

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

Happy
Valentine's
Day

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!



Lucy Terry (1730-1821)



Brought to Rhode Island as a slave from West Africa, Lucy was a gifted poet, storyteller and activist. Her poem "Bar Fight," describing an ambush led by Indians on colonial settlers, was recited and sung for 100 years until it was published. She became the first African-American woman published in the US.

In 1803, Lucy appeared before the Supreme Court where her eloquence and assertive demeanor allowed her to successfully argue her own case on land claims.

Lucy also wrote letters of advice and encouragement to President George Washington, who happily received them and responded to her. The respect shown for Lucy by prominent figures such as Washington and the Supreme Court demonstrate how such accomplishments, though not well known, have been significant in our history.

~Anita Howell



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, 2nd Floor
 Buffalo, NY 14203

SAVE THE DATE!



Come to Albany

February 25th, 2020
 For NYAPRS 23rd Annual



Legislative Day!

Once again, NYAPRS members will come to Albany from across the state to
 advocate for this year's priorities!

Contact Adam S. (832-2141 Ext: 223) for more details and to sign-up to
 "Get On the Bus"



Calling all Housing Customers!!!

"Lifeskills: Keeping a Schedule"

Presented by: Housing Solutions

Tuesday, February 18th
12pm-2pm



February 24, 2020
 11:00 AM – 2:00 PM EST

BUFFALO GRAND HOTEL
 120 Church Street
 Buffalo, NY 14202

FREE Legal Clinic

@ Empowerment Academy
 327 Elm Street, Buffalo, NY 14203
WEDNESDAY, FEBRUARY 26th, 2020
9am - 12pm
 Call 884-5216 for more information!

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

Special Thanks To:



DIAL 2-1-1

GET CONNECTED GET ANSWERS

NEED HELP?



FOOD



SHELTER



PAY BILLS



GET CARE



TAX HELP






Pet Corner



**National
Love
Your
Pet
Day**
Feb 20



Celebrate with your pet by:

-  Going out for an extra walk or play time
-  Give them a special meal or treat
-  Take a trip to the toy store
-  Give them some extra grooming
-  Ensure they're not overdue for a wellness visit

The Importance of Pet Therapy. by Tim Malley

I have to admit I love pets[especially dogs]because I'm a big believer in pet therapy because it's a known fact that pets can lower blood pressure so people who are shut-ins especially people who might have a mental illness it's important that pet owners visit these people's homes with their pets[or utilize pet therapy in nursing homes, assisted living facilities and etc,etc,etc,]and can you imagine what a transformation would occur in the person because the shut-in person[or any person who has the need for pet therapy.]because before they utilize the services of pet therapists these people in question are probably lonely and depressed but as soon as they're in the presence of these pets a sudden transformation occurs where suddenly a pet puts smiles on the people's faces[and who doesn't like a dog to lick their face.]but pet therapy is also great for people who are institutionalized because with the people who are institutionalized that conveys the idea to these people that there not alone in this world and that if they were totally neglected in this world they know they have pets who will always love them no matter what and that's why I'm such a big believer in pet therapy.

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!



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 at 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



Restoration Society, Inc.

Snow Closings will be Announced on:



STAR 102.5



Kiss 98.5

National Girls and Women in Sports Day

February 5, 2020, marks the 34th Annual National Girls & Women in Sports Day (NGWSD). This celebration inspires girls and women to play and be active, to realize their full power. The confidence, strength and character gained through sports participation are the very tools girls and women need to become strong leaders in sports and life. On February 3, 1987, President Ronald Reagan signed Proclamation 5606 declaring February 4, 1987, as National Women in Sports Day. NGWSD was originally initiated in 1987 as a day to remember Olympic volleyball player Flo Hyman for her achievements and work for equality.

Hyman died suddenly of Marfan's Syndrome, a genetic disorder of the connective tissue, in 1986 while competing in a volleyball tournament in Japan. Since then, the day of observance has evolved to recognize all women athletes, their past and current sports achievements, the positive influence of sports participation for women, girls and society, as well as the progress made since Title IX was passed and the continuing struggle for equality and access for women in sports.



FEBRUARY	2020	2020
29	366	LEAP
LEAP DAY	DAYS	YEAR

Leap Day facts

■ A year is 365.24219 days long. Every four years, the calendar needs a day added to keep the seasons and months in sync. Before Leap Day came along, a person could have their birthday in two or three different seasons.

