But we will overcome
The military is mightful.
And the people are courageous
smart and innovative
and we will squash the crisis.
Social distancing is the norm of the day
But give us a month and we will be ok
It isn't just local, but spread worldwide
With Gods help, this storm we will out ride
Mankind will survive.*

- Lorraine Kupko

May 10th is Mother's Day!

Mother - this word refers to different people for all of us.

She may be the woman who birthed you.
She may be a grandmother.
She may be a woman who supported you.
She may be a woman who took you in.
She may be a friend.
She may be all of these.

This month, we
celebrate all
mothers !



FREE WIFI

Flick Center!!

National Chains with Free Wifi

Starbucks
McDonald's
Panera Bread
Dunkin Donuts
Tim Horton's
SPoT Coffee
Buffalo Wild Wings
Apple Store
Marriot Hotels
Whole Foods
Staples and Office Depot
Target
Barnes & Noble
Best Buy

Other Local Options

Buffalo Public Library
Airport
Train Line (downtown only, above ground) via
"Buffalo Connect"
Hospitals
Museums

You Are Not Alone

You once chose to stay home.
 You once kept to yourself.
 You wandered alone.
 But that was taken.
 Freedom was stolen.
 No longer can you make this decision.
 You now *must* stay in.
 You now *must* isolate.
 Somehow, this alters everything.
 You are trapped.
 You are alone.
 No - you are NOT alone.
 There are others.
 We are made to isolate.
 We are made to stay in.
 But there is choice.
 There is freedom.
 We can support one another.
 We can rekindle relationships.
 We can do this together.
 We will prevail.
 You are not alone.

~ Iris

40 THINGS TO DO WHILE Social Distancing

TheSoccerMomBlog.com

- | | | |
|-------------------------|---------------------------|-------------------------|
| 1. READ A BOOK | 19. I-ON-1 TIME WITH KIDS | 27. FAMILY SCRAPBOOK |
| 2. CALL A FRIEND | 15. BALANCE BUDGET | 28. DRESS UP |
| 3. EXERCISE MORE | 16. START A SIDE HUSTLE | 29. DANCE PARTY |
| 4. CONNECT WITH SPOUSE | 17. MOVIE NIGHT | 30. LEARN NEW SKILL |
| 5. VIRTUAL GIRL'S NIGHT | 18. FAMILY GAME NIGHT | 31. FINISH LAUNDRY |
| 6. LEARN A LANGUAGE | 19. WRITE A LETTER | 32. WRITE A BOOK |
| 7. FAMILY DINNER | 20. READ THE BIBLE | 33. NEW TV SERIES |
| 8. JOURNAL | 21. ARTS & CRAFTS | 34. PAINT |
| 9. SPRING CLEAN | 22. MANI/PEDI | 35. REARRANGE FURNITURE |
| 10. DECLUTTER | 23. TAKE A BATH | 36. BUILD A FORT |
| 11. PLANT A GARDEN | 24. SKYPE WITH FAMILY | 37. GO FOR A WALK |
| 12. COOK DINNER | 25. SING KARAOKE | 38. CELEBRATE HOLIDAYS |
| 13. FIX THINGS | 26. DO A PUZZLE | 39. COLORING |
| | | 40. BAKING |

STAY HOME Stay Positive **BE KIND**

RESTORATION SOCIETY INC

CONVERSATIONS ARE NOT CANCELLED

WHILE STAYING
SAFE AT HOME, JOIN
BERTIA FOR A
GROUP TO DISCUSS
WHATEVER IS ON
YOUR MIND!

EVERY SUNDAY
12-1PM



To Join:
Call (716) 884-5216
EXT. 901
PIN: 1234



Baking with Bertia: Cheesy Chicken Enchiladas



Ingredients

1 can (18.5 oz) Progresso™ Traditional Chicken and Cheese Enchilada Soup
 1 can (10 oz) Old El Paso™ hot or mild enchilada sauce
 2 cups shredded cooked chicken
 2 cups shredded Monterey Jack cheese (8 oz)
 10 corn tortillas (6 inches)
 2 medium green onions, thinly sliced

Instructions

*Heat oven to 350°F. In medium bowl, stir together soup and enchilada sauce. Spread 1 cup soup mixture in ungreased 13x7-inch baking dish.

*In large bowl, mix 1 cup soup mixture with chicken and 1 cup of the cheese; reserve remaining soup mixture. On microwavable plate, stack tortillas and cover with paper towel; heat on High 1 minute to soften. Place 1/4 cup chicken mixture along middle of each tortilla. Roll up and place seam sides down in baking dish with sauce.

