

# 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

## CODE BLUE:

When the temperature drops, the shelters open!  
Code Blue (15°F) and Code Blue (32°F)  
will be in effect throughout the winter.

Please encourage anyone experiencing homelessness to call 2-1-1 to be picked up and provided shelter and/or go to the Harbor House (241 Genesee St.) or the Downtown NFTA Metro Transportation Center (beginning at 7PM)

[NEW] Receive Text Alerts  
When it is a Code Blue Night!!  
Simply Text: "CodeBlueBuffalo" to  
989-211

**DONATIONS NEEDED:** Boots, Coats, Socks, Hats, Gloves, Scarves, Hand Warmers, etc. also Food Donations!!! (There are many mouths to feed & folks in need at this time, please encourage all to help)

-Thank You!

## HAPPY NEW YEAR!

Join Us!

## New Year's Day Dinner Party

WHEN: Wednesday, January 1<sup>st</sup>, 2020

From 10am-2pm

WHERE: Hosted by Empowerment Academy  
327 Elm Street, Buffalo, NY 14203

No need to RSVP, but feel free to call for more information!  
716.884.5216

# DIAL 2-1-1

## GET CONNECTED GET ANSWERS

### NEED HELP?



FOOD



SHELTER



PAY BILLS



GET CARE



TAX HELP





**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, 2<sup>nd</sup> Floor  
 Buffalo, NY 14203



**Office of  
Mental Health**

**Regional Advisory Committee  
Meeting for Consumer and Families**

**Monday, January 27, 2020**

**8:30 a.m. - 4:30 p.m.**

**Statewide Video Teleconference**

**YOUR CHANCE TO BE HEARD BY NEW YORK STATE**

**Buffalo Location:**

WNY Independent Living  
 3108 Main St, 2<sup>nd</sup> Floor  
 Buffalo, NY 14214

**This is open to the public, however since we  
 provide lunch, we ask people to register in  
 advance. Registration will be open soon.  
 If you are interested in attending along with your  
 Restoration Society peers, please contact:**

**Kate Parker (716) 832-2141 x 230**

BFLOPARKS.ORG/WINTERBLAST2020



**MONDAY JAN. 20 | MLK JR. PARK | 12:00 P.M. - 2:00 P.M.**



**Date: Monday, Jan. 20, 2020**

**Place: MLK Jr. Park Casino and Basin**

**Time: 12:00 p.m. – 2:00 p.m.**

**All activities are FREE and include:**

- Old fashioned pond ice-skating – WEATHER DEPENDENT
- Skate-rental
- BlueCross BlueShield Healthy Zone Cruiser
- Fun on the ice with Skate Great, Inc.
- Albright-Knox Art Truck
- Face Painting by Squiggly Art Face Painting
- Interactive fun with the Buffalo Museum of Science
- Cookie Decorating
- Healthy Snacks provided by Ashker's Bistro – Gallery – Community

**FREE Legal Clinic** provided by:



- Social Security Disability
- Supplemental Security Income
- Housing Laws
- Family Law

Held at Empowerment Academy  
 327 Elm Street, Buffalo, NY 14203  
 Wednesday, January 22<sup>nd</sup>, 2020  
 Call 884-5216 for more information!

**Housing Solutions:**

**Tenant Forum**

**Thursday January 23<sup>rd</sup>  
12PM - 2PM**



**Current housing customers please  
 come provide feedback on your  
 experience in our program!!  
 and Eat Pizza!!**



## Pet Corner



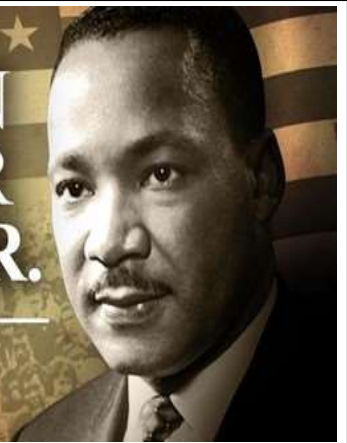
## WINTER SAFETY TIPS FOR PETS

Winter can be harsh on your pet, and we aren't always aware of some of the dangers lurking when the temperatures drop. Here are a few winter safety tips to keep your pet safe.