■ Julius Caesar proclaimed the last day of February as Leap Year Day in 45 B.C. The day was chosen because back then, Feb. 30 was the last day of the last month of the year.

■ Leap Years occur every four years except in years that end in "00," unless the year is divisible by 400. Therefore, 2000 is a Leap Year, but 1900 was not.

■ Having trouble remembering what years are Leap Years? One clue is if Jan. 1 of one year and Dec. 31 of that same year fall on different days of the week. In all other years, those dates fall on the same day.

■ Leap Day babies would have to live to be 116 before they could have a "golden birthday," which occurs when the number of your birthdays and your birthdate match. (Example, turning 29 on the 29th.)

■ Leap Day used to be called "Bachelor's Day" because it was

the one day women could propose to men. The tradition started in Scotland and spread through Europe before coming to America.

■ And then there's those leap seconds. Some years are longer than others because of the Earth's orbit around the sun. Every few years scientists agree to add or remove a second from the year at midnight on Dec. 31. That is a leap second.

■ Leap Day babies include:

- 1468 — Pope Paul II
- 1712 — French & Indian War hero General Louis Joseph de Montcalm
- 1808 — British astronomer Charles Pritchard
- 1904 — Clarinetist and band leader Jimmy Dorsey
- 1908 — French painter Balthus
- 1916 — Singer Dinah Shore
- 1924 — Ballplayer Al Rosen
- 1936 — Astronaut Jack Louisma and hockey star Henri "Rocket" Richard
- 1944 — Dallas football player John Niland
- 1948 — Fashion designer Willi Smith
- 1972 — Actor Antonio Sabato, Jr.

https://www.newspapers.com/clip/4104507/leap_day_facts/

Random Acts of Kindness Day

february **17** 2020



BE A KINDESS WARRIOR!

Unexpected kindness is the most powerful, least costly, and most underrated agent of human change

—Bob Kerrey



Celebrate National Pizza Day!

Fun facts about pizza:

- *350 slices of pizza are eaten each second in the U.S.
- *The first pizza is thought to be invented in Naples during the early 1500s
- *The first pizzeria in America was Lombardi's in New York City
- *Pizza wasn't popular in America until after WWII



"IF YOU'RE NOT REACHING BACK TO HELP ANYONE THEN YOU'RE NOT BUILDING A LEGACY."

-GERMANY KENT

Jacki McKinney embodies this ideal. In her early life, Jacki survived trauma from abuse, addiction, and mental health. For a time, she

became homeless. Despite these difficulties, Jacki earned a master's degree in social work. She went on to serve as an advocate, focused especially on mental health support for minority women and children. Jacki was a founding member of the National People of Color Consumer/Survivor Network. Her work in improving conditions for people with mental illness resulted in Jacki earning the Clifford W. Beers Award and the Lifetime Achievement Award. Jacki McKinney serves as a shining example of what we are capable of when motivated and supported. She overcame enormous odds to become a peer advocate. She is one of countless examples of how significant the experience and trials of peers can be in recovery for every one of us.



-Iris Savoy-Burke



A poem about observations of my childhood and a peek into black history. - Brandon Mayes

Many black children are influenced by sneaker ads, that don't tell of the facts and his skills in the past.

We never heard of the man in our high school lesson, all we heard was Nike and Jordan in class.

Peers laughed at my shoes because they weren't new. Kids tortured kids because they never knew, that we all had Jan Earnst Matzeliger's on our heels.

We stir Norbert Rillieux in our red Kool-Aid, but it's bitter sweet knowing many won't get the scoop.

Many black children will never learn how to behave, because all we were taught is that we are slaves.

We had Paul Dunbar already, children, we don't all need to be rapp'n. We had Muhammad Ali and Tyson already, we don't all need to be scrapp'n.

Don't be comfortable knowing your future is someone else's past. Learn from our black history and build something unique upon their foundation.



Here's what you can do now to reduce your risk of heart disease and heart attack:

- Don't smoke
- Eat for heart health
- Aim for 30 minutes of physical activity at least 5 days a week
- Ask your doctor to check your blood pressure, cholesterol, and blood glucose

.....And wear red on February 7th to support protecting your heart!!

