



November 2020  
Volume 12, Issue 11

# Recovery Happens

Illuminating pathways toward opportunity, possibility,  
wellness and independence.

Restoration Society, Inc., 66 Englewood Avenue, Buffalo, NY 14214  
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## Peer Power: Remembering Jason Hans 1978-2020

Our agency is in mourning this month after the sudden loss of our beloved teammate, *Jason Hans*. We have found comfort together by sharing memories, retelling old stories, and supporting Jason's family in this difficult time. We'd like to take this opportunity to share with you why Jason was so special to us. While working as a Peer Mentor at Restoration Society's Housing Solutions program, Jason shared his message of hope with hundreds of individuals in recovery.



Jason with a few of his Housing Solution teammates.



***"I think the most important thing to remind people is that Jason could have just sat at home and relied on his SSDI. But instead he was a hardworking, dedicated guy. Would do anything he was asked to do. He loved his job, his team and the agency mission. Always there for his team and always there for me. His absence is deeply felt already. Not only do we miss his hard work, we miss his sense of humor. Jason was a fighter. We are all sorry he lost the fight yet comforted by the fact that he is resting in peace surrounded by loved ones." -Jean***

***"Jason was one of the most driven, hard-working guys I have known. He was always pushing and working to improve himself. Most importantly, he was always trying to apply his lessons to help others. I am going to miss him, his stories, everything." -Josh***



***"(Jason was) a strong example of peer support, always willing to share a personal story (his personal phone number and maybe a Pepsi and Marlboro 100) to inspire recovery and resiliency day or night and often both! I truly believe his legacy will be us learning to care unconditionally for each other and to exemplify The values of peer support in every moment." -Adam***



***"Jason and I talked about everything and I want everyone to know that he was an exceptional peer mentor. He saw my potential to excel and do great things and truthfully I don't know where I'd be if I had never met him. He helped me to get back on the ball when I was dealing with my mental health, and he rubbed his outgoing, sociable, assertive personality off on me. When I was dealing with personal matters and episodes of depression he would brighten up my day and keep me up and running. Jason and I disagreed about things at times, but at the end of the day we'd apologize to each other and reconcile. He was my partner in crime and my best friend. Whenever I needed to talk he was always there to listen. He always encouraged me to better myself and keep a positive outlook on life. I loved Jason like an older brother and he will truly be missed." -Rodney***



PLEASE JOIN US FOR  
A FREE, HOMEMADE, TO-GO

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**THANKSGIVING  
DINNER**

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NOVEMBER 26 | 10 AM - 2 PM  
Dinners Distributed 11:30 AM - 1:30 PM  
THE EMPOWERMENT ACADEMY  
327 Elm Street, Buffalo, NY 14203

Call Us at (716) 884-5216 ext 498

**Masks & Social Distancing Required**  
**TAKE OUT dining is preferred due to**  
**capacity limitations**

Due to the ever-changing circumstances  
of COVID-19, please call beforehand, as  
plans may change!

# 30 DAYS OF gratitude

|   |       |
|---|-------|
| a person I'm glad to have in my life.       | _____ |
| something I find comfort in.                | _____ |
| my favorite part of the morning.            | _____ |
| my favorite memory.                         | _____ |
| an accomplishment I'm proud of.             | _____ |
| a hidden blessing in a difficult situation. | _____ |
| an opportunity I'm grateful for.            | _____ |
| my favorite song (& why).                   | _____ |
| a life lesson I have learned.               | _____ |
| the biggest gift in my life right now.      | _____ |
| a future event I'm excited about.           | _____ |
| some positive news I've gotten recently.    | _____ |
| my favorite area in my home.                | _____ |
| a memory that makes me smile.               | _____ |
| something beautiful I saw today.            | _____ |
| my favorite part of the evening.            | _____ |
| my guilty pleasure.                         | _____ |
| one good thing that happened today.         | _____ |
| how I show gratitude for my friends.        | _____ |
| something I love about a family member.     | _____ |
| something positive about my body.           | _____ |
| a challenge I'm grateful for.               | _____ |
| a compliment that made me feel good.        | _____ |
| the best gift I've ever received.           | _____ |
| the item I treasure most.                   | _____ |
| the people who mean the most to me.         | _____ |
| my favorite part about nature.              | _____ |
| something that made me laugh today.         | _____ |
| a book that I loved reading.                | _____ |
| a freedom I am grateful for.                | _____ |



# NOVEMBER NEWS

## NEED TOYS?

Requests to receive toys opens November 3rd through December 7th

For information about eligibility, how and where to register, please call:  
2-1-1 WNY by dialing 211 or 1-888-696-9211



## Follow-Up: CONGRATULATIONS to the Temporary Employment Team!

As a follow-up to our October article, we are pleased to announce that three of our Temporary Employment Program (TEP) members received permanent positions with D'Avolios! Hard work pays off!

