

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

FACING
EVICTION?
(DUE TO NONPAYMENT)

BEHIND ON
UTILITIES?



Tenants living outside of Buffalo may be
eligible for assistance

Ask about Homeless Prevention Assistance

Call Us

(716) 832-2141

DUNGEONS & DRAGONS

1PM TUESDAYS AND
FRIDAYS AT 327 ELM



April is Stress Awareness Month!

Purpose is to increase public awareness about both the causes and cures for our modern stress epidemic.

Quick ways to destress:

- Change the environment and do something pleasurable or relaxing for a little while such as reading or watching TV/Youtube
- Practice breathing exercises
- Meditate or pray
- Do relaxation exercises
- Go walking or running
- Practice a rhythmic activity
- Immerse yourself in a creative outlet.

MOBILE FOOD PANTRY

Fresh food for families in need!
Please bring a bag or two!



2nd Wednesdays at 1:00pm
in the Rodney Loading Dock
March 8, April 12,
May 10, and June 14

**Tri-Main**
center

**Food Bank of WNY**
Serving Cattaraugus, Chautauque, and Warren Counties

Good Shepard
Food Pantry



COMMUNITY DAY

**TUESDAY
APRIL 25TH, 2023**



**LET'S GET TO KNOW
EACH OTHER!
ALL ARE WELCOME,**

- ✓ Community Partners & Organizations
- ✓ Student & Young Adults
- ✓ Friends & Family

**66 ENGLEWOOD AVENUE,
BUFFALO, NY 14214**

**(716) - 832-2141
EXT : 242, 248, 249**



**COME LEARN ABOUT
OUR SPACE &
PROGRAM
STRUCTURE
1PM-3PM**

**JOIN US & OUR
MEMBERS LATER
IN SCHEDULED
PROGRAMMING
3PM-7PM**



**NEW YORK STATE
Office of Addiction
Services and Supports
OASAS. Every Step of the Way.**

DO YOU KNOW THE RULES OF THE ROAD?



**AUTOMOTIVE
LICENSE/PERMIT
WORKSHOPS
TUES./WEDS.**



**STARTING IN
APRIL AT... Clubhouse Buffalo**

**66 Englewood Ave
Buffalo, NY 14214
(716)-832-2141
EXT. 212, 242, 249**



REQUIRES SIGN UP,

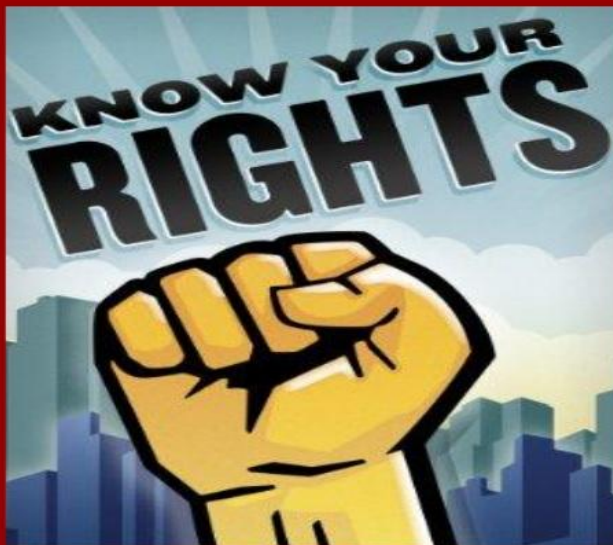
**BUT OPEN TO ALL
CLUBHOUSE MEMBERS**

**Call or visit for more
information on how to
become an official
member!**



**These Workshops are free
& brought to you by:**

**NEW YORK STATE
Office of Addiction
Services and Supports
OASAS. Every Step of the Way.**



WITH THE MENTAL HEALTH SYSTEM

**APRIL 27, 2023
10:00 AM - 2:00 PM**

**MORE INFO:
MHEP.ORG/KNOW-YOUR-RIGHTS**

AGENDA

1. THE STORY OF HUMAN RIGHTS
2. MENTAL HEALTH LAW
3. LUNCH
4. BUILDING YOUR SUPPORT NETWORK
5. WRAP UP & NEXT STEPS
6. RAFFLE AND PRIZES



SCAN ME



TO REGISTER: CALL 518-434-1393 & ASK FOR RICH



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**MHEP
MENTAL HEALTH EMPOWERMENT PROJECT**

April 2023 Playlist: A Tribute to Burt Bacharach

By Carolyn Brunelle

My favorite songwriter is Burt Bacharach, [who passed away on February 8, 2023 at age 94](#). He wrote over 70 top-40 hits, many during his hay-day of the 1960s. Here are some of my favorites.