*Pour remaining soup mixture over enchiladas. Sprinkle with remaining 1 cup cheese. Bake about 30 minutes or until cheese is melted and sauce is bubbly around edges. Sprinkle with green onions.

Happy Cinco de Mayo!



FUN ZOOM GAMES WITH ACE



Come and Join Us for an
Hour of Fun and Games!

SATURDAYS FROM 2PM-3PM



Just go onto Zoom and join a meeting with:

Meeting ID: 331 953 201

Password: 945953

OR

Find the link on our Facebook Page!

RestorationSocietyInc





Holly's Corner

Typically, when I go running, I wear a bandanna style one to keep at least hopefully my ears one and it makes quite a difference during the colder months. Luckily, not that I planned it, I have three of them and even picked one up at a store that I try to frequent. What a shame these places are closed during this pandemic. One or maybe two my Compeer friend (1 of 2) gave me as a donation, one I bought a store, and the other is from Friends of the Night. Besides those hats, I have three full winter hats (unsure about if these bandanna style are really more suited to sweaty situations likely for me so far solely running or maybe like to set the perfect hair style).

Spring is certainly here. So, what about thinking about where I will be going to either purchase or choose (like from the donation sites I've frequented), or even if to wear one at all. If I were a male, maybe I would not want to deal with taking it on and off, which even though I don't really know much about this, I would feel is even more to keep track of, as is a hat just to wear for the sake of it. Like baseball hats, or hats just for show. I have been bringing along my sunglasses and even though they aren't prescription, I am thankful to have them. The thought of having to bring back to life, at age 48, my old Adidas utilitarian cap, that as I recall, had a band that bothered my head and really didn't shade from the sun without obstructing vision, would not be useful. So, maybe it's just for fashion. And I will wear the sunglasses for shade...

By Holly Martin 3-26-20



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BUFFALO, NEW YORK

Predmore Creations Coloring Pages

ArtStudio@AmityClub

Since we can't meet together at Amity Club this month, we will be sharing projects we can do virtually!

While staying safely apart we will connect through our ART!!

Please check our RSI ArtStudio@AmityClub Facebook group for ideas for art you can make at home.
facebook.com/groups/rsiart



May's At-Home Projects:

- Homemade Face Masks! (Contact Adam for Materials)
- Potato Printing with Mizin Shin (video available on Facebook)
- Coloring Pages (from the Museum of Modern Art, Marvel, inspirational words of wisdom)

*Everyone in NYS must cover their nose and mouth in public...
No Mask? No Problem! We can teach you to make one yourself!*



**STAY
HOME
SAVE
LIVES**



LIVE

Together but ApART

- Tuesday, May 12th
from 1:00-3:00pm
- Thursday, May 28th
from 1:00-3:00pm

Join us for an afternoon of art making on Facebook live! Bring any project that you want to work on or join us just to see what other people are making! See you soon!



Are you bored in quarantine? Want to try something new?
Flex your creative muscles!! You never know--you might love it!!
We can teach you to make easy homemade face masks

We will bring you art materials!

***Call Adam
@716-208-8126***



USEFUL STUFF



How to make a Face Mask out of a Sock:

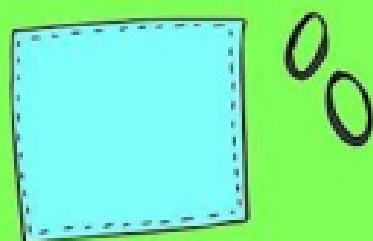


(Finally a use for those socks without a match!)*

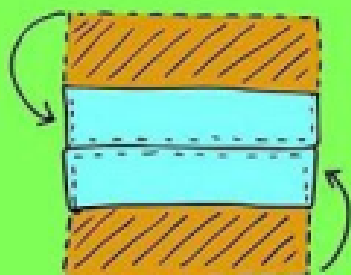
**We will bring you a brand new sock and anything else you might need...so don't use a stinky one!
Contact Adam @ 208-8126 to have art materials delivered to your home!!!*

Here is another using a Bandana with some Rubber Bands or Hair Ties...