***YOUR OPPORTUNITY IS ONE PHONE CALL AWAY!***

If you or someone you know is interested in our Temporary Employment Program, please contact Chaz Hatten at (716) 884-5216 x 410 or via email at [chatten@rsiwny.org](mailto:chatten@rsiwny.org)



## WINTER IS COMING!

Do you need to winterize your boots or shoes? Stop by to waterproof them for FREE!

327 Elm Street 2nd Floor, Buffalo  
(716) 884-5216 ext. 498



## **COVID-19 ASSISTANCE**

The Live Well Erie and City of Buffalo CARES Act Renters and Mortgage Assistance Program will provide temporary rent and mortgage assistance to individuals who were unable to pay their rent or mortgage due to circumstances related to the pandemic.



**& CITY OF BUFFALO  
CARES ACT  
RENTAL & MORTGAGE  
ASSISTANCE**

Apply online at <http://www.211wny.org/> All documents can be uploaded to the website. If you do not have access to the internet, call 211 for screening and assessment.



**Erie  
County  
Social  
Services**

## **HEAP Season Opens Soon!**

The Regular HEAP Season opens November 2, 2020.

The Home Energy Assistance Program (HEAP) is a federally funded program, which is administered by New York State to assist low-income families with their energy needs.

To learn more about HEAP, visit [www.erie.gov/heap](http://www.erie.gov/heap).



## **VETERANS DAY**

**Wednesday, November 11**

***Thank you to all our veterans!***

Did you know that the Veterans One-Stop can help Veterans with finding legal aid, readjustment counseling, financial counseling, education, housing, and more?

For more information, visit <https://www.vocwny.org/> or stop by:

**Veterans One-stop Center of Western New York**

**1280 Main Street, Suite 204**

**Buffalo, NY 14209**

**(716) 898-0110**



## A Proposal and Readily Response For Assistance To The Homeless Community of Buffalo, New York

**IN THE NEWS!** Congratulations to Kelvin S, who caught the attention of Buffalo's *Challenger* magazine after reaching out to local leaders with his vision for an artists collaborative housing project.

### DO YOU HAVE IDEAS TO SHARE? SHARE THEM WITH US!

Recovery Happens is always looking for content from our community. Please send your articles, letters, art, poetry, or other contribution to [newsletter@rsiwny.org](mailto:newsletter@rsiwny.org) or mail to Restoration Society, ATTN: Newsletter, 66 Englewood Ave., Buffalo, NY 14214.



## Shining Star Employee Spotlight

Amanda Kopacz



Any favorite line from a movie?

I love quoting movies in conversations, but often, they go unnoticed! LOL

Tell us something that might surprise us about you.

I can wiggle my ears



If you could learn to do anything, what would it be?  
Become multi-lingual

What are 3 words you'd use to describe Restoration Society Inc.?  
Innovative, Inspiring, Interconnected



What music is on your iPhone/Android phone?  
None! I still use a CD player or the radio

What is your favorite movie?  
Original Ghostbusters movies



What chore do you absolutely hate doing?  
Washing windows



## Peer-Spective

Article by Valerie M

This is the picture on my favorite coffee mug. If you have ever put a cat in a harness with the intention of going for a walk with them outside in the beautiful, sunshine filled world; you know this experience. You put kitty's 4 paws on the ground with all your delight and expectation. You dream about all the cute pictures you will have to show your friends and then...FLOP. Kitty falls over and loses the desire to operate her limbs. "Life Is Hard" is the quote on my mug. But this statement makes me laugh because I know something about this kitty that she doesn't know in her current state. And that's the fact that Life Doesn't Have To Be Hard. With patience, a steady pace, some training and reward for progress made; Kitty can learn to walk on a harness. Life is only hard until you find the niche that works for you. **What things in your life are like a harness to you? What kinds of things help you not to feel like flopping over in defeat? Do you have people, things or activities that help you connect with finding your way to being well?** And that's my Peer-Spective~



TEN YEARS  
AGO



NOW





# ArtStudio@AmityClub

CALLING ALL ARTISTS  
That's You. Yes, YOU.

HELP US REBUILD OUR  
COMMUNITY OF ARTISTS

Please join us as we share  
the healing power of art.



Original Artwork by Donna E.

Contact [aselon@rsiwny.org](mailto:aselon@rsiwny.org) or (716) 832-2141x223 or join our [Facebook Group](#) to stay connected.