1. [“Are You There With Another Girl?”- Dionne Warwick](#)

With its regular shift in meter (39 seconds in), prominent trumpet and strings, and irregular phrasing (adding “instead of me” to the first line), this is a perfect example of Burt Bacharach’s sound.

2. [“What’s New Pussycat?”- Tom Jones](#)

Burt Bacharach wrote songs for several movies, including the title song to *What’s New Pussycat?* It was nominated for an Academy Award in 1966, but didn’t win. In my opinion, he was robbed of that award.

3. [“Twenty-Four Hours from Tulsa”- Gene Pitney](#)

I love a song that tells a story, and lyricist Hal David did an excellent job as a storyteller in this song. I first heard [Dusty Springfield’s version](#) (which I prefer), but it was a hit for Gene Pitney in 1963. French singer [Claude Francois recorded it](#), as well.

4. [“The Look of Love”- Dusty Springfield](#)

Written for the 1967 film *Casino Royale*, this song inspired Mike Myers to develop *Austin Powers* 30 years later. Susanna Hoffs from the Bangles [recorded it for the *Austin Powers* soundtrack](#). I love them both.

5. [“There’s Always Something There to Remind Me”- Sandie Shaw](#)

This was British pop singer Sandie Shaw’s first hit and she recorded it in [French](#), in [Italian](#), and in [German](#). I could write a dissertation on this song, so I need to digress.

6. [“Walk on By”- Dionne Warwick](#)

Dionne Warwick’s voice is perfect for this song. It has always been a favorite of mine.

7. [“Anyone Who Had a Heart”- Dusty Springfield](#)

Dusty’s recording is my favorite of this song. [Dionne Warwick](#) and [Cilla Black](#) recorded them, also, and released them as singles, both of which topped the pop charts.

8. [“I’ll Never Fall in Love Again”- Dionne Warwick](#)

This song exhibits many of the Bacharach characteristics I’ve pointed out to you. Additionally, the lyrics are very clever. It was written for the Bacharach/David musical [Promises, Promises](#).

9. [“Casino Royale”- Herb Alpert and the Tijuana Brass](#)

Trumpet is part of Burt Bacharach’s signature sound, and Herb Alpert played it best.

10. [“Alfie”- Cilla Black](#)

Burt Bacharach scored another Academy Award nomination with “Alfie.” It was a hit for British pop singer Cilla Black who [recorded it at Abbey Road Studios in London](#) with Burt Bacharach at the piano. [Dionne Warwick](#) also recorded it.

Program Spotlight: Erie ACE Employment by Trinton Garrett

ACE was founded in the year 1987, and the program is designed for individuals who are at least 18 years or older, who have significant support needs, who have typically haven't worked in a long time, or have some form of barrier to employment. Plus, they have a primary mental health diagnosis, a desire to work, and a willingness to apply for ACCESS-VR services.

ACE services include - Rapid Employment (UCS) A program designed for individuals with specific support needs. These individuals typically have some solid work experience, many times recently. They may want to further their training and education and are looking to enter their career field, may have specific work goal in mind.

Ticket to work: Designed to offer very flexible employment services to meet the individual's needs. Typically, these individuals have a work history and desire to work approximately 25+ hours/week. The person does not have to be open w/ACCESS-VR but must have an available "Ticket" which is provided by Social Security to SSD/SSI recipients.

No matter what service you use through ACE Supported Employment you will be sure to receive: Work readiness evaluation; assistance choosing a job that would lead to their success and satisfaction, which includes resume and cover letter writing; assistance in choosing a job; assistance in getting the job and assistance keeping the job. From Program Manager Chaz, Michelle, TTW, and job coaches Vince and Debbie. However, they all work together and help each other assist the customers with job readiness and finding jobs. Chaz and Michelle are both Benefit Advisors.

If you're interested in getting connected with ACE, you may do so by calling Chaz at: 716-884-5216 ext. 410 or go to the website: <https://rsiwny.org/what-we-do/ace-employment.html>

RSI's Chili Cook Off Competition was a hit!