1. YOU NEED TWO HAIR TIES & ONE BANDANA



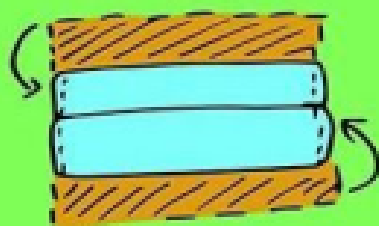
2. FOLD BANDANA IN HALF MEET AT THE CENTER



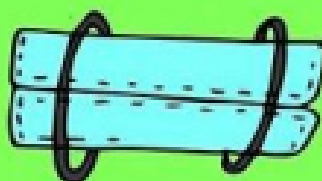
3. FLIP FOLDED BANDANA



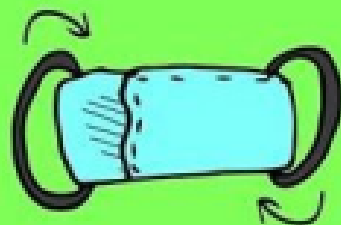
4. FOLD BANDANA IN HALF AGAIN & MEET IN THE CENTER



5. FLIP FOLDED BANDANA & ADD HAIR TIES



6. FOLD CORNERS IN



DIY FACEMASK

NO SEW BANDANA MASK

Tip: It helps if you are able to stitch or pin the folds together

While I have your attention: Please complete the 2020 Census!!!!!!!!!!!!!!

Did you know that the next 10 years of federal funding for non-profits like RSI are determined by Census data? The 2020 Census is for everyone--Even if you are currently experiencing homelessness--you need to be counted! Talk with your service provider (staff at your shelter, caseworker, or counselor) about getting counted today! www.census.gov

Word Search - Find Buffalo & the surrounding suburbs

Y B N F Z A V Q N I A G A R A F A L L S
X L E X H F P L O R C H A R D P A R K T
E A S T A M H E R S T A N G O L A Z C O
A C P O M Q W R T L E W I S T O N P L W
S K T L B S G Y H G W A N A K A H U A N
T R M P U V W U T Y E D E N P Q D G R L
A O B L R S C I O R S J L X U E W R E I
U C D A G L F K N Q T E M T O G I A N N
R K E N M O R E A Z S V A W D G L N C E
O D P C F A Z B W H E A T F I E L D E M
R H E A Y N G V A K N N Y Q B R I I C A
A J W S D L M Z N M E S J E U T A S E R
F O P T B H L P D U C R U A F S M L N I
C H E E K T O W A G A X W M F V S A T L
V I W R M E C A M B R I A H A I V N E L
N R J L A C K A W A N N A E L L I D R A
S N O R T H P A R K Z E S R O L L X U Q
P Q S A N B O R N V B L A S D E L L M V
K V T G K M R P E N D L E T O N E P R B
F N U S O U T H B U F F A L O W R I Z T

Alden	Lackawanna
Amherst	Lancaster
Angola	Lewiston
Aurora	Lockport
Blackrock	Marilla
Blasdell	Niagara Falls
Buffalo	North Park
Cambria	North -
Cheektowaga	Tonawanda
Clarence	Orchard Park
Clarence Center	Pendleton
Depew	Riverside
East Amherst	Sanborn
East Aurora	Sloan
Eden	South Buffalo
Eggertsville	Tonawanda
Elma	Town Line
Evans	Wanakah
Grand Island	West Seneca
Hamburg	Wheatfield
Kenmore	Williamsville

Predmore Creations Activity Book

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**WON'T YOU BE MY
NEIGHBOR?**



In 1969, when black Americans were still prevented from swimming alongside whites, Mr. Rogers decided to invite Officer Clemmons to join him and cool his feet in a pool, breaking a well-known color barrier.



MAY 2020



Empowerment Academy Calendar

Join us for live teleconference calling where (LTC) is on the calendar: 716-884-5216, EXT 901, PIN 1234
Facebook Live- RSI Staff