## Recipe of the Month: 5-Ingredient Chicken and Dumplings for Two

### Ingredients

- 2 cups Progresso™ reduced sodium chicken broth (from 32-oz carton)
- 1 tablespoon ranch salad dressing & seasoning mix (from 1-oz package)
- 1/8 teaspoon black pepper
- 1 ½ cups shredded cooked chicken
- 3 Pillsbury™ frozen buttermilk biscuits (from 25-oz bag), thawed
- ½ cup shredded Cheddar cheese (2 oz)

### Instructions

- In 1½ - or 2-quart saucepan, heat broth, ranch seasoning mix, pepper and chicken to boiling.
- Cut each biscuit in half lengthwise, and cut each half into 4 pieces; add to boiling mixture. Reduce heat to medium; simmer uncovered 5 to 7 minutes, stirring frequently, until dumplings are cooked through and mixture is slightly thickened.
- Stir in Cheddar cheese until cheese is melted.

# November 2020 Empowerment Academy Calendar

ALL workshops are being held **In-Person AND via Phone** (unless otherwise indicated)













| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY  |
|---|--|--|--|---|
| <b>2</b><br><b>10am</b> Let's get to know one another With Sally<br><b>1pm</b> Let's talk about respect with Renee<br><b>2pm</b> Open discussion<br><b>7pm</b> Lets Chat with Sametra   | <b>3</b><br><b>10am</b> Staying Connected with Betty<br><b>1pm</b> Connecting with Others with Sally<br><b>2pm</b> Open discussion<br><b>7pm</b> What's on your Mind with Tony   | <b>4</b><br><b>10am</b> Staying Connected with Renee<br><b>1pm</b> Benefits with Renee<br><b>2pm</b> Open discussion<br><b>7pm</b> Depression & Anxiety Group with Tony              | <b>5</b><br><b>10am</b> Staying Connected with Betty<br><b>1pm</b> WRAP with Renee<br><b>2pm</b> Calendar Planning with Sally<br><b>7pm</b> What's on your Mind with Erik  | <b>6</b><br><b>10am</b> Stay Connected! with Betty<br><b>1pm</b> Connecting with Others with Renee<br><b>2pm</b> Open discussion<br><b>7pm</b> Coping during COVID with Tony                      |
| <b>9</b><br><b>10am</b> Let's get to know one another With Sally<br><b>1pm</b> Learn How-To TeleHealth! with Renee<br><b>2pm</b> Open discussion<br><b>7pm</b> Lets Chat with Sametra   | <b>10</b><br><b>10am</b> Staying Connected with Betty<br><b>1pm</b> Connecting with Others with Sally<br><b>2pm</b> Open discussion<br><b>7pm</b> What's on your Mind with Tony  | <b>11</b><br><b>10am</b> Staying Connected with Brandon<br><b>1pm</b> Benefits with Renee<br><b>2pm</b> Open discussion<br><b>7pm</b> Depression & Anxiety Group with Tony           | <b>12</b><br><b>10am</b> Staying Connected with Betty<br><b>1pm</b> WRAP with Betty<br><b>2pm</b> Calendar Planning with Sally<br><b>7pm</b> What's on your Mind with Erik | <b>13</b><br><b>10am</b> Staying Connected with Renee<br><b>1pm</b> Connecting with Others with Renee<br><b>2pm</b> Coping with Addiction with Betty<br><b>7pm</b> Coping during COVID with Erik  |
| <b>16</b><br><b>10am</b> Let's get to know one another with Sally<br><b>1pm</b> Staying Healthy with Renee<br><b>2pm</b> Open discussion<br><b>7pm</b> Lets Chat with Sametra           | <b>17</b><br><b>10am</b> Staying Connected with Betty<br><b>11am</b> ACE Orientation (call-in)<br><b>1pm</b> Connecting with Others with Sally<br><b>2pm</b> Open discussion<br><b>7pm</b> What's on your Mind with Tony | <b>18</b><br><b>10am</b> Staying Connected with Renee<br><b>1pm</b> Benefits with Renee<br><b>2pm</b> Open discussion<br><b>7pm</b> Depression & Anxiety Group with Tony             | <b>19</b><br><b>10am</b> Staying Connected with Betty<br><b>1pm</b> WRAP with Renee<br><b>2pm</b> Calendar Planning with Sally<br><b>7pm</b> What's on your Mind with Erik | <b>20</b><br><b>10am</b> Stay Connected! with Betty<br><b>1pm</b> Connecting with Others with Renee<br><b>2pm</b> Coping with Addiction with Betty<br><b>7pm</b> Coping during COVID with Sametra |
| <b>23</b><br><b>10am</b> Let's get to know one another with Sally<br><b>1pm</b> Learn How-To TeleHealth! with Renee<br><b>2pm</b> Open discussion<br><b>7pm</b> Lets Chat with Sametra  | <b>24</b><br><b>10am</b> Staying Connected with Betty<br><b>1pm</b> Connecting with Others with Sally<br><b>2pm</b> Open discussion<br><b>7pm</b> What's on your Mind with Tony  | <b>25</b><br><b>10am</b> Staying Connected with Renee<br><b>1pm</b> Benefits with Renee<br><b>2pm</b> Kitchen Planning with Betty<br><b>7pm</b> Depression & Anxiety Group with Tony | <b>26</b><br><b>10am</b> Staying Connected with Betty<br><b>1pm</b> WRAP with Betty<br><b>2pm</b> Calendar Planning with Sally<br><b>7pm</b> What's on your Mind with Erik | <b>27</b><br><b>10am</b> Staying Connected with Renee<br><b>1pm</b> Connecting with Others with Renee<br><b>2pm</b> Coping with Addiction with Betty<br><b>7pm</b> Coping during COVID with Tony  |
| <b>30</b><br><b>10am</b> Let's get to know one another with Sally<br><b>1pm</b> Managing your4 medication with Renee<br><b>2pm</b> Open discussion<br><b>7pm</b> Lets Chat with Sametra | <b>31</b><br><b>10am</b> Staying Connected with Betty<br><b>1pm</b> Connecting with Others with Sally<br><b>2pm</b> Open discussion<br><b>7pm</b> What's on your Mind with Tony  |  | <b>Parenting Support Groups:<br/>November 7<sup>th</sup> &amp; 21<sup>st</sup></b>   | <b>Join Us On-site or by Phone!</b><br><b>Call: 716-884-5216</b><br><b>ext 901 PIN 1234</b><br><b>Mon-Fri 9am-8:30pm</b><br><b>Sat &amp; Sun 9am-1pm</b>  |