1st Place: TJ's Amazing Chili-PAC Chili
2nd Place: Jen's (not so spicy) Chili
3rd Place: Country's Chili

3/23/2023





ACE Employment: A History by Carolyn Brunelle

To celebrate the month in which ACE Employment was founded, April's article is dedicated to Restoration Society's ACE Employment. A special thanks to RSI's CEO Nancy Singh for her interview, since her first job at RSI was as an ACE job coach.

The last decades of the 20th century were difficult, yet progressive, for people with mental health diagnoses who sought employment. Stigma, prejudice, and low societal expectations of people with psychiatric disabilities discouraged people from working. Medication side effects created logistical barriers (you can't work if you're sedated). It was harder to reinstate disability benefits if they were lost due to employment (this was prior to Ticket to Work). This is where ACE Employment came in. The program was founded in April of 1987 to provide Supported Employment to people with mental health diagnoses. It operated out of 2929 Main St, next to RSI's Friendship Social Club. According to Nancy, this setup worked well because ACE "would make a big celebration when someone would get a job....And through seeing that, [Friendship clubhouse members] began to believe in themselves." ACE clients (as they were called back then) modeled behavior that inspired Friendship Clubhouse members to join the workforce. People with mental health disorders were proving society wrong.

Employment for people with psychiatric disabilities prior to the signing of the Americans with Disabilities Act (1990) was very different than it is today. Nancy said, "it wasn't too long after deinstitutionalization. A lot of the medications out there were still the ones to make people more manageable to society and basically sedated people. Supported employment back then was needed because of the adverse effects." Prior to supported employment, people with disabilities worked in Sheltered Workshop where everyone was trained to do the same job (ex: floor buffer). Nancy explained, "Not everyone wanted to be a floor buffer. So then came the birth of supported employment. Instead of train and place, it was place and train."

With Supported Employment, the client is in the driver's seat and gets support with the direction they want to take professionally. Nancy fondly recalled working alongside her clients when they would go to work. Her favorite ACE experience was working with a client on a pizza assembly line. "We used to wear the uniforms," she said, "We would fill in. If the person would call in sick, we would go in." Things are different now since ACE no longer covers shifts for their clients. Nancy identified that practice as part of ACE's development. ACE began during the early days of Psychiatric Rehabilitation. ACE was still figuring out their best practices and what is most helpful to promote recovery. She said, "It was well-intended, but not where [ACE] needed to be."

For this population, going to work is an empowering experience, especially back then. Nancy explained, "People in the day, they did nothing all day. They may continue day treatment. But their whole day was either at home or at some program in a clinical setting." She continued, "I believe it is very hard to achieve all the benefits of recovery if work isn't part of it. I believe it is probably the most important part of recovery" in addition to having meaningful relationships. Nancy said, "I remember being so proud of the people who were actually there because they didn't have to work because they have disability checks...and here they are and can see the additional benefits to working. People would tell us stories and they'd say what it felt like to get on the bus and go to work." Nancy would tell her ACE clients, "You're exceptional because you don't have to work, yet here you are. And I'm going to work very hard to get you there." ACE continues to maintain that philosophy, and Erie County is fortunate to have it as a service.

If you were an RSI customer years ago or are a former employee and you want to share your experience with me, please reach out to newsletter@rsiwny.org. I am interested in hearing from WNY-area clinicians who were active between 1973 and 2000, as well.



2023

April

Spring Self-Care Ideas

CHECKLIST

- ☐ Spring clean your house, wardrobe, inbox and social media "following" list
- ☐ Get out in nature and enjoy the fresh spring flowers
- ☐ Make daisy chains
- ☐ Go on an Easter egg hunt
- ☐ Make a seasonal fruit smoothie
- ☐ Try out a new exercise routine
- ☐ Do a spring-inspired water-colour painting
- ☐ Disconnect from social media for a week and spend time with friends

NOTESBYTHALIA.COM

CORE Services

Community Oriented Recovery & Empowerment Services

What are CORE Services? Services that help individuals set and reach personal and wellness goals. Services include Peer Support/Empower, Psychosocial Rehabilitation (PSR), PSR Employment focused and PSR Education Focused.

Common service/goal examples:

- ⊗ Learn & build life skills that foster independence.
- ⊗ Socialization – connect with and explore your community.
- ⊗ Exploring &/or receiving support with education or employment.
- ⊗ Linkage to community resources.
- ⊗ Self-exploration & development; interests, values, triggers, coping strategies, etc.
- ⊗ Peer support, advocacy, encouragement.

Services are person centered and recovery oriented and provided in environment of customer choice.