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>** EA Hours ** Sun: 9am-1pm Mon: 9am-9pm Tue: 9am-9pm Wed: 9am-9pm Thu: 9am-9pm Fri: 9am-9pm Sat: 9am-1pm</p>		<div> Join us for live teleconference calling where (LTC) is on the calendar 716-884-5216 EXT 901 PIN 1234 Also, Facebook Live- RSI Staff </div>			<p>1</p> 10am Sharing the Tea-(LTC) 11am-12pm Depression & Anxiety Group-(LTC)- Joe 3pm-Coping with Addiction-Betty 6pm Recovery Support Team-LTC)-Juan 7pm PS Depression Support-(LTC)-Brandon	<p>2</p> 2PM Fun Zoom Games-ACE 3pm Anxiety and isolation with-Joe 6pm-Guess this Word w/Brandon
<p>Site Closed Until Further Notice!</p>						
<p>3</p> 12pm-1pm Conversations are not cancelled-Bertia 2pm-3pm Parenting	<p>4</p> 10am Sharing the Tea-(LTC) 11am-12pm Depression & Anxiety Group-(LTC)- Joe 1:30pm-2:30pm What's on your Mind? -Jack 2pm-3:30pm Peer Study Group Q&A -Neal (HOPE Team) 6pm Recovery Support Team-LTC)-Juan	<p>5</p> 10am Sharing the Tea-(LTC) 10am-12pm ACE Informational (716) 884-5216 ext. 410 11am-12pm Depression & Anxiety Group-(LTC)- Joe 1pm Volunteer Meeting 3pm-Coping with Addiction-Betty 6pm Recovery Support Team-LTC)-Juan	<p>6</p> 10am Sharing the Tea-(LTC) 11am-12pm Depression & Anxiety Group - (LTC)- Joe 1:30pm-2:30pm What's on your Mind? -Jack 2pm-3:30pm Peer Study Group Q&A -Neal (HOPE Team) 6pm Recovery Support Team-LTC)-Juan	<p>7</p> 10am Sharing the Tea-(LTC) 11am-12pm Depression & Anxiety Group-(LTC)- Joe 6pm Recovery Support Team-LTC)-Juan	<p>8</p> 10am Sharing the Tea-(LTC) 11am-12pm Depression & Anxiety Group-(LTC)- Joe 3pm-Coping with Addiction-Betty 6pm Recovery Support Team-LTC)-Juan 7pm PS Depression Support-(LTC)-Brandon	<p>9</p> 2PM Fun Zoom Games-ACE 3pm Anxiety and isolation with-Joe 6pm-Guess this Word w/Brandon

10	12pm-1pm Conversations are not cancelled- Bertia 2pm-3pm Parenting	11	10am Sharing the Tea-(LTC) 11am-12pm Depression & Anxiety Group-(LTC) - Joe 1:30 pm-2:30 pm What's on your Mind? -Jack 2pm-3:30pm Peer Study Group Q&A - Neal (HOPE Team)	12	10am Sharing the Tea-(LTC) 10am-12pm ACE Informational (716) 884-5216 ext. 410 11am-12pm Depression & Anxiety Group-(LTC)- Joe 1pm Volunteer Meeting 3pm-Coping with Addiction-Betty 6pm Recovery Support Team-LTC)-Juan	13	10am Sharing the Tea-(LTC) 11am-12pm Depression & Anxiety Group - (LTC)- Joe 11am PAC Meeting-(LTC) 1:30 pm-2:30 pm What's on your Mind? -Jack 2pm-3:30pm Peer	14	10am Sharing the Tea-(LTC) 11am-12pm Depression & Anxiety Group-(LTC) - Joe 6pm Recovery Support Team-LTC)-Juan	15	10am Sharing the Tea-(LTC) 11am-12pm Depression & Anxiety Group-(LTC)- Joe 3pm-Coping with Addiction-Betty 6pm Recovery Support Team-LTC)-Juan 7pm PS Depression Support-(LTC)-Brandon	16	2PM Fun Zoom Games-ACE 3pm Anxiety and isolation with-Joe 6pm-Guess this Word w/Brandon
17	12pm-1pm Conversations are not cancelled- Bertia 2pm-3pm Parenting	18	10am Sharing the Tea-(LTC) 11am-12pm Depression & Anxiety Group-(LTC) - Joe 1:30 pm-2:30 pm What's on your Mind? -Jack 2pm-3:30pm Peer Study Group Q&A - Neal (HOPE Team)	19	10am Sharing the Tea-(LTC) 10am-12pm ACE Informational (716) 884-5216 ext. 410 11am-12pm Depression & Anxiety Group-(LTC)- Joe 1pm Volunteer Meeting 3pm-Coping with Addiction-Betty 6pm Recovery Support Team-LTC)-Juan	20	10am Sharing the Tea-(LTC) 11am-12pm Depression & Anxiety Group - (LTC)- Joe 1:30pm-2:30pm What's on your Mind? -Jack 2pm-3:30pm Peer Study Group Q&A - Neal (HOPE Team)	21	10am Sharing the Tea-(LTC) 11am-12pm Depression & Anxiety Group-(LTC) - Joe 6pm Recovery Support Team-LTC)-Juan	22	10am Sharing the Tea-(LTC) 11am-12pm Depression & Anxiety Group-(LTC)- Joe 3pm-Coping with Addiction-Betty 6pm Recovery Support Team-LTC)-Juan 7pm PS Depression Support-(LTC)-Brandon	23	2PM Fun Zoom Games-ACE 3pm Anxiety and isolation with-Joe 6pm-Guess this Word w/Brandon
24	12pm-1pm Conversations are not cancelled- Bertia 2pm-3pm Parenting	25	10am Sharing the Tea-(LTC) 11am-12pm Depression & Anxiety Group-(LTC) - Joe 1:30pm-2:30pm What's on your Mind? -Jack 2pm-3:30pm Peer Study Group Q&A - Neal (HOPE Team)	26	10am Sharing the Tea-(LTC) 10am-12pm ACE Informational (716) 884-5216 ext. 410 11am-12pm Depression & Anxiety Group-(LTC)- Joe 1pm Volunteer Meeting 3pm-Coping with Addiction-Betty 6pm Recovery Support Team-LTC)-Juan	27	10am Sharing the Tea-(LTC) 11am-12pm Depression & Anxiety Group - (LTC)- Joe 1:30pm-2:30pm What's on your Mind? -Jack 2pm-3:30pm Peer Study Group Q&A - Neal (HOPE Team)	28	10am Sharing the Tea-(LTC) 11am-12pm Depression & Anxiety Group-(LTC) - Joe 6pm Recovery Support Team-LTC)-Juan	29	10am Sharing the Tea-(LTC) 11am-12pm Depression & Anxiety Group-(LTC)- Joe 3pm-Coping with Addiction-Betty 6pm Recovery Support Team-LTC)-Juan 7pm PS Depression Support-(LTC)-Brandon	30	2PM Fun Zoom Games-ACE 3pm Anxiety and isolation with-Joe 6pm-Guess this Word w/Brandon
31	12pm-1pm Conversations are not cancelled- Bertia 2pm-3pm Parenting												