# Clubhouse Buffalo

November 2020

66 Englewood Ave, Buffalo, NY 14214  
(716)832-2141 ext. 212, 217, 242 or, 249

Hours for Ages 16-20 years of age  
Monday to Friday 3 to 8pm

| Monday  | Tuesday   | Wednesday  | Thursday  | Friday   |
|---|---|--|---|--|
| <p>2</p> <p>Boys to Men Dinner<br/>Arts and crafts</p>  | <p>3</p> <p><b>Election Day</b><br/>Peace Hub<br/>Peer Government</p>  | <p>4 LGBTQA+ Karaoke/Dinner</p>                              | <p>5</p> <p>Ted Talks<br/>S.P.O.R.T</p>                | <p>6</p> <p>Ladies Night<br/>Ice Cream</p>              |
| <p>9</p> <p>Boys to Men Dinner<br/>Homework Help</p>  | <p>10</p> <p>Beauty Night<br/>S.P.O.R.T Fitness day</p>                | <p>11</p> <p>Veterans Day<br/>Closed</p>                     | <p>12</p> <p>Feelings Check<br/>Game Night</p>  | <p>13</p> <p>Ladies Night<br/>Nature Walk</p>  |
| <p>16</p> <p>Boys to Men Dinner<br/>Speaker/Access-VR</p>      | <p>17</p> <p>Game Night<br/>Decorating clubhouse</p>  | <p>18</p> <p>LGBTQA+ Dinner<br/>Exploring Friendships</p>  | <p>19</p> <p>Pumpkin Picking<br/>Recovery Peer Support</p>  | <p>20</p> <p>Ladies Night<br/>Getting to know Me<br/>Discussion</p>  |
| <p>23</p> <p>Boys to Men Dinner<br/>Ted Talk</p>  | <p>24</p> <p>Thanksgiving Dinner<br/>Gratitude discussion</p>        | <p>25</p> <p>LGBTQA+ Poetry Snack Night</p>  | <p>26</p> <p><b>Thanksgiving Day</b><br/>Closed</p>  | <p>27</p> <p>Ladies Night<br/>S.P.O.R.T. Fitness</p>  |
| <p>30</p> <p>Boys to Men Dinner<br/>S.P.O.R.T Fitness Day</p>  |   |  |   |  |



**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, 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](http://www.rsiwny.org)**

**Facebook**

**[www.facebook.com/Restorationsocietyinc](https://www.facebook.com/Restorationsocietyinc)**



**WASH YOUR HANDS**



WATER AND SOAP



PALM TO PALM



BETWEEN FINGERS



FOCUS ON THUMBS



BACK OF HANDS



FOCUS ON WRISTS

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