- During the winter, daylight can be very limited. Make sure if you're out after dark that both you and your pet have on reflective gear.
- Some pets are more sensitive to the cold than others. Pets with short fur, are thin, elderly, or young will cold more quickly. It might be a good idea to invest in a sweater or jacket for them.
- Just like us, pets can get hypothermia and frostbite. A good rule to go by is: "if it's too cold for you, it's too cold for your pet."
- The salt on roads and sidewalks can irritate the pads of your pet's paws. Wiping their paws off after will minimize the irritation or you can purchase booties to protect their paws while out on walks.
- While fur does protect your pets from the harsh weather to an extent, once wet, fur loses most of its insulating abilities.

## MARTIN LUTHER KING JR. — DAY —



FIVE FUN FACTS ABOUT DR. KING  
 HIS FIRST NAME WAS MICHAEL.  
 HE HAD A BROTHER WHO WAS A PROFESSIONAL SWIMMER.  
 HE ATTENDED MOREHOUSE COLLEGE AT THE AGE OF 15.  
 HE HAS APPROXIMATELY 900 STREETS NAMED IN HIS HONOR.  
 HE IS THE ONLY BLACK MAN WITH A NATIONAL HOLIDAY.  
 HAPPY MARTIN LUTHER KING DAY



Dress Up Your Pet Day is  
January 14!

Send in photos of your pet  
dressed up to be featured in  
our next newsletter!

[newsletter@rsiwny.org](mailto:newsletter@rsiwny.org)

## SOAR = SSI/SSDI Outreach Access and Recovery

Q: Are you currently experiencing or at-risk of homelessness?

Q: Do you have a Mental Health or Addictions Diagnosis, or a Major Physical or Learning Disability?

If you answered "Yes"  
you may be eligible for the SOAR Program, which helps you apply for  
SSI/SSDI Benefits!

**SOAR** WORKS  
NEW YORK

If you are a Fidelis Care Member, come in to speak with  
Trudy at:

**Empowerment Academy**  
327 Elm Street, Buffalo, NY 14203  
Mondays and Thursdays 9a-12p

**Coordinated Entry**  
Downtown Central Buffalo Public Library  
Wednesdays 11a-2pm

Or call (716-864-1024) or email [tdecker@fideliscare.org](mailto:tdecker@fideliscare.org)

If you are not a Fidelis Care Member,  
come in to speak with:

Empowerment Academy Staff  
327 Elm Street, Buffalo, NY 14203  
Or Call 716-884-5216 ext. 498 for  
more information

no one  
is in  
charge  
of your  
happiness  
except  
you



## Gluten Free Day - January 13<sup>th</sup> 2020

It's not just a diet. The inflammation caused by gluten in wheat, grains, barley and rye damages the villi in the intestines. Over time, the loss leads to more severe health problems. Eating gluten-free prevents the inflammation and further damage.

- **Celiac disease** is a condition in which gluten triggers immune system activity that damages the lining of the small intestine. Over time this damage prevents the absorption of nutrients from food. Celiac disease is an autoimmune disorder.
- **Non-celiac gluten sensitivity** causes some signs and symptoms associated with celiac disease – including abdominal pain, bloating, diarrhea, constipation, "foggy brain," rash or headache – even though there is no damage to the tissues of the small intestine. Studies show that the immune system plays a role, but the process isn't well-understood.
- **Gluten ataxia**, an autoimmune disorder, affects certain nerve tissues and causes problems with muscle control and voluntary muscle movement.
- **Wheat allergy**, like other food allergies, is the result of the immune system mistaking gluten or some other protein found in wheat as a disease-causing agent, such as a virus or bacteria. The immune system creates an antibody to the protein, prompting an immune system response that may result in congestion, breathing difficulties and other symptoms.

January 4, 2020 is...



Recipe: "Yes, you can Microwave Spaghetti, Just Be Careful!"

1. The process is just as straightforward as making it on the stove, it only takes about 2-3 minutes longer!
2. Simply break the noodles into thirds (sorry, can't follow the "no break" rule, shame on us) and place into a microwave safe bowl where you can submerge them. You should place a plate underneath the bowl, just in case it boils over.
3. Microwave on high for 2-3 minutes longer than it says you need to boil them on the stove. This is because when cooking on the stove, the water is already hot. In the microwave, you have to bring it up to boiling from tap water temperature.
4. If you would like al dente noodles, you will want to check them before microwaving them for any longer. Since microwaves vary in size and wattage, you may need to check them from time to time. 45-second intervals will be sure not to overcook them and make mush (unlike you like them like that.)
5. Drain off your excess water and add your sauce. Cover (so you don't have to clean the microwave afterward) and microwave for 30 seconds to make the sauce piping hot.
6. If you have leftovers, simply add some water (about 2-3 tablespoons) and microwave for 45 seconds. Stir, and microwave in 30-second intervals as until heated through. If the noodles are dry (but not hard), add just a little more water.