National Wear Red Day
February 7

Heart disease is the leading cause of death in the U.S. Know your risk and protect your heart.



#WearRedDay
hearttruth.gov



Happy Presidents DAY

FEBRUARY 18TH

Theodore Roosevelt

26th President

Fun Facts

At 42, he was the youngest man to become president.

He was the first American to win the Nobel Peace Prize.



He had a guinea pig named Father O'Grady, a snake named Emily Spinach, a Bull Dog named Pete and a Cheapeake Retriever named Sailor Boy.

© Copyright MakingFriends.com



Valentine's Day. [poem] by Tim Malley

Valentine's day is a special day that's enhanced with deep feelings of romance, a romance and love that never dies but gets stronger each day because its Valentine's day which is a special day that's enhanced with deep feelings of romance and love because Valentine's day is a special day of love and romance a special day where lovers never go astray because its Valentine's day a day that's enhanced with deep feelings of romance and love that never dies but gets stronger each day because its Valentine's day a day in which lovers renew their vows of love because its Valentine's day a special day in which deep feelings of romance and love that never dies but gets stronger each day because its Valentine's day.

Happy Valentines Day

14 days of self-love

- | | | |
|--|---|---|
| day 1
set an achievable small goal for everyday for the next two weeks | day 2
write a love letter to yourself, put it in an envelope and seal it | day 5
forgive yourself for a regret you've been hanging on to and let it go |
| day 3
call a loved one you haven't talked to in awhile and catch up | day 4
shut off all screens 20 minutes earlier than normal and take time to unwind and reflect | day 8
take a nice hot bath and add a bath bomb or bubble bath |
| day 6
write and send a snail-mail note to someone you are thank-ful for | day 7
think about something in your life that needs to go away and come up with a plan to get rid of it | day 9
write down three things you love about yourself |
| day 10
make plans to do something fun in the next few weeks that you can look forward to doing | day 11
journal about a decision you made in the past week that you are proud of yourself for making | day 12
organize something in your home or office that needs organizing |
| day 13
go to bed 15-20 minutes earlier than normal and get some extra rest | day 14
open the letter you wrote to yourself on day 2 and read it!!! | |

WWW.ITSABEAUTIFULCRAZY.COM

The Commonalities

By Holly Martin

Holly's Corner

The system of mental health, including transportation obstacles, should not exclude hope. Just as something tangible can seem like an eternity for which to wait, so can equal access. As we end one holiday and move onto another season of love, let us not forget the little way (micro) that have created wedges such as low percentage of minorities represented at higher job levels. Micro acts like not saying hello to all, excluding others during lunchtime, facial expressions and body language can all foster implicit biases. Also, statements such as "you don't sound black" or I would never think you're gay" are acknowledgments, though brief, of someone having an immutable characteristic, often comprising those of a protected class.

As I read about teaching and study, I struggle with connections people who have always worked or parented might have made. Foregoing having children and being female has availed more time to reflect. Never having married is its own relationships status, sometimes very freeing. As we near Valentine's Day season, it is imperative to at least be armed with the knowledge that there are differences between the hope mental health customers are given (like for a better life) and the goals say your counselor or a treatment provider has (house, intimacy, travel), Things seem to develop naturally for them and though they might not admit to their higher authority, it is still not exclusive to love's receipt!!! Maybe instead of focusing on our relationships status, we can find something we love to taste (like a treat) to fill in any missing links. Sometimes, for example, I have found a recipe that I love on Pinterest or other areas of interest instead of trying so hard to mingle amongst hostile people.

Poem by Chantal

The lights went out. Darkness surrounded the room. The air was damp and cold. I could hear the scattering of leaves being blown by the wind outside; the smell of fresh wood and mildew intensifying as the breeze whistled through the open window. I felt a chill run through my body, smoldering and cold, wishing I was someplace warm. The moon was high casting its warming glow across the pastures outside, its reflection gleaming in the lakes surface. I wasn't afraid. I went outside on the porch and sat in the rocking chair, swaying with the wind watching as the trees danced in the serenading breeze. Amongst the lights being out, I felt a sense of calmness and tranquility in the air. I layed in bed and drifted off to sleep. I dreamed a happy dream.