Shining Star

Employee Spotlight



Sherry Jones

What is my favorite movie:
The Wizard of Oz



First concert ever attended: **Godsmack**



If I won the lottery, what is the first thing I do?
Rescue animals and improve their wellbeing



Tell us something that might surprise us about you: **I am a paranormal investigator**



If my house was burning down, what is the one non-living thing you would save:
my family photos

What is the last book I read:

Christine Feehan - Dark Magic



When you have 30 minutes of free time, how do you pass the time:

praying and grounding

If you could learn to do anything, what would it be: **fencing**



National Nurses Day May 6th

National Nurses Day is observed annually on May 6. On this day, we raise awareness of all nurse contributions and commitments and acknowledge the vital role nurses play in society

This year is very important due to the COVID-19 and the amazing efforts that all nurses are putting in place to take care of the many people across the world who are suffering from the virus.

Nurses Are the Backbone of Medical Care

Doctors may diagnose us, prescribe our medicines, and perform our surgeries, but without nurses, their jobs would be impossible. Nurses are on the front lines everyday—administering shots, performing physical exams, nursing wounds, and in many cases, caring for dying patients when the doctor is away. Nurses are there for us during our most vulnerable moments.



SHARE A SMILE

National Smile Day May 31st

Smiles are powerful! They not only create engagement between two people but the more a person smiles, the healthier their brain can be. Smiling has a direct link to our brain and can help to reduce stress.

There is so much a smile can do. Just one smile can brighten someone's day. It can also improve your day. Smiles are infectious. A healthy smile can develop confidence and generate a new outlook on the world.

Dr. Tim Stirneman and Jim Wojdyla from Compassionate Dentalcare founded National Smile Day share with the world what the power of a healthy smile can do. Confidence, health, and quality of life are just for the person smiling.

We are all going through a tough time but a smile could help us feel a little bit better. Smile at your neighbors and spread some positivity during this hard time.

**THE HIGHEST REWARD
FOR AN ACT OF
KINDNESS IS NOT WHAT
YOU GET BY DOING IT,
BUT WHAT YOU BECOME
BY DOING IT.**

SoulNourished

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, HCBS
Services,
HARP Outreach Planning & Engagement, SOAR

220 East Main Street Batavia, NY 14020

(585) 343-9162

Genesee ACE Employment

Visit us on the web at:

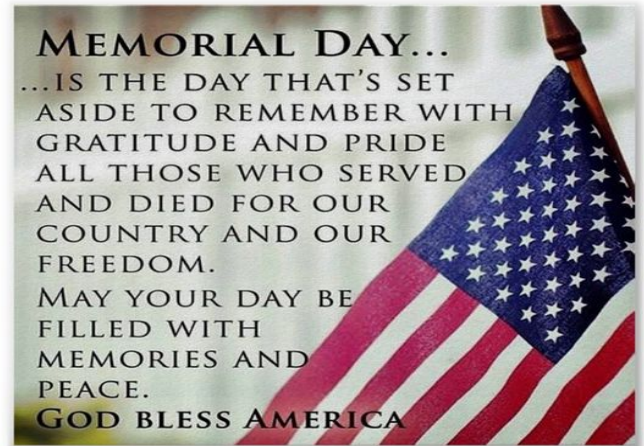
www.rsiwny.org

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www.facebook.com/Restorationsocietyinc



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