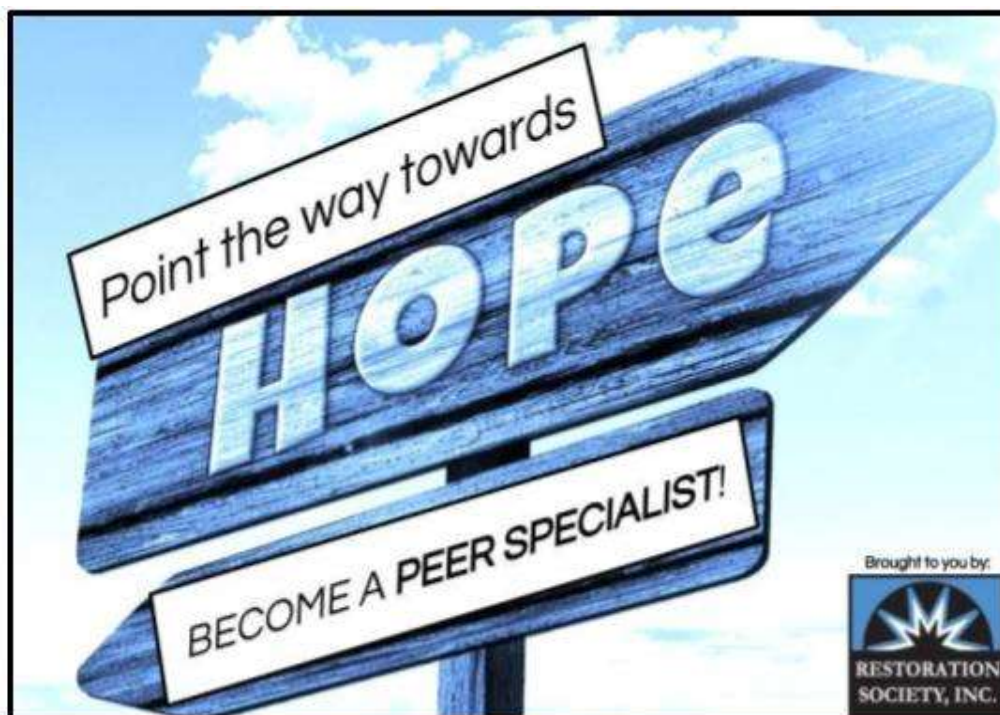


The last day of the year's first month,  
the 31st of January 2020 is  
Inspire Your Heart with Art Day.

Any kind of art suits Inspire Your Heart with Art Day. No matter if you are into music, paintings, theatre, sculptures, dance or poetry - get inspired by any of those. Art has the power to ease a mind, to catch attention on a certain topic or to motivate people.

This text has been taken from  
www.cute-calendar.com





Let Restoration Society, Inc. help you to...

- **Use YOUR experience to inspire others**
- **Turn your strengths into a rewarding career**

**Restoration Society is pleased to offer new training opportunities in 2020!**

#### **Introduction to Becoming a Peer Specialist**

**Dates (choose one):** 1/15/2020, 4/29/2020, 8/19/2020

**Time:** 12:30pm-4:30pm (snacks provided)

**Location:** 66 Englewood Ave., Buffalo, NY 14214

Know what it takes to be a peer mentor? This 4 hour interactive training will prepare you for success! Topics include: the values of peer support, communication and engagement, maintaining boundaries, sharing your story, maintaining wellness at work, and finding work as a peer. Participants will receive a certificate of completion and will be shown how to further their training through the Academy of Peer Services.

#### **Peer Specialist Study Group**

**Dates:** Every Wednesday starting 1/22/2019 (please contact Kate Parker to RSVP)

**Time:** 3:00pm-5:00pm

**Location:** 66 Englewood Ave., Buffalo, NY 14214

Join your fellow peers! Participants will support each other and receive valuable guidance and study tips from peers in the field while completing their online classes through the Academy of Peer Services.