Drawing by Chantal

Point the way towards

HOPE

RSI runs on PEER POWER!

Brought to you by:



Peer Specialist Study Group

Dates: Every Wednesday

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.

Peer Advisory Council

Dates: Every 2nd and 4th

Wednesday of the month

Time: 11:00am-1:00pm

Location: 327 Elm St., Buffalo NY 14203

Calling current and former customers of RSI! Be a voice for change at Restoration Society by joining our Peer Advisory Council.

ACE Employment Services

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

TUESDAY February 4th @ 11am

FRIDAY February 21st @ 1:30pm

327 Elm Street
Corner of Elm and Genesee



Holly M.
Successful ACE Graduate
Restoration Society Inc.
Company: West Seneca School
Position: Cleaner
Working for: 6 Months

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.*





Customer Spotlight

Sarah A.

Which programs do you participate in at Restoration Society, Inc.?
HCBS, EA, ACE

What is your Least Favorite Food?
Spinach

What has been your favorite part of coming to RSI?
Learning how to communicate with others

Where would you like to go on a dream vacation?
To the goat farm

You're happiest when?
When at EA

Are you messy or organized?
organized

What are three words to describe RSI?
Happiness, interesting, new

Do you have any pets?
No

What do you do in your free time?
Go to the library, listen to music



YOUR THOUGHTS MATTER

WHEN FEELING:

TRY:

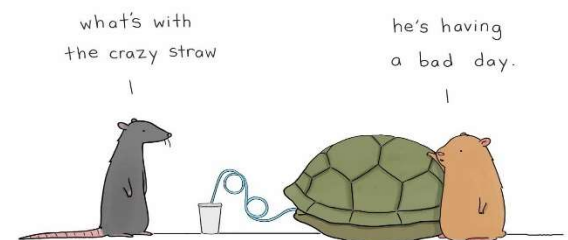
"THIS IS TOO MUCH." → "WHAT DO I NEED?"

"AM I BEHIND?" → "WHAT CAN I CELEBRATE?"

"I MESSED UP." → "WHAT DID I LEARN?"

"THIS ISN'T WORKING." → "WHAT TWEAK CAN I TRY?"

xo @heyamberrae



© liz climo

lizclimo.tumblr.com

Artistic Opportunities
& Happenings in
the Community



Horace Pippin (1888 – 1946)

Upcoming Events

January – March 9th

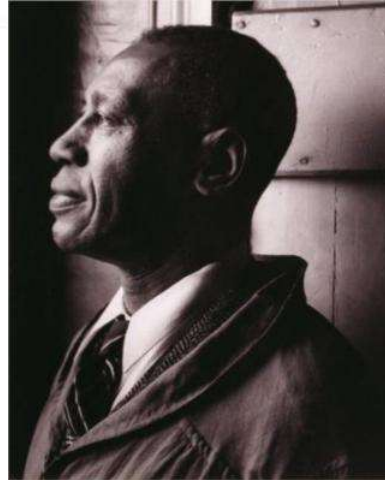
Check out our display at the Library
1 Lafayette Square Buffalo, NY 14203

February 20th 2:00pm–5:00pm

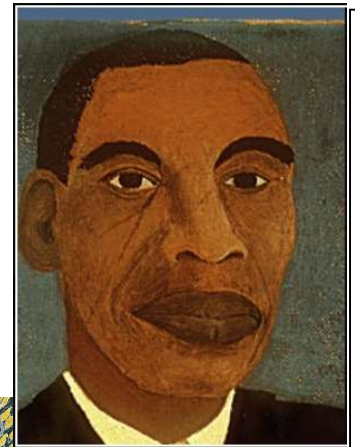
Art Studio Unveiling +
Furniture & Rock Painting

Welcome Workshop:

@ Amity Club (340 Military Rd.)



Self-taught
African-American Painter.
The injustice of slavery and
American segregation figure
prominently in many of his
artworks.



Self-Portrait II, 1944

Pictures just come to my mind, and
I tell my heart to go ahead.
–Horace Pippin



John Brown Going to His Hanging is
an example of Pippin's paintings
that shows his interest in genre
paintings and civil rights issues



The Park Bench, 1946

Interested in more FREE access to
Art and Theater in Buffalo?...