Eligibility:

- ⊗ Adults 21 and over.
- ⊗ Medicaid coverage and enrolled in a HARP plan.
- ⊗ Mental health and/or substance use support needs.

For services in Genesee and Orleans Counties contact:

Heather Kemp, Program Manager, Genesee ACE

Phone: (585) 343-9162 Email: hkemp@rsiwny.org

2023 FOOD DISTRIBUTION DATES

3/29/23 (2 trucks)
4/14/23 Friday
4/26/23
5/10/23
5/24/23
6/9/23 Friday
6/28/23

The City Church
114 Liberty Street, Batavia, NY
Start Time: 8:00 am



You will bloom if you take
the time to water yourself.



E.C.H.O. Team

Engaging Communities (Through) HARP Outreach

H.A.R.P. stands for Health and Recovery Plan.

HARPs are special Medicaid Managed Care plans that help you take care of your well-being, behavioral, and physical health needs.

Benefits of Medicaid **HARP**:

- You can get care coordination and develop a personal plan just for you.
- You get support from peers who understand recovery from mental illness or substance abuse.
- You can access CORE through Restoration Society Inc.

CORE Services: Community Oriented Recovery and Empowerment – Free to Medicaid HARP enrollees:

- Psychosocial Rehabilitation
- Empowerment and Advocacy
- Family Support & Training



Medicaid-Funded Peer Support At Restoration Society Inc.

The ECHO Team can help you find out if your Medicaid plan includes a HARP. We are a team of certified peer specialists dedicated to ensuring that your experience with HARP and Restoration Society Inc. is a great one. For more information, or to see if you are HARP eligible, contact us today!



Office Location:

327 Elm Street Buffalo, NY, 14203

Phone Number: (716) 884-5216

Ask for someone from the ECHO team!



Want to become a certified peer support specialist in 2023?

Term 1 opens:

January 30, 2023 – April 21, 2023

For more information and to get assistance starting the (FREE) required courses contact

RSI's Peer Services Coordinator Adam Selon at 716-208-8126

Want to become a certified peer



Veterans' Corner

by Heidi Olsen

Last year, I individually did a walk to remember and honor my own recovery journey and those Veterans that are part of RSI Housing Solutions whom I work with on a regular basis. I walked approximately 84 miles. This year, from April 10, 2023 to June 30, 2023; I would like to extend this walk or roll, to RSI employees and customers who would like to honor, remember, or recognize the recovery journeys of Veterans with mental health issues during the months of Mental Health Awareness and PTSD awareness months. This is an initiative for people to do at their own pace and level. All you need to participate is a tracking device, or app and a notebook. Participation is voluntary.

There are three different levels where one person can achieve success.

- Level 1 is to walk or roll for a total of 17 to 22 miles for remembering and honoring the Veterans who die by suicide daily.*
- Level 2 is to walk or roll for a total of at least 52 miles recognizing the weeks in a year in recovery.*
- Finally, level 3 is to walk or roll for a total of 104 miles representing the weeks in a two year period, which is the minimum requirement for eligibility for services.*

You can either walk or roll, and you can combine walking or biking outside and inside to achieve your goal. You can also register as a team if you want a buddy to walk with you.

To register, email Heidi Olsen at holsen@rsiwny.org any time from March 20, 2023 to April 7, 2023 with a stated SMART goal (Specific, Measurable, Achievable, Realistic, Time-bound)

I hope you take this time to remember and honor the Veterans with mental health disabilities. Won't you join me in this?



**April 1st is National
Walking Day**



PRE-PETITION LEGAL ADVICE PROGRAM

THE ASSIGNED COUNSEL PROGRAM

ERIE COUNTY BAR ASSOCIATION'S
AID TO INDIGENT PRISONERS SOCIETY INC.

**If you are contacted by Erie County
Child Protective Services:**

Call our free hotline at
716-846-1181
Monday-Friday 8am-4pm

An attorney will be available to discuss your
rights free of charge

Self-Worth and Healing:

Trinton C. Garrett

I reached a point in my adult life where I found myself wondering why some people who seemed to be so nice to other people, were not so nice to me. They spoke down to me, treated me as if I didn't know anything, like I was a child, or wasn't good enough. It left me wondering was it me? Was I really that dumb? Was I not worthy of their respect? I mean, if it continued from person to person and wasn't just acquaintances, but instead was those I was in relationships with also. Not just romantic relationships but in my day-to-day relationships with co-workers, family members, and friends. Then it must be me, right? After all, I was the one who had been abused and bullied from the age of 6 in some manner.