#### **Applied Skills for Peer Specialists**

**\*Dates and Times To Be Announced! Stay Tuned!**

In 2020, Restoration Society will be partnering with other peer service providers to provide hands-on, interactive training on the skills that are crucial for success as a peer specialist. Topics may include: SOAR and benefits coaching, advocacy, facilitating groups, goal-setting, service planning and case notes, wellness coaching, crisis diversion and more! Please watch the Restoration Society Newsletter for news about upcoming training opportunities near you!

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

# ACE Employment Services

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

**TUESDAY** January 7th @ 11am

**FRIDAY** January 24th @ 1:30pm

327 Elm Street  
Corner of Elm and Genesee



**Brian M.**  
Successful ACE Ticket  
to Work Customer  
*Restoration Society Inc.*  
Position: Cashier, Walgreens  
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.

### **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!*

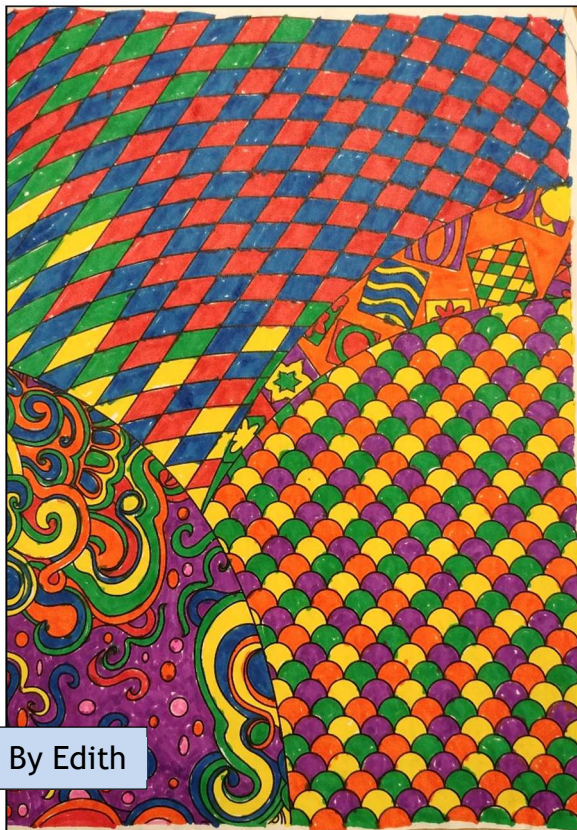
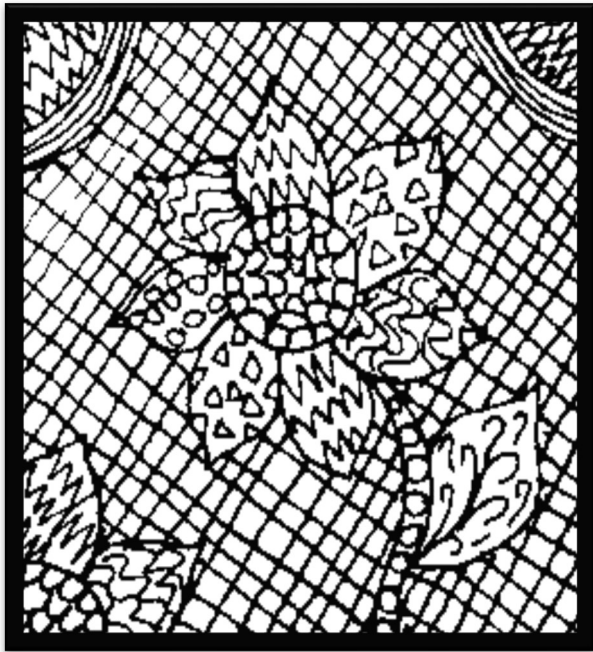
*We offer a continuum of vocational  
rehabilitation services to assist you  
in procuring and maintaining  
competitive employment.*