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



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

Clubhouse Buffalo




February, 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 3 to 9pm

Monday	Tuesday	Wednesday	Thursday	Friday
Meals are FREEEEEE!!!!!!!!!!!! Dinner is served at 5:30pm Please be here one hour before to sign up and participate in prepping				
<u>3</u> Boys to Men Dinner Art Program Drawing and Painting	<u>4</u> Getting to Know Me Game Night	<u>5</u> 2pm Volunteer Work Matt Urban 4:30 Peer government Meeting	<u>6</u> 4pm Yoga with Eric & Daija Resume Writing	<u>7</u> Ladies Night!!! Crochet
<u>10</u> Boys to Men Dinner Valentine's Day Candy Making	<u>11</u> Ted Talks Valentines Day Cookie Baking	<u>12</u> 2pm Volunteer Work Matt Urban  4:30pm LGBTQ+ MEETING	<u>13</u> CCNY Visit W/ Solomon 4pm Yoga with Eric & Daija	<u>14</u> Valentine's Day Celebration 
<u>17</u> Presidents Day Clubhouse Closed	<u>18</u> Guided Meditation 	<u>19</u> 2pm Volunteer Work Matt Urban 4:30 Peer Government Meeting	<u>20</u> 4pm Yoga with Eric & Daija Game Night with Staff	<u>21</u> Ladies Night!!! Basketball
<u>24</u> Boys to Men Dinner Art Program Drawing and Painting	<u>25</u> Monthly Birthdays Celebration 	<u>26</u> 2pm Volunteer Work Matt Urban REIKI with Evlena	<u>27</u> 2pm Yoga with Eric & Daija Ted Talk	<u>28</u> Ladies Night!!! Basketball

February 2020 Tel. 884-5216 Fax 884-2847		Empowerment Academy Workshops Open 7 Days a Week. For hours please look below			327 Elm Street, Buffalo NY 14203
Monday	Tuesday	Wednesday	Thursday	Friday	
	**New EA Hours ** Sun: 9am-1pm Mon: 9am-9pm Tue: 9am-9pm Wed: 9am-9pm Thu: 9am-9pm Fri: 9am-9pm Sat: 9am-1pm	Please Note: *= workshop is held in the community and EA will be closed except for appointments and emergencies only	Legislative Day in Albany! February 11, 2020 8am-4pm (Transportation & Food Provided) (\$5 Refundable Deposit Required)		
3. 10-11am: Anger Mgmt. 11-12pm: Art Expressions 1-2pm: Brain Teasers 5-9pm: Social Hour	4. 10-11am: Guest Speaker Legislative Day 11-12pm: Black History Trivia 1-2pm: Coffee & Conversation 6-8pm: Black History Trivia	5. 10-11am: Signs of Co-Dependency 11-12pm: Challenging Negative Thoughts 1-2pm: Socialization Hour 6-7pm: Talking about Forgiveness	6. Staff Training! (EA Closed from 9a-12pm) *1-3pm: Tax Prep @ The Buffalo Library (See an EA Staff to sign-up) 6-8pm: Movie Club	7. *10-12pm: Albright Knox Art Gallery (Free) 1-2pm: Social Hour 4-8pm: Spades Club	
10. 10-11am: Assertive Communication 11-12pm: Social Etiquette 1-2pm: Brain Teasers 5-9pm: Social Hour	11. 10-11am: Childhood Stories 11-12pm: Creative Writing 1-2pm: Calendar Planning 6-8pm: Board Game Tournament	12. 10-11am: Relaxation/Mindfulness Activities 11-12pm: Choosing a PCP 1-2pm: Socialization Hour 6-7pm: DBT Skills: Distress Tolerance	13. 10-11am: Make Valentine's Day cards 11-12pm: Adult Coloring *1-3pm: Tax Prep @ The Buffalo Library (See an EA Staff to sign-up) 6-7pm: Stress Management Skills	14. Happy Valentine's Day! 10 – 11am: Healthy Relationships 11 -12pm: Let's Talk about Sex 1-2pm: Ted Talk Series 6-7pm: Breaking Up Is Hard to Do	
17. Happy President's Day! (EA Open from 10am-2pm)	18. 10-11am: WRAP Workshop 11-12pm: Bake Sale Prep 1-2pm: Coffee & Conversation 6-8pm: Bingo Tournament	19. *10-12pm: Virtual Underground Railroad Tour 1-2pm: Socialization Hour 6-7pm: Creative Expressions	20. *10-12pm: Tax Prep @ The Buffalo Library (See an EA Staff to Sign-Up) 1-2pm: Ted Talk Series *Narcarn Training 5:30p-7:30p (See an EA Staff to sign up)	21. 10-12pm: EA Spring Cleaning! (Customers Welcome to Help!) 1-2pm: Social Hour 4-8pm: Spades Club	
24. 10-11am: Financial Literacy Workshop 11-12pm: Adult Coloring 1-2pm: Ted Talk Series 5-9pm: Social Hour	25. 10-11am: Musical Expressions 11-12pm: WRAP Workshop 1-2pm: Coffee & Conversation 6-8pm: Spades Tournament	26. MHA Legal Clinic 9am-11am 10-11am: Teambuilding Activities 11-12pm: Goal Setting Workshop 1-2: Socialization Hour 6-7pm: Basic Winter First Aid	27. *10-12pm: Tax Prep @ The Buffalo Library (See an EA Staff to Sign-Up) 1-2pm: Ted Talk Series 6-7pm: Happiness Toolkit	28. 10-11am: Germ Prevention 11-12pm: Medication Management 1-2pm: Social Hour 6-8pm: Spades Club	