Another of my fears was that if I confronted those who I thought were my friends, my loved ones who treated me like this they would stop loving me and leave me all alone. I was confused and mixed up about what love really was. However, I realized at some level that they already didn't like/love me and they showed it every time they disregard my feelings, my intelligence, by not showing me respect. I had to realize that any relationship with this type of person was conditional, not only on their part but mine.

I also came to realize as I grew into my being of emotional healing that it had a lot to do with my own inner value and how I saw my own worth. It was as though people could "see" how much I would put up with, how much I thought of myself. Many could see I was broken and would put up with as much as they could put onto me. I was like a pack mule, taking on whatever others put out, seeing myself as only worthy of what I could do for others and what I had to offer, so I took on what they "handed out" and packed it around. I didn't see myself as worthy of what they could do for me. I did a lot of service work and was ready to bend over backwards, "to be good enough", even putting my own dreams on hold but wasn't really appreciated for it. I tried not to do it out of appreciation, but when people treated me like I didn't matter, it really hurt me.

I had to learn to value myself, value my own worth. Because if you do not value yourself, and know your own worth, no one else is going to.



The Road Recovery TRAX Program Finale on March 14th was a hit!

With the expert guidance from the folks at [Road Recovery](#), these talented artists created seriously impactful, deep, cerebral, uplifting, and otherwise amazing spoken and musical art. 10 weeks of hard work and dedication lead up to this fun-filled night in the Clubhouse!

Some myths and facts about working with a mental health condition and receiving Social Security benefits.

1. Myth: I will lose my benefits if I work?
 - a. Answers
 - i. People who receive SSI/SSDI can work and still receive most of their benefits.
 - ii. Participates who receive SSI, your monthly check amount will reduce but you will still receive some money and keep your Medicaid.
 - iii. Participates who receive SSDI and earn less than \$1470 a month in earned income (your gross wages from working) will continue receiving their full SSDI check and would qualify for Medicaid buy-in.
2. Myth: I am applying for disability and will not qualify if I work?
 - a. Answer
 - i. Social Security Administration recognizes that because someone can work, that does not mean they are not disabled.
 - ii. Yes, you can work/find a job when applying or in the pending phase to receive SSA.
3. Myth: I have a mental health condition and I cannot work
 - a. Answer
 - i. You can work (if you choose to)
 - ii. Vocational Specialists (VS)/ Job Coaches (JC) can help evaluate your ability to work in different roles. VS/JC's can help identify jobs that would fit your needs and your comfortability level and provide intensive employment support until a person feels comfortable on the job.

If you would like to dispel these or other myths about working with a mental health condition, Please contact Erie ACE at

(716) 884-5216:

Chaz Hatten (ext: 410) or Michelle Hovey (ext: 406) for more information



Have Legal Questions or Concerns?

Speak to an Attorney for FREE!

Every 3rd Thursday of each month 11a-1p
at Empowerment Academy (327 Elm St.)

The Boilermaker (and no, it's not a witches brew)

By Holly Martin

It was a dark and stormy night. No, wait scrap that; however, it was my first night out in public at a hotel since childhood vacations to average all-American household pitches such as Washington D.C., Boston, and Philadelphia. Maybe my mother did feel she could have some success educating us in another way on these trips. For me, traveling to the 2021

Utica Boilermaker 15K became more than don't know what you can call "First Night" or something (I don't drink), it became a road trip. And if there's anything that would make me tolerate sitting in my vacuum sealed car (no pun intended, although I do utilize Delta Sonic free vacuums), it's to add some scent to it. My service dog, Sophie, and I enjoyed our one night stay, and I completed my race as well as took her to the registration pick up. I do remember walking these painted animal paws going to the Toronto Zoo, and picking up my running bib and freebies reminded me of this: where to park for the event, turn here, turn there, go in a loop, touch your nose, Simons says, and then go hither for tomorrow's early bird start.