### **ELIGIBILITY:**

*Must have a primary mental health diagnosis.  
Must be located in Erie County.*







By Edith



## Why I'm a Fan of the NEW England Patriots by Tim Malley

Theres a certain mystique about Tom Brady and The New England patriots.because not only have they won 6 super bowls but there also consistent winners okay I realize that they lost to the Houston Texans in week 13 but expect the patriots to go far in the NFL playoffs again like they did when they won the super bowl.i've been a fan of the new England patriots for years when they had such players such as;sam the bam cunnningham,russ francis,moises Tatupu,john Hannah,and jim nance among others[the jim nance who played with the new England patriots is not to be confused with the jim nantz who works with CBS sports.]but ever since the patriots have had Tom Brady,[and Tom Brady has been with the patriots since 2001.]the patriots have been consistent winners steamrolling the opposition with there brilliant coach bill belichick who always finds a way to win.im a huge fan of the new England patriots I guess because when I first became a fan of the new England patriots they were hapless losers but I liked them because they were underdogs and I like the underdog.but ever since Tom Brady has been with the patriots he has helped transform the patriots from hapless losers to consistent winners.so when the playoffs get underway in January you can be sure that the patriots will be be primed and ready for another super bowl run.



By Steve

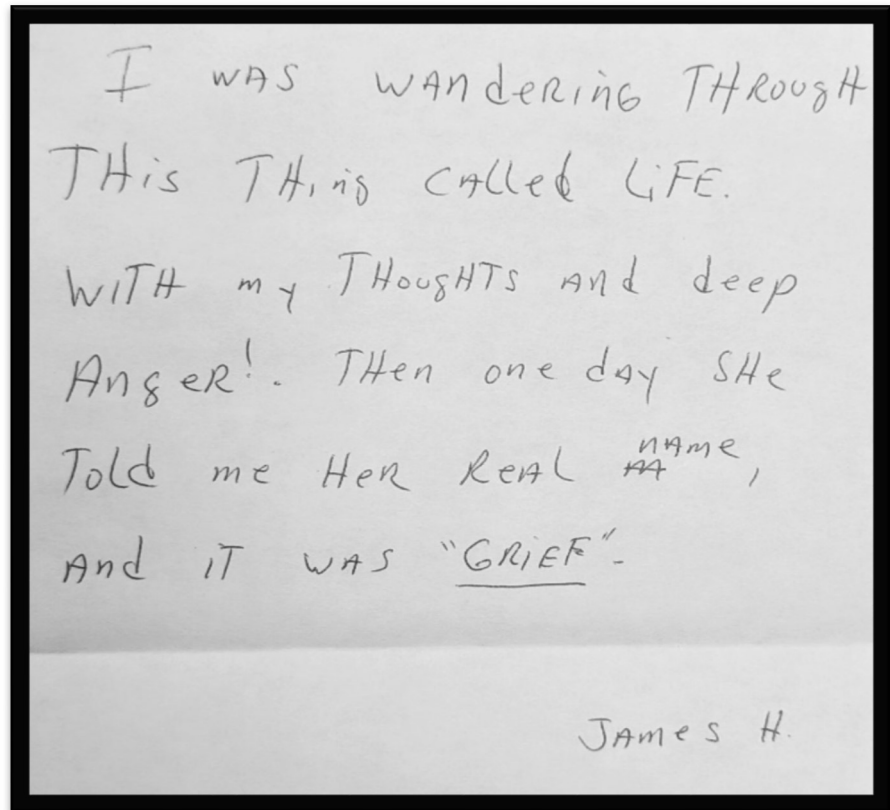
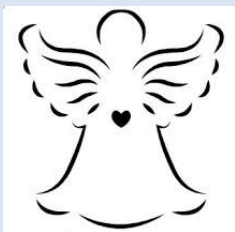
HAVE YOU EVER HEARD  
AN ANGEL'S PRAYER  
BY CHANTAL

Have you ever heard an  
angel's prayer?  
A soft breeze that moves  
through the air  
That gives you a feeling of  
love and care,  
A feeling of happiness you  
would want to share

Have you ever seen an angel  
fly?  
Its wings shine in the  
brightness of the sky  
Courage and forgiveness  
sparks in the angel's eye  
It's a sight no human would  
ever deny

Have you ever seen an angel  
stand before the sun?  
You get a feeling to spread  
your arms and run  
You say in your head, "that  
angel is a special someone"  
And you keep chasing and  
running until your body says  
it's done

Have you ever heard an  
angel's prayer?  
A soft breeze that moves  
through the air  
That gives you a feeling of  
love and care  
A feeling of happiness you  
would want to share  
So tell me, did you hear the  
prayer?