Employee Spotlight

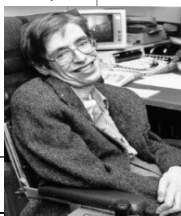
Gail McKee

Where is your favorite place to be?
By the water and in nature



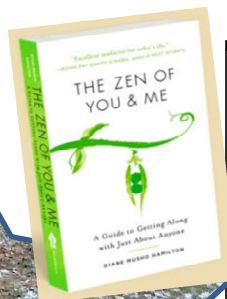
If you could meet anyone, living or dead, who would you meet?

Stephen Hawking



What is the last book you read?

The Zen of You and Me: A Guide to Getting Along with Just About Anyone



If your house was burning down, what is the one non-living thing you would save? My family photos

What is on your bucket list?
Go to Australia



What would you do (for a career) if you weren't working for Restoration Society, Inc.?
Veterinarian



What do you like most about Restoration Society Inc.?

That we are a Peer Operated Agency and very progressive with services that customers both want and need. We stay ahead of the rest and jump into new ventures offering support and assistance.

February 4th is National Homemade Soup Day Quick and Easy Vegetable Beef Soup

Prep Time
15 mins
Cook Time
30 mins
Total Time
45 mins

INGREDIENTS

- 1 pound lean ground beef
- 1/2 onion, chopped
- 2 cloves garlic, chopped
- 1 (32-ounce) carton beef broth (4 cups)
- 2 medium potatoes, peeled and chopped into 3/4-inch chunks
- 1 (8-ounce) can tomato sauce
- 1 (14.5-ounce) can petite diced tomatoes, undrained
- 1 (16-ounce) package frozen mixed soup vegetables
- Salt
- pepper
- 1 tablespoon white vinegar

INSTRUCTIONS

1. In a large stock pot, brown the ground beef over medium heat. Drain any excess fat away.
2. Return the meat to the pot and add the onions. Cook for about 3 minutes. Add the garlic and cook, stirring constantly for about a minute. Add the beef broth and chopped potatoes. Bring to a boil. Cook for about 5 minutes, then add the tomato sauce, tomatoes (undrained), and frozen mixed vegetables. Return to a boil, then reduce the heat to a simmer and cover.
3. Cook until the potatoes and vegetables are tender. Add salt and pepper to taste. Then stir in a tablespoon of white vinegar just before serving for an added boost of flavor.



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, HCBS Services,
HARP Outreach Planning & Engagement, SOAR

220 East Main Street Batavia, NY 14020

(585) 343-9162

Genesee ACE Employment



Join Us!

Come help us with the newsletter!!!!

We are meeting at the Empowerment Academy at 9am on **February 21st** to fold and mail out our monthly newsletter!

Or join us at 66 Englewood Ave at 9am on **February 12th** for our monthly newsletter meeting!

Visit us on the web at:

www.rsiwny.org

Facebook

www.facebook.com/Restorationsocietyinc

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