The night crept into my body like someone turning a dimmer switch on the lights, and my body balanced into the hotel environment, as I heard my mind go on about a few last minute details. Will I wake up? Did I remember everything? Can I do this? As the bed lay close to the parking lot, I did have some last minute jitters about the neighbors and weather too. Fifteen kilometers, although not a half marathon, required a housewife's dedication and it's the way I treated myself to make running a pleasant, joyful and secure anticipation. The next day, in midnight black I did find the way to the entrance and jettisoned (some day maybe the police will have George Jetson discs to check in on runners) past the Utica Zoo and Mohawk Valley Community college. A daring clown on stilts offers me a high five. And then there were the ones cheering on the Buffalo Bills as I shimmied past grooving to one musical interlude. I did ok showing some response to the Buffalo Bills revelry and finished it just middle of the road. Reentering the hotel room, there were popcorn pieces of foam strewn from Sophie's kennel. She did not see the abandonment as a success, and I did end up sweeping up her Serta mattress. Of course, she performed the Houdini and left this in her warpath to the bed. You can run but you cannot hide from Buffalo (fun intended)!



Spotlight on Neil Diamond by Tim Malley

At 82, the amazing Neil Diamond is still touring, and what an icon he is too. Neil Diamond originally wanted to be a medical doctor, as he actually studied for pre-med studies at N.Y.U., (and while at N.Y.U. he learned to play the guitar. He was also a championship college fencer; in fact, Neil Diamond won a few college fencing championships while he attended NYU as well.) In fact, Neil Diamond was always good in the sciences; maybe that's why he wanted to become a doctor. Neil Leslie Diamond was born January 24th, 1941 in Brooklyn, NY to Jewish immigrants from eastern Poland, who eventually became successful merchants in Brooklyn, NY. So as the story goes, when Neil Diamond learned to play the guitar, he then immediately started to write songs. (When Neil Diamond went to high school, which was Erasmus Hall in Brooklyn, NY, unbeknownst to him but Barbra Streisand also attended Erasmus Hall the same time that Neil Diamond attended Erasmus Hall) Neil Diamond's debut album was in 1966, and it was entitled: *The Feel of Neil Diamond*, (which featured the hit song "Cherry Cherry".) But, it was his second album that was entitled: *Just for You*, which was released in 1967, and on this album it featured the song "I'm a Believer", which he wrote for The Monkees, (in fact, Neil Diamond wrote 4 songs for The Monkees. The three other songs he wrote for The Monkees were "Look Out (Here Comes Tomorrow)", "A Little Bit Me, A Little Bit You", "Love to Love", as well as an unfinished song that Neil Diamond started writing for the Monkees, entitled: "Black and Blue." The Monkees were a Television band that featured Davy Jones, Mickey Dolenz, Peter Tork and Mike Naismith, but Peter Tork was really the only member of The Monkees who was musically adept.) 1967 was a big year for Neil Diamond, in fact, besides writing hit songs for The Monkees, as well as several other musical artists at that time, he also made a cameo appearance on the TV show *Mannix*. (and by the way, Neil Diamond's debut album *The Feel of Neil Diamond* was released in 1966 on Bang Records.) But since then, Neil Diamond has sold over 130 million records, not bad for a guy who originally wanted to be a doctor and was reluctant about becoming a musician in the first place. But then again, it's to be expected from a genius and an American icon, which is exactly what Neil Diamond is. The End.

Dyngus Day Facts: 10 Things To Know About The Polish Holiday

1. Dyngus Day falls the day after Easter and celebrates the end of lent.
2. Traditional Polish foods like kielbasa, pierogies, and cabbage dishes are served. Even lamb-shaped butter makes an appearance on tables.
3. The major highlight of the holiday is when single men chase women and attempt to throw water on them. The aim is to throw water on a young woman a man might be interested in pursuing. The practice of throwing water on a young woman is said to represent purification and fertility.
4. Like the tossing of water, young men would also lightly hit women on their legs with pussy willows to express their interest.
5. The traditions of Dyngus Day began with the baptism of Prince Mieszko I in 966 A.D. and the celebrations following the first Polish monarch being baptized into Christianity.
6. The Tuesday following the Easter Monday Dyngus celebrations, women could seek their own revenge by throwing plates and dishes at the men.
7. Dyngus Day celebrations within Polish communities in the U.S. date back to the 1870s.
8. Other popular celebratory activities include polka-dancing and drinking beer.
9. The Monday parties can last well into the evening and end in the daylight hours of Tuesday.
10. The word "Dyngus" can apparently be traced back to an old form of "Dingus," which can mean "proper, suitable or worthy."