## Holly's Corner

The holidays will come and go... What will we do with our time? During this column, I wanted to have the staff share some ideas that are constructive to-do. Amongst some I have considered and I want to thank websites such as Etsy and Pinterest to augment my choices. First off, I found approximately thirty ways to use my leftover toilet paper rolls, one of which I packed a gift card into and wrapped it to make it look pretty like an envelope. Speaking of wrapping paper, where do you buy yours? It seems like it is always one of those things people forget in the hustle of getting in and out of stores quickly during the season. If you have leftover wrap, use it and hide it and maybe just buy a neutral color or print for other occasion coverage. With a lot of giving or if you are an exceptional planner (I am on disability and don't really like talking about it), maybe a day to commemorate friendship like a "Friendsgiving" could surface and you could invite friends over to eat and play board games. So, what's your favorite kind of coffee? I had a Compeer friend who I would meet for coffee in public @ Public. Who knew there is now one on Seneca Street, so that is another option or inviting even an opposite gender person over for coffee, an especially holiday beginning and you never know who is hurting. Finally, I tried a restaurant called The Dobatsu on a cold and blustery holiday day, and enjoyed the feeling of being included somewhere even though I made the comment to my friend that I feel like Tiny Tim or something looking in onto a feast. And hear he hear ye, you could always talk about arts and crafts!!!!!!!!!!!!!!!!!!!!!!





# Shining Star Employee Spotlight

Adam Selon

Q: If you could meet anyone, living or dead, who would you meet?

A: Jon Stewart (Living) or George Carlin (Dead)



Q: What is your favorite movie?

A: Donnie Darko

Q: What is the first concert you attended?

A: Britney Spears (When she was touring that album produced by The Neptunes...snakes and waterfalls on stage!)

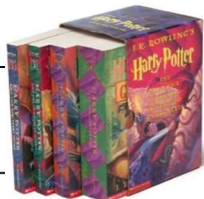


Q: What is the last book you read?

A: *The War on Normal People* by presidential candidate Andrew Yang #YangGang

Q: What is the best book(s) you've read

A: Harry Potter! Duh!



Q: Where is the best place you've traveled to and why?

A: Scotland! My mom moved my brothers and I there twice when we were younger and I had the chance to return last year to spread her ashes <3



Q: What has been your proudest moment at RSI?

A: Becoming a supervisor in Housing Solutions and getting the community-based Art Studio and Workshops going!! (Find us at Amity Club in 2020!)



Q: What is on your Bucket List?

A: Being the Restoration Society's Shining Star and being featured in the *Recovery Happens* newsletter! Nailed it!



## BAKING WITH BERTIA

### Ingredients

1 stick plus  
2 tbsp. salted butter  
1/3 c. Sugar 1 c. all-purpose flour  
Sprinkles (optional)

### Directions

1. Preheat oven to 325°.
2. Use an electric mixer to cream the sugar and butter, whipping the two until the butter is almost white and the mixture is light and fluffy, almost like a slightly gritty frosting, then stir in flour.
3. Form the cookies into 1" balls, placing them about 2 inches apart on a baking sheet. If using sprinkles, flatten cookies into a disc shape and top with sprinkles.
4. Bake for 15 to 17 minutes, or until the edges of the cookies are lightly golden.

**Peer Advisory Council is LOOKING FOR NEW MEMBERS!**

Join us  
January 8th  
11am - 1pm  
@ Empowerment Academy  
327 Elm St.

This is your chance to give RSI your ideas, questions, & concerns!



# Customer Spotlight

Aaron S.

**Which programs do you participate in at Restoration Society, Inc.?**

I get help with my goals through Home and Community Based Services (HCBS)

**What is your Least Favorite Food?**

Shrimp, anything seafood-wise

**What has been your favorite part of coming to RSI?**

Learning new things that I never got to experience in my life.

**You're happiest when?**

I'm out with my HCBS peer or with my girlfriend.

**Where would you like to go on a dream vacation?**

Outer space - the international space station!

**Are you messy or organized?**

Balanced.

**What are three words to describe RSI?**

Fun, compassionate, amazing

**Do you have any pets?**

Yes, three golden retrievers and a cat, age range 4-12.