<https://www.ibtimes.com/dyngus-day-facts-10-things-know-about-polish-holiday-2526288>

Empowerment Academy: April 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3. 10a-11a: Monday Check In w/Stephen</p> <p>11a-12p: Workshop w/ Renee S</p> <p>1p-3p: Trip Monday! (Weather permitting)</p> <p>2p-3p: Spirituality 4 Recovery w Mark</p> <p>6:30p: Movie Night w/ Anthony</p>	<p>4. 10a-11a: Chess & Checkers Tiny</p> <p>11a-12p: WRAP Planning - Creation</p> <p>1p-2p: Customer Run Group</p> <p>6p-7p: Movie Night w/ Anthony</p>	<p>5. 10a-11a: Monday Check In w/Stephen</p> <p>11a-12p: Workshop w/ Renee S</p> <p>1p-3p: Trip Monday! (Weather permitting)</p> <p>2p-3p: Spirituality 4 Recovery w Mark</p> <p>6:30p: Movie Night w/ Anthony</p>	<p>6. EA will OPEN at 1pm due to a staff training *customers welcome to participate in training</p> <p>1p-3p: Renee L.'s Group</p> <p>2p-4p: Peer Career Services</p> <p>7:30p-8:30p: Group w/Anthony</p>	<p>7. 10a-11a: Confidentiality w/Renee</p> <p>11a-12p: Game Tournament</p> <p>1p-3p: Karaoke w/Reece</p> <p>1p-4p: D&D w/ Stephen</p> <p>2p-4p: Peer Career Services</p> <p>4p-8p: Spades Club with Renee S</p>
<p>10. 10a-11a: Monday Check In w/Stephen</p> <p>11a-12p: Workshop w/ Renee S</p> <p>1p-3p: Trip Monday! (Weather permitting)</p> <p>2p-3p: Spirituality 4 Recovery w Mark</p> <p>6:30p: Movie Night w/ Anthony</p>	<p>11. 10a-11a: Chess & Checkers Tiny</p> <p>11a-12: Workshop w/ Renee</p> <p>1p-3p: Customer ran group</p> <p>6p-7p: Workshop w/Anthony</p>	<p>12. 10a-11a: Group w/Renee S</p> <p>11a-12p: Mindfulness w/ Mark</p> <p>1p-2p: community of kindness Group</p> <p>3p-4p: workshop w/ Renee</p> <p>7p-8p: Workshop w/ Anthony</p>	<p>13. 10a-11a: Check in with EA</p> <p>1p-2p: Renee's Group</p> <p>3p-5p: *WRAP for disasters</p> <p>7:30p-8:30p: Group w/Anthony</p>	<p>14. 10a-11a: Friday Check in w/Renee L</p> <p>1p-4p: D&D w/ Stephen</p> <p>2p-4p: Peer Career Services</p> <p>Community of Practice</p> <p>4p-8p: Spades Tournament</p>
<p>17. 10a-11a: *Monday Check In w/Stephen</p> <p>11a-12p: Meeting of the Minds w/ Renee S</p> <p>1p-3p: Trip Monday! (Weather permitting)</p> <p>2p-3p: Spirituality 4 Recovery w Mark</p> <p>6:30p: Movie Night w/ Anthony</p>	<p>18. 10a-11a: Addiction and Recovery w/ Stephen</p> <p>11a-12p: Newsletter Club w/ Trinton</p> <p>1p-3p: Customer ran group</p>	<p>19. 10a-11a: Workshop w/Renee S</p> <p>11a-12p: Social Hour w/ Pat</p> <p>1p-2p: Rachael's workshop</p> <p>3p-4p: workshop w/ Renee</p> <p>7p-8p: Group w/ Anthony</p>	<p>20. 10a-12p: Morning Check in</p> <p>11a-12p: Current events w/EA</p> <p>1p-3p: Renee L.'s Group</p> <p>2p-4p: Discussion of staying healthy</p> <p>7:30p-8:30p: Group w/Anthony</p>	<p>21. 10a-11a: group w/ Renee L</p> <p>11a-12p: Game Tournament</p> <p>1p-3p: Spades Tiny Rules Review w/ Renee S</p> <p>1p-4p: D&D w/ Stephen</p> <p>2p-4p: Peer Career Services</p> <p>Community of Practice</p> <p>4p-8p: Spades Club & Rules</p>
<p>24. 10a-11a: *Monday Check In w/Stephen</p> <p>11a-12p: Workshop w/ Renee S</p> <p>1p-3p: Trip Monday! (Weather permitting)</p> <p>2p-3p: Spirituality 4 Recovery w Mark</p> <p>6:30p: Movie Night w/ Anthony</p>	<p>25. 10a-11a: *Are You Prepared?</p> <p>11a-12p: Newsletter Club w/Trinton</p> <p>2p-3p: customer ran group</p> <p>5p-7p: Poetry w/ Sam</p> <p>6p-7p: Group w/ Anthony</p>	<p>26. 10a-11a:group w/Renee S</p> <p>11a-12p: Mindfulness w/ Mark</p> <p>1p-3p: Cooking Chili</p> <p>3p-4p: Living with Bipolar w/ Renee</p> <p>6p-8p: WRAP Workshop w/ Anthony</p>	<p>27. 10a-11p: PAC Meeting</p> <p>11a-1p: Renee's Group</p> <p>2p-3p: *Create emergency plans</p> <p>3p-5p: Art Studio w/Adam</p> <p>7:30-8:30- Anthony's Group</p>	<p>28. 10a-11a: Friday Check in w/Renee</p> <p>1p: Karaoke w/Reece</p> <p>1p-4p: D&D w/ Stephen</p> <p>2p-4p: Peer Career Services</p> <p>Community of Practice</p> <p>4p-8p: Spades Club Tournament</p>
<p>Every Saturday -10a-11a: Wrap planning w/ Sam</p> <p>Every Sunday - 10a - 11a: Check in w/ Sam</p> <p>Visit or Contact Us!</p> <p>327 Elm St., Buffalo, NY 14203</p> <p>Phone: 716-884-5216 ext 498</p> <p>OUR HOURS:</p> <p>Mondays-Fridays: 9a-9p</p> <p>Saturdays and Sundays: 9a-1p</p>				