**What do you do in your free time?**

Dog training, spending time with my significant other, gaming, sleeping



## SOUPER BOWL



**SAVE THE DATE!**

WEDNESDAY, JANUARY 29<sup>TH</sup>, 2020  
@ EMPOWERMENT ACADEMY



**Artistic Opportunities  
& Happenings in  
the Community**

The Art Group formerly known as

ArtWorks is now... **ArtStudio**



**Upcoming Events**

January 30<sup>th</sup> 6:00pm-7:00pm

Opening Reception:

ArtWorks on Display

at the Erie Co. Public Library

(1 Lafayette Sq.)

join us at the library to celebrate our artists  
workbeing featured. light refreshments will be served



January - March 9<sup>th</sup>

Check out our display at the Library

1 Lafayette Square Buffalo, NY 14203

February 20<sup>th</sup> 2:00pm-5:00pm

Art Studio Unveiling and

Welcome Workshop

@ Amity Club (340 Military Rd. )

**@ AmityClub**



*Art is about building a new foundation, not just laying  
something on top of what's already there. -Prince*

**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)



Made possible through a grant from

**ARTS SERVICES INITIATIVE**  
OF WESTERN NEW YORK INC

\*Cancellations will be posted on our Facebook page. Have Questions? Contact Adam @ 716-208-8126

<b>January 2019</b> Tel. 884-5216 Fax 884-2847		<b>Empowerment Academy Workshops</b> <b>Open Monday – Friday for hours please look below</b>			327 Elm Street, Buffalo NY 14203
Monday	Tuesday	Wednesday	Thursday	Friday	
<b>** EA Hours **</b> Sun: 9am-1pm Mon: 9am-9pm Tue: 9am-9pm Wed: 9am-9pm Thu: 9am-9pm Fri: 9am-9pm Sat: 9am-1pm	<b>Please Note:</b> *= workshop is held in the community and EA will be closed except for appointments and emergencies only	1.  <b>*EA Open 10am-2pm</b>	2. 10-11am: Managing Depressive Symptoms 11-12pm: Coping Skills Workshop  1-2pm: Ted Talk Series  6-7pm: Therapy Board Games	3. 10-11am: Goal Setting for the New Year 11-12pm: Beating the Winter Blues  1-2pm: Social Hour  4-8pm: Spades Club	
6. 10-11am: Safety First! 11-12pm: Leadership Skills  1pm: Brain Teasers  5-9pm: Social Hour	7. 10-11am: Conflict Management 11-12pm: Improving Self –Care  1-2pm: Calendar Planning Group  6-8pm: Pool Tournament	8. 10am-12pm: Recreation Hour  1-2pm: Socialization Hour  <b>*7-8pm: Computer Class (Guest Presenter)</b>	9. <b>Staff Training</b> <b>EA Closed from 9am-1pm</b>  1-2pm: Ted Talk Series  6-7p: Movie Club	10. 10-11am: Mindfulness Activities 11-12pm: Combatting Perfectionism  1-2pm: Social Hour 4-8pm: Spades Club	
13. 10-11am: Safety First! 11-12pm: The Joy of Laughing 1-2pm: Brain Teasers  5-9pm: Social Hour	14. 10-11 am: Creative Movement 11-12pm: Winter Crafts 1-2pm: Coffee & Conversation  6-8pm: Spades Tournament	15. 10-11am: Managing Emotions 11-12pm: Combatting Mental Hoarding 1-2pm: Socialization Hour  6-7p: Health Management	16. 10-11am: Keeping the Dream Alive (Diversity Tolerance) 11-12pm: Loving Yourself (Self-Esteem Workshop) 1-2pm: Social Hour 6-7p: Socialization Vs. Isolation	17. <b>*10am-12pm: Buffalo History Museum (Free)</b>  1-2pm: Social Hour  4-8pm: Spades Club	
20. <b>Happy MLK Day!!!</b>  <b>(EA Open from 10am-2pm)</b>	21. Nat'l Alcohol/ Drug Facts Week 10-11am: Drug Facts Jeopardy 11-12pm: WRAP Workshop  1-2pm: Coffee & Conversation  6-8pm: Bingo Tournament	22. Nat'l Alcohol/Drug Facts 10-11am: Anger Management 11-12pm: Managing Addictive Behaviors 1-3pm: Socialization Hour  5-9pm: Social Hour	23. Nat'l Alcohol/Drug Facts Week 10-11am: Mindfulness Activities 11-12pm: Healthy Boundaries  1-2pm: Ted Talk Series  6-7p: Movie Club	24. Nat'l Alcohol/Drug Facts Week 10-11am: Dual Disorder Education 11 – 12pm: Adult Coloring 1-2pm: Social Hour  4-8pm: Spades Club	
27. 10-11am: Relaxation Activities 11-12pm: Ineffective Vs. Effective Communication  1-2pm: Brain Teasers  5-9pm: Social Hour	28. 10-11am: Creative Movement 11-12pm: Financial Literacy  1-2pm: Coffee & Conversation  6-8pm: Board Game Tournament	29. <b>Staff Training</b> <b>EA Closed from 9am-1pm</b>  1-2pm: Ted Talk Series  5-9pm: Social Hour	30. 10-11am: Accepting Personal Responsibility 11-12pm: Therapeutic Journaling 1-2pm: Ted Talk Series  6-7pm: Healthy Relationships	31. 10-11am: Creative Expressions 11-12pm: Family Tree Workshop  1-2pm: Social Hour  4-8pm: Spades Club	