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

MONTH'S ANNOUNCEMENTS

CLUBHOUSE
RESOURCE HUB &
WEEKLY CALENDAR



UPCOMING ANNOUNCEMENTS: SIGNUP BY...

DRIVING PERMIT WORKSHOPS
START THIS MONTH...
TUESDAYS/WEDNESDAY
MUSIC PROGRAM SPRING
SEASON BEGINS APRIL 13TH

HONORABLE MENTIONS...

OPEN WEIGHT GYM @ CLUBHOUSE
MON, TUES, FRI 6-8

DO YOU NEED COMMUNITY SERVICE
HOURS?

JOIN US FOR COMMUNITY
GARDENING WITH
THE TOOL LIBRARY
APRIL 22ND

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1
3 GOAL SETTING/LET'S TALK OPEN GYM	4 DRIVING PERMIT WORKSHOP TACO TUESDAY'S	5 ACCESSIBLE ARTS PROGRAM W/MAK	6 OPEN MIC NIGHT KARAOKE FUN NIGHT	7 WORLD HEALTH DAY WALK IN THE PARK SHOSHONE PARK	8
10 THERAPY DOGS BRING YOUR SIBLING DAY OPEN GYM	11 GAME NIGHT/ PRACTICE FOR UPCOMING TOURNAMENT TACO TUESDAY'S	12 ACCESSIBLE ARTS DRIVING PERMIT WORKSHOP	13 TRAX MUSIC RETURNS NAT'L PEACH COBBLER DAY @ THE CLUBHOUSE	14 NIGHT @ BURCHFIELD PENNY ART CENTER	15
17 GUIDED YOGA WITH ADRIENE OPEN GYM	18 DRIVING PERMIT WORKSHOP MOVIE NIGHT OUT TACO TUESDAY'S	19 ACCESSIBLE ARTS PROGRAM	20 TRAX MUSIC PROGRAM CHOOSE A FAVORITE MEAL TO COOK SEE STAFF	21 NATIONAL TEA DAY COME TRY A VARIETY OF DIFFERENT TEAS	22 COMMUNITY SERVICE DAY @ TYLER ST. GARDENS 10AM
24 MINDFUL MEDITATION OPEN GYM	25 OPEN HOUSE COMMUNITY DAY 1-3P GAME DAY @ THE PARK TACO TUESDAY'S	26 ACCESSIBLE ARTS DRIVING PERMIT WORKSHOP	27 TRAX PROGRAM CHOOSE A FAVORITE MEAL TO COOK SEE STAFF	28 HAPPY BIRTHDAY TO ALL WHO CELEBRATED THIS MONTH CAKE & ICECREAM SOCIAL	29

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

Empowerment Academy, ACE Employment,
HCBS & CORE Services, ECHO

220 East Main Street Batavia, NY 14020

(585) 343-9162

Genesee ACE Employment



Mental Health Flash Mob

May 4th, 2023

Buffalo Public Library - Downtown



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