# Clubhouse Buffalo





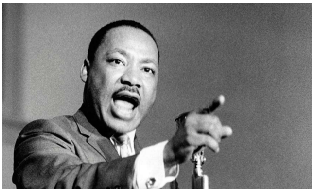



January, 2020

66 Englewood Ave, Buffalo, NY 14214

(716)832-2141 ext. 212, 217 or, 249

Hours for Ages 16-20 years of age

Monday to Friday 3pm to 9pm

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>Free meal provided daily</b>  <b>Homework Help offered daily</b>  <b>Individual sessions with Recovery Coaches offered daily</b>	<b>1 CLUBHOUSE CLOSED</b> 	<b>2</b>  <u>5pm to 5:30pm</u> <b>GOAL SETTING FOR 2020</b>	<b>3 5:30pm Ladies Night</b> 
<b>6</b> 4:30pm to 5:30pm Boys to Men Dinner  6pm to 7pm Art Program Drawing and Painting	<b>7</b> 5:15pm to 6pm Getting to know me  6:30 to 8:30pm Game Night	<b>8</b> 3pm To 4pm Academic Learning  <b>4:30pm Peer Government Meeting</b>	<b>9</b> 4pm Yoga with Eric & Daija  6pm TED Talk	<b>10</b> 3pm to 6pm Ladies Bowling Night 
<b>13</b> 3:30pm Life Skills-Budgeting  4:30pm to 5:30pm Boys to Men Dinner	<b>14</b> 5:30pm to 6:30pm Ted Talks Earning and Giving Respect	<b>15</b> 4pm to 7:30pm Sibling Game Night  Leaving for S.O.Y Poetry Night at 5pm	<b>16</b> 4pm Yoga with Eric & Daija  5:30pm Discussing Boundaries  6:30 Game Night with Staff	<b>17</b> 5:30pm - 6pm Ladies Night!!!!!!  5:30pm to 7:30pm Basketball
<b>20 CLUBHOUSE CLOSED</b> 	<b>21</b> 5:30pm to 6:30pm <b>EXPLORING HEALTHY RELATIONSHIPS</b>	<b>22</b> 3pm To 4pm Academic Learning  <b>4:30pm Peer Government Meeting</b>	<b>23</b>  <b>4:00pm GUEST SPEAKER</b>	<b>24</b> 5:30pm TO 6:30pm Ladies Night!!!!!!!!!!!!!!  5:30pm to 7:30pm Basketball
<b>27</b> 4:30pm to 5:30pm Boys to Men Dinner  6pm How to write a Resume	<b>28 All day monthly Birthday Celebrations</b> 	<b>29</b> 5pm to 6pm Guided Meditation YOU TUBE 	<b>30</b> 4pm Yoga with Eric & Daija  5:30 TED Talk  6:00 Game Night	<b>31 5:00pm to 8:00pm MOCK SUPERBOWL PARTY!!!!!!</b> 

**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, HCBS Services,  
HARP Outreach Planning & Engagement

**220 East Main Street Batavia, NY 14020**

**(585) 343-9162**

Genesee ACE Employment



Do you want to be featured in our Newsletter in October???  
We are looking for:

- Poems
- Creative Writing Pieces (1/2 page/100 words preferred)
- Art and Photography
- Original Quotes
- Short Stories
- Feedback from our Readers!!!

**Submit your pieces of work to the Empowerment Academy or email us at [newsletter@rsiwny.org](mailto:newsletter@rsiwny.org)**



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